

## **The impact of toxic parenting on children's emotional development**

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### **Abstract**

*The way parents raise their children will have a significant impact on how they develop. Caregiving errors will result in toxic parenting, which will hinder the emotional growth of the child. Parents who have toxic parents are accustomed to speaking harshly, making fun of, demeaning, and even imposing their wishes on their kids. Many factors contribute to toxic parenting, such as past trauma experienced by the parents, personal issues they are facing, an inability to regulate their emotions, and excessive expectations placed on the parents for their children. There are various forms of toxic parenting, such as parents who make much effort to mold their kids into what they want them to be, parents who are dismissive of their kids and frequently make fun of them, and parents who are disdainful of their kids and frequently make fun of them. There are many impacts resulting from toxic parent behavior. Children who experience poisonous parents will have a low self-image, get stressed easily, be pessimistic, have difficulty controlling their emotions, worry, lack self-confidence, depression, and other emotional disorders, which will have an impact until the child is an adult. Thus, parents are responsible for protecting their children from negative parenting styles. Positive parenting can be used by parents who observe their children's behavior, provide opportunity and trust, manage their emotions, and maintain open lines of communication with their kids. All of this can improve children's development, especially their emotional development. Parents can reduce or even stop toxic parenting, among other things, by making peace with themselves, being grateful for all the little things they have, being willing to learn about correct parenting patterns, and, most importantly, realizing that children are a trust from the creator who will be held accountable..*

**Keywords:** Parenting patterns, toxic parenting, social emotional, early childhood



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## Abstrak

Pola asuh yang diberikan orang tua akan sangat berpengaruh pada perkembangan anak. kesalahan dalam memberikan pengasuhan akan menyebabkan toxic parenting yang akan berpengaruh pada perkembangan emosional anak. Orang tua dengan toxic parent terbiasa berkata kasar kepada anak, menghina, merendahkan, membandingkan bahkan memaksakan keinginannya kepada anak. Toxic parent sendiri terjadi karena banyak hal diantaranya trauma yang dimiliki orang tua dimasa lalu, masalah pribadi yang dimiliki orang tua, kontrol emosi yang kurang tepat serta harapan yang terlampaui tinggi dari orang tua untuk anaknya. Ada beberapa tipe dari toxic parenting diantaranya pageant present yaitu orang tua yang berusaha keras membentuk anaknya sesuai dengan keinginannya, dismissive parent yaitu orang tua yang sering meremehkan anak dan contemptuous parent yaitu orang tua yang sering menghina anaknya. Banyak sekali dampak yang ditimbulkan dari perilaku toxic parent. Anak yang mengalami toxic parent akan memiliki citra diri yang rendah, mudah stress, pesimis, kesulitan mengontrol emosi, cemas, tidak percaya diri, depresi dan gangguan emosional lainnya yang akan berdampak hingga anak dewasa. Karenanya sebagai orang tua kita harus berusaha menjaga dan mencegah agar perilaku toxic parent tidak dialami oleh anak. Orang tua dapat melakukan dan menerapkan positif parenting dengan mengenali perilaku anak, memberi kesempatan dan kepercayaan kepada anak, mengendalikan emosi dan menjalin komunikasi yang baik kepada anak sehingga itu semua dapat meningkatkan perkembangan anak terutama perkembangan emosional anak.

**Kata Kunci:** *Pola asuh, sosial emosional, anak usia dini, pola asuh toksik*

## INTRODUCTION

Age 0-6 years is a determining age in the formation of a child's character and personality. This age is very crucial in the period of growth and development when he becomes an adult in the future. The brain development that occurs during this period is extraordinary so it must be filled and stimulated properly so that it can optimize the child's brain development. Stimulating a child's brain is not only in the form of food but psychological stimulation is also needed, such as providing proper affection and care, which is needed very much.

Development must be given great attention in this early period of life because this is the golden age. For this reason, during this important period, children must be truly nurtured and developed so that they can develop optimally and explore their various potentials (Sumiyati, 2014). Family is the first place of care that children have. A harmonious family will make children grow and develop well.

The development of early childhood potential includes many aspects, including cognitive, language, physical-motor, religious, and moral aspects as well as social-emotional aspects. This social-emotional development will be the basis for the development of other aspects. Social emotional development of children is the development of behavior for children where children are expected to be able to adapt to their environment where children must be able to control, manage and process their emotions so that children can respond positively to the conditions they experience and the situations around them (Indanah, 2019; Khaironi, 2018).

Every individual has different emotional development, especially children. Children tend to have quite strong emotions, emotions that are released and shown so that the child's emotions are visible in their behavior. Emotions possessed by children have an important role in the development process because they influence the child's behavior. Nurturing in a complementary and warm family will foster more stable children's emotions. Educating polite children starts with parents who must understand their children's basic needs and fulfill them (Hasbi, 2021; Muhammin al-Qudsy, 2016; Riyanti, 2013; Syamsi, 2014).

Emotional development in children needs to be stimulated from childhood and directed towards good and positive things so that in the future, children can express their emotions in accordance with the surrounding community. In this case, the role of adults is very necessary in directing children in a positive direction. Parents or other adults need to guide, educate, and even discipline children to shape the child's character so that the child gets used to the norms or rules found in society in general.

The important role of parents in this case is that the family is an important key in efforts to achieve children's growth and development. A healthy and harmonious family environment is the dream of every family; however, based on research conducted by Aziz, it is stated that problems that arise in the family can be a determining factor in a child's emotional development. Problems that arise in the family environment can cause trauma in themselves for children (Ersami, F. K., dan Wardana, 2023). Trauma that occurs in children will result in psychological disorders such as excessive fear, anxiety disorders, likes to be alone, and difficulty getting along with others, poor behavior, and other psychological disorders. Therefore, parents should provide a healthy environment for children's emotional development because the parenting style used in the family is one of the things that must be paid attention to in the emotional development of children (Djamarah, 2014; Sary, 2023).

The form of parental care is very influential in shaping a child's personality and emotional development. It is because character or characteristics are formed from childhood. This means that how parents treat their children when they are small will influence the child's social and emotional development when they grow up (Putri, 2022). Children will record and imitate all the behavior of the people around them, especially in the first environment that children have, namely the family environment, because children's attitudes are a reflection of their parents' attitudes (Kurniawan, 2018).

Education in the family is the basis of children's education at the next stage. The education and care given by parents to their children must be based on a sense of love and affection by prioritizing the interests and needs of the child above the wishes and desires of the parents (Sumiyati, 2014). Therefore, there needs to be communication between parents, children, and other family members. Character and everyday ethics are things that children also inherit from their parents (Mayyadah, 2016; Utami, F., & Prasetyo, 2021). Communication that occurs in the family environment between children and parents is a real form of maintaining children's emotional development. A healthy family environment is usually characterized by open communication within the family, mutual respect between family members, self-confidence, and so on (Ersami, F. K., dan Wardana, 2023). However, this will not happen in a toxic family environment. Learning Parenting makes parents understand how to be worthy parents for their children (Ikhsanun Kamil Pratama, 2023).

Toxic Parenting is a form of inappropriate parenting which can have a negative impact on children. Toxic Parenting is a parenting style where children are treated badly by their parents. Parents feel no need to respect their children, do not want to compromise, and do not treat their children well. Toxic Parenting assumes that they are always right and only focus on their desires without fulfilling the needs and desires of their children. They are used to giving various actions and punishments to children without thinking about the future impact on the child. In toxic Parenting, parents have unwanted parenting patterns, such as demeaning children, not wanting to praise children, and even comparing children, so this will have an emotional impact on the child. Thus, it is better to be tired of educating children than to be disappointed in the future (Husdiawan, 2019; Putu Rahayu Ujianti, Made Vina Arie Paramita, 2023).

Parents with a toxic parenting style think that saying harsh or bad words to their children, insulting, degrading, comparing, and even belittling children, is a normal thing to do and say. Toxic Parenting also feels like there is no need to compromise, take responsibility, and apologize to the child. They are not

aware that they are committing psychological violence on children. Without them realizing it, their words and actions can disturb the child's psychology and emotions in the future because, in fact a scarred childhood is caused by wrong parenting patterns (Dahlan, 2022).

Toxic Parenting makes a child's environment unsafe, whether it is carried out in the form of emotional violence, sexual violence, physical violence, or even neglect. Toxic Parenting creates long-term effects on children, especially psychologically and emotionally, causing trauma that will affect the family that the child will build in the future (Saskara, I. P. A., dan Ulio, 2020).

## METHOD

In this research, the author used a qualitative research method using a literature study, where the research stage is carried out by collecting various library sources, both primary and secondary. In this research, the object used is the impact of toxic parenting on children's emotional development. The author uses data sources from journals, books and also the internet. This data is then collected and then grouped according to the needs that have been prepared in the report writing framework. The research used is a library study so that this research is confronted directly with the data or text presented, not with field data or through eyewitnesses in the form of events. Researchers deal directly with existing data sources in the library that are ready to use and also use secondary data (Adlini, M. N., Dinda, A. H., Yulinda, S., Chotimah, O., & Merliyana, 2022).

## FINDINGS AND DISCUSSION

The findings from this research show that children are the successors of the future. As successors, children need optimal support, guidance, attention, and development since they are small so that in the future, they will mature into physically and psychologically mature humans. Support from parents and the family environment is very important for a child's growth and development.

The family is the main pillar in the growth and development of children. Parents have an important role in educating and caring for children. The parenting style in a family will determine how the child's physical, psychological, mental, emotional and character development will be. In this era of technological development, parental care for children has undergone significant changes so it often causes emotional disturbances in children. Most children with toxic Parenting will experience emotional and psychological disorders (Ersami, F. K., dan Wardana, 2023; Sari, N.I, Bachtiar, M.Y., & Amal,

2022). When children grow up, they will easily feel stressed, depressed, pessimistic, lack self-confidence, and easily get angry. Conditions like this will usually continue until he builds a family when he grows up. Children with toxic Parenting often carry out toxic behavior toward their children when they become parents.

According to psychologist Sri Juwita Kusuma, Toxic Parenting is a popular term used to describe a dysfunctional family. Toxic Parenting is a family that cannot carry out normal family functions and provide a sense of security (Padilah, 2023). Toxic Parenting can occur due to many factors, but what often occurs is due to mental disorders and parental trauma in the past.

Toxic Parenting can occur due to many factors, but what often occurs is due to mental disorders and parental trauma in the past. This is in line with an opinion of Yonas (2023) that traumatic personal experiences or personal problems that parents have, such as anxiety, depression, and personality disorders. Parents who have experienced toxic things in the past often find it difficult to manage their emotions and behavior well so they can become toxic parents too. Apart from past trauma, a lack of social support can also lead to toxic parenting behavior. Parents who do not have social support may feel stressed and depressed, which can affect the way they raise their children. Apart from that, parents' dreams that are too high for their children, which are not in accordance with their children's circumstances, can also be a cause of toxic Parenting. Parents setting standards that are too high will put pressure on the child.

Based on the research results of Rianti and Ahmad Dahlan (2022), parents with toxic parenting behavior do not give their children freedom, restrain their children, give excessive control to their children, are unable to speak softly to their children and are often angry with their children even just because of small problems carry out verbal violence by using harsh words to express his emotions, always criticizes and blames the child for everything that happens, is selfish, often gives excessive physical punishment, and often involves the child in the parents' problems. This is in line with the opinion (Yembise, 2015; Yudisia, 2017) that in toxic parenting, parents do not respect and do not treat their children well as parents; they always carry out various forms of violence against children both physically and psychologically, which disrupts the child's mental and emotional health. Parents also do not want to compromise, take responsibility, and apologize to their children.

Children who experience toxic parents do not receive good treatment from their parents, do not have the freedom to express their emotions, and often receive bad words from their parents. The characteristics of a toxic parent can be seen from the behavior of parents who are accustomed to hurting children

by using excessive physical violence on their children for the reason of making children obey the rules, making children feel guilty, and scapegoating children in problems faced by parents, and demanding children always to follow requests her parents. This is in line with Shelfira's opinion that the characteristics of toxic parenting are that parents no longer care about their children, parents often compare children and traumatize children (Chairunnisa, 2021). Apart from that, parents also give the impression of giving excessive expectations for the results that children must achieve, being egotistical, lacking feelings of affection, liking to control children, talking bad about children, blaming children, not appreciating the efforts made by children, and always blaming children. This has a negative impact on children's development and independence. Apart from reducing children's independence, toxic parent behavior makes children lack self-confidence, always blame themselves and have bad characteristics, feel useless to others, feel unappreciated, feel unloved, feel alone, always haunted by guilt, have unstable emotions, easily stressed, easily angered and doubtful about the future.

There are many types of toxic parenting. Dunham and Dermer in (Chairunnisa, 2021) state that there are several types of toxic parenting, namely 1) Pageant Parents, namely parents who want to shape their children according to their wishes. They think that they can be successful if their children succeed in achieving everything, so parents always force their children to accept all their parents' wishes. 2) Dismissive Parents, namely parents who always underestimate their children. They assume that they are able to fulfill their children's basic needs, which their children cannot necessarily fulfill without them. So the emotional relationship between children and parents is not very warm. 3) Contemptuous Parents, namely parents who often insult their children. They have desires and hopes for their children, but not infrequently; they also criticize, condemn, and bring down their children's emotions.

Based on the statement above, it can be concluded that toxic parents have characteristics such as often forcing children, belittling children, insulting children, comparing children, and so on, which can have negative impacts on children. Toxic parents have a big negative impact on children, especially on children's mental health, because this can cause deep trauma for children. Toxic parenting destroys children's self-confidence and self-esteem, where children feel unappreciated and unloved.

There are so many negative impacts that arise from toxic parenting that children must feel. This condition becomes an obstacle to a child's development until he becomes an adult. Children who experience toxic parenting tend to educate their children with the same treatment when they grow up as what they received from their parents.

Children who receive toxic parenting treatment from their parents will have the same behavioral and emotional disorders as their parents, which will usually be described by the behavior they show at school or in their environment. This type of illness arises from anxiety and emotional issues in the child, which will lead to emotional disorders in the youngster if treatment is delayed.

Emotion is a feeling or state of an individual whose nature is based on something. The Oxford English Dictionary, as quoted in Sukatin (2020), explains that emotions are agitation of thoughts, feelings, passions, or a strong mental state. Emotions are closely related to physiological changes and various thoughts, so emotions are also important in human life because emotions are a person's form of expression of their feelings.

Elizabeth B. Hurlock stated that a child's ability to react emotionally has been there since birth (Sukatin, S., Chofifah, N., Turiyana, T., Paradise, M. R., Azkia, M., & Ummah, 2020). The first thing that arises from this emotional behavior is the general stimulation that the child shows when he is born, for example, by crying. As children get older, the visible effects of their emotions become more distinguishable, softer, and more focused because they indirectly learn the reactions of others around them to the emotional expressions they show.

Emotional development is one of the most important things in a child's development because emotional development will influence the development of other children. Therefore, emotional development needs to be given special attention and formed from the beginning of a child's golden years. Riana Mashar in (Chairunnisa, 2021) explains that emotional development is skills in managing, controlling and controlling emotions so that they can be responded to positively in every condition.

Based on the explanation above, emotion is a reaction or action carried out by a person due to stimulation from within himself or stimulation from other people around him, which impacts a person's behavior. According to Hurlock, forms of emotional behavior in children include 1) Anger, which is triggered by arguments while playing, where the child is unable to achieve his desires or by stimulation from other friends. Children usually depict this form of anger through crying, screaming, kicking, jumping, or even hitting. 2) Fear: unpleasant experiences in children trigger fear. Children who are afraid will usually appear panicked, then avoid something, run, hide themselves and sometimes cry. 3) Jealousy: children's feelings of jealousy usually arise when other people divert their parents' affection and attention. This usually arises when a child has a new sibling. 4) Envy, when looking at a friend's belongings, sometimes a child feels jealousy which is

reflected in the desire to have other people's belongings. 5) Sad, children will usually feel sad when they lose something valuable or that they like. Children express their sadness through crying until their appetite decreases. 6) Happy, this feeling of happiness is usually described by children by smiling, laughing, clapping, jumping, or hugging an object or someone who makes them happy. 7) Affection, usually shown by hugging him, patting him as a sign of affection, and kissing him. As they get older, children will usually express this verbally.

A child's emotions are largely determined by the parenting style they receive. Therefore, the family, especially parents, has an important role in the formation and emotional development of children. Their toxic behavior, for instance, forcing their will, belittling children, and insulting children, can have an emotional impact on children in the future. Suryanto stated that the interactions that occur between family members and children are the basis for each child's emotional development (Chairunnisa, 2021).

Toxic parenting can trigger disturbances in children's behavior. One of the impacts of toxic parenting is the formation of a wrong personality in children and emotional disorders in children. Many behaviors that arise in children are the result of wrong treatment by parents, such as making excessive demands on children, giving punishment or threats in an effort to make children obey, as well as belittling and insulting children. This kind of toxic parent behavior will form children into individuals who are not independent, less good at socializing, less curious, and form children with less stable emotional tendencies. Because of the many negative impacts caused by toxic parenting, as parents, we should know how to avoid the dangers of toxic parenting, for example by carrying out and implementing positive parenting which can improve children's development. Parents are expected to be able to recognize children's behavior, provide great opportunities for children, control emotions and try to improve communication with children (Putri, F. K. A., Muyasarah, dan Mujiati, 2022).

As someone who is always by their child's side, parents need to recognize their child's behavior to avoid toxic parenting behavior. So, when a child makes a mistake, parents will not scold the child without finding out the cause of the child's behavior. Parents can approach their children by inviting them to talk without using high tones or harsh words so that the children feel close to their parents and are open with them. Apart from that, parents also need to give their children opportunities. Such as giving children the opportunity to have an opinion, do what they want to do and giving children privacy. That way, children will feel they have the trust of their parents and will not feel pressured.

Emotional control from parents is also important in avoiding toxic parenting behavior. Even though children's behavior often makes parents angry, we as parents also need to control ourselves and realize that we and our children are both learning to adapt to each other. Next is maintaining good communication with children. Establishing good communication between children and parents will avoid misunderstandings. Communication is the answer to various problems that arise between parents and children. Communication can be done not only through words but also through body language. Therefore, observing the child is also included in the communication that parents can give to their children.

Apart from that, according to psychologist Tatik Imadatus Sa'adati, he explained that there are several steps that parents can take to avoid and prevent toxic parenting behavior, reduce excessive expectations of children, manage stress and emotions, build effective communication and apologize to children (Dahlan, A., 2022). Parents who demand that their children always be at the top of the class, excel in various fields will indirectly cause stress if their children do not achieve the achievements their parents expect. Then the parents will get angry and take out this anger on their children. This of course has a negative impact on the child's psychological development, the child will become an insecure person, and fearful can even lead to depression.

A small example that occurs in society is that at afternoon Koran recitation activities (Al-Qur'an Education Park/TPQ), parents always demand that children go up the Koran page. If they do not, the parents scold their children even in front of friends or their Koran teacher. Of course, this will have a bad impact on the child's emotional development. The child will become timid and embarrassed to mingle with his friends.

## CONCLUSION

The family, in this case the parents, has a very important contribution to the child's development, both physical and psychological development. In fact, every parent wants the best for their child, but it is not uncommon for some parents to engage in toxic parenting with their children for the reason of the child's good. They don't realize that toxic parenting will make children have a low self-image, excessive anxiety, stress, lack of self-confidence, unstable emotions, and lack of self-confidence, depression, and even emotional disorders. Therefore, parents, as the first environment closest to the child, must provide positive care by recognizing the child's nature and behavior, giving the child opportunities, being able to control themselves well, and being able to establish good communication with the child.

Parents, the community and also educational institutions need to work together to stop toxic parenting, including by holding parenting activities organized by educational institutions by embracing parents as participants. The material provided includes parenting styles and the importance of respecting children; no matter how small, the achievements achieved by children need to be appreciated. The appreciation in question does not always have to be with goods, for example, with words; great, smart, thumbs up, and other positive things that make children feel appreciated. This is very important, considering that positive parenting is an investment in the future.

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