

THE URGENCY OF BUILDING GOOD COMMUNICATION IN MUSLIM FAMILIES AND ITS IMPLEMENTATION ON CHILDREN'S MENTAL HEALTH

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Abstract: *This study investigates the urgency of building good communication in Muslim families and its implementation for children's mental health. The method used is a literature study by collecting data from articles, books, journals, and other reliable sources. The results showed that building good communication in Muslim families can help improve children's mental health. Less communicative families tend to experience emotional problems such as anxiety, depression, and aggressive behaviour. The role of parents is very important in shaping good communication in the family. Parents must implement effective communication strategies, such as active listening, understanding children's feelings and needs, and providing emotional support. This can help children feel comfortable and open to communicating with parents, thus forming healthy and supportive family relationships. With good communication within the family, children can feel more confident, have a sense of self and security within their family environment, and have better social skills. This can help them cope with the stress and pressure they may experience and ultimately improve their mental health.*

Keywords: *Good Communication, Muslim Families, Children, Mental Health.*

Introduction

The Muslim family is a very important social group in Muslim society. The family is the first place children learn about religious values and social norms.¹ Therefore, Muslim families need to build good communication within the family. Good communication can help family members understand each other, increase mutual trust, and help solve problems that arise in the family. Building good and effective communication within the family can help solve issues that occur in the

¹ Suud Sarim Karimullah, "The Urgency of Building Legal Awareness on Care of Children in the Family," *Amsir Law Journal* 3, no. 2 (2022): 76–86, <https://doi.org/10.36746/alj.v3i2.66>.

family more easily and efficiently.² By communicating openly and honestly, family members can understand each other and find the best solution for any problems. Effective communication can also help prevent conflicts that damage family relationships.³ In addition, by building good communication, family members can develop self-confidence and skills to solve problems independently.

One of the implications of building good communication in Muslim families is children's mental health. Children who live in communicative families tend to have better mental health than children who live in less communicative families. Children in less communicative families experience emotional problems such as anxiety, depression and aggressive behaviour.⁴ Children, in general, are prone to experiencing emotional issues because they are still learning to deal with and control their feelings which are often intense and turbulent. Therefore, parents need to help their children develop social and emotional skills that can help them deal with emotional problems that may arise.⁵ One way to help children in this regard is to establish open and good communication within the family. By openly communicating, children will feel more comfortable expressing their feelings and emotions, so parents can provide the support and assistance they need.⁶ In addition, good communication can also help prevent conflicts within the family, which can hurt children's mental and emotional health.

Less communicative families tend to cause children to experience emotional problems such as anxiety, depression and aggressive behaviour. This is caused by a lack of interaction and

² Ana Romero-Abrio et al., "Family Communication Problems, Psychosocial Adjustment and Cyberbullying," *International Journal of Environmental Research and Public Health* 16, no. 13 (2019): 2417.

³ M Robin DiMatteo, "The Role of Effective Communication with Children and Their Families in Fostering Adherence to Pediatric Regimens," *Patient Education and Counseling* 55, no. 3 (2004): 339–44.

⁴ Laura Stafford and Marianne Dainton, "Parent-Child Communication within the Family System," *Parents, Children, and Communication: Frontiers of Theory and Research*, 1995, 3–21.

⁵ Kevin M Smith, Patti A Freeman, and Ramon B Zabriskie, "An Examination of Family Communication within the Core and Balance Model of Family Leisure Functioning," *Family Relations* 58, no. 1 (2009): 79–90.

⁶ B Venkateshiva Reddy and Arti Gupta, "Importance of Effective Communication during COVID-19 Infodemic," *Journal of Family Medicine and Primary Care* 9, no. 8 (2020): 3793.

communication between family members, which can make children feel isolated and have difficulty expressing their emotions and feelings.⁷ Children who don't feel heard or ignored may feel anxious or depressed, which can affect their mental health. In addition, the lack of communication within the family can also trigger aggressive behaviour in children because they may feel frustrated or not understood. Conversely, families that build good communication tend to create a safe and supportive environment for children. Children in these families feel heard and valued and are more likely to feel comfortable expressing their feelings and emotions. This can help prevent emotional problems such as anxiety, depression and aggressive behaviour in children.⁸ In addition, good communication within the family can also help children develop social skills and emotional skills, which can help them in their daily lives and improve their overall mental health.

Improving mental health is important because good mental health can affect many aspects of a person's life, including physical well-being, social relationships, and productivity in work or other activities.⁹ Children who experience emotional problems such as anxiety, depression, or aggressive behaviour are likely to have difficulty coping with everyday life and may experience problems in social relationships, education, or work in the future.¹⁰ Children who experience emotional and mental problems in childhood will likely experience difficulties in social relationships, learning at school, and working in the future. This is because emotional and mental issues can affect their ability to deal with stress, manage emotions, and solve problems, which are important life skills.¹¹ Therefore, parents need to help their children develop these

⁷ Suud Sarim Karimullah, "Konsep Keluarga Smart (Bahagia) Perspektif Khoiruddin Nasution," *Tajhim Al-'Ilmi* 13, no. 1 (2021): 75–88.

⁸ Aneesa Akhlaq, Najma Iqbal Malik, and Noreen Aslam Khan, "Family Communication and Family System as the Predictors of Family Satisfaction in Adolescents," *Science Journal of Psychology* 2013 (2013).

⁹ Suud Sarim Karimullah, Moh. Rizal Riandi, and Abd. Hamid, "Urgensi Kesehatan Mental Dalam Kehidupan Beragama," *Ekomadania: Journal of Islamic Economic and Social* 6, no. 1 (2022): 1–18.

¹⁰ Caroline Braet et al., "Emotion Regulation in Children with Emotional Problems," *Cognitive Therapy and Research* 38 (2014): 493–504.

¹¹ Carla González-García et al., "Emotional and Behavioral Problems of Children in Residential Care: Screening Detection and Referrals to Mental Health Services," *Children and Youth Services Review* 73 (2017): 100–106.

skills by establishing good communication and supporting their children's mental and emotional health from an early age.

Building good communication within the family can help improve children's mental health by creating a safe and supportive environment for children to express their feelings and emotions.¹² Children living in such families are more likely to feel accepted and loved, and this can help reduce levels of anxiety and depression. In addition, children with good social and emotional skills, such as dealing with stress or managing conflict, tend to have better overall mental health.¹³ Thus, building good communication within the family can effectively improve children's mental health. However, it is also important to seek professional help if your child has serious emotional problems, such as anxiety disorders or depression. Professional teams such as psychologists or counsellors can help provide the support and treatment needed to improve a child's mental health.

In this study, researchers will discuss the urgency of building good communication in Muslim families and its implementation on children's mental health. Researchers will analyze the factors that affect communication in Muslim families and how these factors can affect children's mental health. In addition, researchers will discuss strategies that can be used to build good communication in Muslim families and their positive impact on children's mental health. The purpose of this research is to provide a better understanding of the importance of building good communication in Muslim families and its impact on children's mental health with the hope that the results of this research can contribute to Muslim communities in improving communication relations within the family and improving children's mental health as the next generation of religion, nation and state.

This research is very important because effective communication can help prevent mental health problems in children and improve their mental health. In addition, by building good communication within the family, family members can improve their relationships and create a positive and comfortable environment for all

¹² Stephen Scott, "Parenting Quality and Children's Mental Health: Biological Mechanisms and Psychological Interventions," *Current Opinion in Psychiatry* 25, no. 4 (2012): 301–6.

¹³ Kimberly Eaton Hoagwood, "Family-based Services in Children's Mental Health: A Research Review and Synthesis," *Journal of Child Psychology and Psychiatry* 46, no. 7 (2005): 690–713.

family members. Then this research can also help clarify the concept of good and effective communication in Muslim families and provide more specific strategies for building good communication in Muslim families. In addition, research can provide new insights into the factors that can affect children's mental health in Muslim families and provide appropriate solutions to overcome these problems. Thus, research on the urgency of building good communication in Muslim families and its implementation on children's mental health is very important to help Muslim families create a positive environment and support the development of children's mental health.

Research Method

The library research method can be used to examine the urgency of building good communication in Muslim families and its implementation on children's mental health. This method involves an analysis of literature relevant to the research topic, such as scientific journals, books, articles and other information sources available in the library. To conduct library research, researchers will collect data from various public sources of information through searches in library databases, the internet, and print media. After the data is collected, the researcher will analyze and synthesize the information obtained to understand better the urgency of building good communication in Muslim families and its implementation on children's mental health.

The advantage of library research methods is the flexibility in collecting data, not bound by time and place. Researchers can also gain a deep understanding of a research topic by looking at it from different perspectives and sources of information. However, the weakness of this method is that the information obtained may not always be up-to-date and may not be directly related to the specific socio-cultural context. Therefore, the use of this method will also be complemented by other ways to obtain more complete and accurate information so that the results of this study become comprehensive.

FINDINGS AND DISCUSSION

Concept of Communication in the Family

The concept of communication is the process of exchanging information, ideas, or emotions between individuals or groups.¹⁴ This

¹⁴ Jürgen Habermas, "Hannah Arendt's Communications Concept of Power," in *Hannah Arendt* (Routledge, 2017), 67–88.

concept involves receiving, understanding, and responding to messages sent. Communication can take many forms, including spoken, written, visual, or nonverbal.¹⁵ The main purpose of communication is to exchange information or ideas effectively and efficiently so that the recipient can correctly understand the message.¹⁶ Good communication within the family can help improve overall family health and happiness. Effective and open communication can help reduce family conflict, increase understanding and support between family members, and help build stronger and more harmonious relationships. This can positively impact the mental and emotional health of family members and strengthen family resilience in the face of challenges and stress in everyday life.

Daily life is an activity or routine that is carried out every day by someone in carrying out their life. Everyday life includes various things such as working, studying, communicating with others, resting, exercising, and so on. Everyone has a different daily life depending on their work, environment, and habits. Everyday life can affect a person's mental and physical health. Unhealthy lifestyles, such as lack of sleep, lack of exercise, or not eating healthy foods, can affect physical health and make a person more vulnerable to stress and mental health problems such as depression and anxiety. Everyday life can also be a significant source of stress, especially in difficult situations such as conflicts at work or problems in interpersonal relationships. Therefore, paying attention to one's physical and mental health is important in adopting a healthy lifestyle, reducing stress, and maintaining positive social relationships.¹⁷

Challenges and stress in everyday life can be difficult for everyone, including the family. However, with good communication within the family, each family member can support and help each other overcome these challenges and stress. Good communication within the family can help reduce stress and anxiety for each family member because they can share their experiences and feelings openly and get

¹⁵ Manuela Basso and Valentina Bonetto, "Extracellular Vesicles and a Novel Form of Communication in the Brain," *Frontiers in Neuroscience* 10 (2016): 127.

¹⁶ Leslie T Good, "Power, Hegemony, and Communication Theory," in *Cultural Politics in Contemporary America* (Routledge, 2022), 51–64.

¹⁷ Aziz Shahraki Vahed and Marjan Mardani Hamuleh, "Assessment of the Relationship between Mental Health and Job Stress among Nurses," *Pars Journal of Medical Sciences* 8, no. 3 (2022): 34–40.

support from other family members.¹⁸ In addition, with good communication, family members can also obtain the information needed to overcome the problems and challenges they face. Parents can also set a good example in dealing with challenges and stress in the family by showing effective ways to manage emotions and solve problems. This can help children learn how to properly deal with difficult situations and reduce the risk of developing mental health problems in the future.

Communication within the family is the process of sharing information, ideas, feelings and views between family members to create understanding, agreement and healthy relationships. Communication within the family also involves the active involvement of each family member in the communication process and listening to each other empathetically without judging or judging. Communication within the family includes several things, such as 1) Communication Channels. Families can communicate through various communication channels, such as verbal, nonverbal, written, and information technology. 2) Frequency and Time. Families must have sufficient time and frequency to communicate. Good frequency and time will allow each family member to convey their ideas, feelings and views. 3) Openness. A communicative family must also have openness in communicating. Openness enables each family member to feel comfortable expressing their ideas, feelings and views without fear of being judged or judged. 4) Empathy. Families who are good at communicating must also have a sense of empathy in every communication. Empathy allows each family member to understand each other's feelings and views better. With good communication, families can improve relationships and create a healthy environment for every family member, including children, which can improve their mental health.

Mental health is a condition in which a person can cope effectively and positively with the challenges of everyday life.¹⁹ One of the factors that can affect a person's mental health is the relationship and communication within the family. Good and open communication

¹⁸ Elsa Putri Apsarini and Nofha Rina, "Pola Komunikasi Orang Tua Tunggal Dalam Konsep Diri Remaja Akhir," *Medium* 10, no. 1 (2022): 41–53.

¹⁹ Emily Hards et al., "Loneliness and Mental Health in Children and Adolescents with Pre-existing Mental Health Problems: A Rapid Systematic Review," *British Journal of Clinical Psychology* 61, no. 2 (2022): 313–34.

within the family can help reduce conflict and increase mutual understanding, trust, and support among family members. This can help children feel more secure, comfortable, and motivated to achieve their goals in life. Conversely, families with poor relationships and communication tend to experience emotional problems such as anxiety, depression and aggressive behaviour. Therefore, improving communication relationships within the family can help improve the mental health of children and other family members.

When problems occur in the family, all family members need to participate in improving the situation and strengthening family relationships. All family members have the same roles and responsibilities in building good communication and improving family mental health. For example, older family members can help open communication by being good listeners and being open to hearing the feelings and problems younger family members face. Meanwhile, children can learn to be more relaxed by talking honestly about their feelings and trying to understand other people's perspectives. Improving family mental health promotes mutual understanding, support, and respect between family members and working together to achieve common goals.

Good communication within the family improves the mental health of each individual in it and helps the family achieve common goals. In a family, shared goals can be shared happiness and success, as well as building strong bonds and mutual support for one another.²⁰ With effective communication and mutual understanding, family members can work together to achieve common goals in daily activities and long-term plans such as education, career or finance.

Poor or ineffective communication in Muslim families can hurt a child's mental health.²¹ Children who grow up in a less communicative environment may have difficulty expressing their feelings and emotions, which can cause them to feel isolated and lonely. In addition, children with poor relationships with their parents and other family members may experience excessive stress and anxiety. In

²⁰ Beth S Russell et al., "Short-term Impacts of COVID-19 on Family Caregivers: Emotion Regulation, Coping, and Mental Health," *Journal of Clinical Psychology* 78, no. 2 (2022): 357–74.

²¹ Erin Beneteau et al., "Communication Breakdowns between Families and Alexa," in *Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems*, 2019, 1–13.

addition, a lack of good communication within the family can cause children to feel unappreciated and uncared for, leading to emotional problems such as depression and anxiety. In the long term, this condition can cause serious mental disorders in children. Therefore, building good communication in Muslim families is important to improve children's mental health and prevent mental disorders. With good touch, children can feel more comfortable talking about their feelings and feel supported by their families, which can help them feel more confident and reduce their risk of mental problems.

Good communication in Muslim families can help reduce the risk of mental problems in children. Children who grow up in a family environment that is less communicative or harmonious are often more prone to experiencing mental issues such as anxiety, depression and aggressive behaviour. However, when family members can communicate well, children feel more secure and protected, which can help them reduce their risk of mental problems. In addition, good communication within the family can also help children learn how to deal with stress and difficulties in their lives, which can also help prevent mental issues in the future. With good communication in the family, children will feel more comfortable and open to talking about their feelings and the problems they are facing. This can help reduce feelings of anxiety, depression and stress in children. In addition, good communication within the family can also help children understand how to deal with conflicts and interpersonal problems to reduce the risk of mental problems in the future.

The risk of mental problems can arise for anyone, including children in Muslim families. Stress, pressure, uncertainty, and trauma can affect a child's mental health. However, by building good and effective communication within the family, parents can help reduce the risk of cognitive problems in children. Open, honest, and positive communication between parents and children can help children feel safe and comfortable expressing their feelings. Parents can also help children understand their situation and emotions by providing support and assistance. In addition, by establishing a positive and supportive environment at home, parents can help reduce the stress and uncertainty their children may be feeling. This can include providing time for relaxation and play, instilling positive values, and teaching problem-solving skills. Thus, establishing good and effective communication within a Muslim family can help maintain children's

mental and emotional health and reduce the risk of cognitive problems in the future.

The Role of Parents in Building Good Communication in the Family

Parents have an important role in establishing good communication in the family. As family leaders, parents are responsible for creating a safe and comfortable environment for all family members. Creating a safe and comfortable environment for all family members is crucial for maintaining mental and emotional health. A safe and comfortable environment can help family members feel protected and cared for and strengthen mutual trust. Strengthening mutual trust among family members is important in building healthy and harmonious relationships. Mutual trust will make family members feel comfortable communicating and open up to their feelings and thoughts. A person's feelings and thoughts are complex and influenced by many factors, including life experiences, environmental conditions, physical and mental health, and relationships with those around them. Therefore, paying attention to and understanding someone's feelings and thoughts, especially family members, is important.

When a person pays attention to and understands the feelings and thoughts of other people, then that person can be more sensitive to their needs and expectations. This can help build better and mutually supportive relationships within the family and prevent or treat mental health problems that may arise. One way to pay attention to other people's feelings and thoughts is to listen carefully and empathetically. Avoid jumping to conclusions or making assumptions before fully understanding the person's point of view. Also, show that you care about how they feel by paying full attention to a conversation or activity being shared. When a person notices and understands the feelings and thoughts of other people's family members, they can also help them deal with their stress and problems by offering support and help or even giving them extra time and attention when needed.

Some things that parents can do to establish good communication in the family include: 1) Listening. Parents need to give their full attention when other family members are talking. This shows that parents care and respect the opinions and feelings of children. 2) Give an example. Parents need to set an example of good communication with other family members. If parents often speak harshly or interrupt children's conversations, this can affect

communication in the family. 3) Keep emotions. Parents need to keep emotions in check when communicating with children. If parents often have outbursts or show negative emotions when talking to children, it can make them afraid or reluctant to talk. 4) Make time to talk. Parents must set aside special times to talk with their children, such as dinner or other family activities. This can strengthen family bonds and make it easier for children to discuss their feelings. 5) Support. Parents need to support and motivate children to talk about their feelings. This can help children feel more comfortable discussing problems and increase their self-confidence. By doing these things, parents can establish good communication within the family, which can improve children's mental health and prevent mental problems in the future.

To form good communication within the family, several things can be done, including first, taking time to gather. Try to set a regular schedule to get together as a family. This can be done by having dinner together or other family events. Second, be a good listener. Listening attentively when other family members are talking can help improve communication. Don't ignore other people's feelings or thoughts; try to understand their point of view. Third, be open to discussion. Try to be available for debate and exchange of opinions. This can help create a safe environment and allow everyone in the family to feel comfortable discussing their problems or feelings. Fourth, use polite language. Avoid using harsh or harassing words in communicating with other family members. Use polite language and respect the feelings of others. Fifth, give appreciation. Give appreciation or praise to other family members when they do something good. This can help increase self-confidence and strengthen relationships within the family. Sixth, avoid prolonged conflict. If there are differences of opinion or problems in the family, try to solve them well and avoid long disputes. This can help maintain healthy relationships in the family. Following these things is hoped to help build good communication within the family and improve children's mental health.

Establishing effective communication within the family will help maintain healthy relationships between family members. With good communication, family members can build trust, support each other, solve problems together, and create a positive environment. This can help prevent conflicts and problems and strengthen bonds between family members. In the long term, healthy relationships within the

family can also help prevent mental and emotional health problems in children and other family members.

Mental and emotional health problems can become serious problems for children if they are not handled properly. Within the family, good communication can help reduce the risk of mental and emotional health problems in children. In addition, effective communication strategies can help parents and other family members understand their children's issues, so they can find the right solution and get help if needed. In the long term, establishing a positive environment within the family can help maintain children's mental and emotional health, thereby preventing mental health problems in the future. Therefore, families must build effective communication to support children's mental and emotional health.

Taking care of children's mental and emotional health is important as a parent or caregiver. Here are some tips for maintaining children's mental and emotional health: first, give them enough love and attention. Children who feel loved and cared for are better able to develop positive self-esteem and good mental health. Encourage children to express their feelings positively. Invite children to talk about their feelings and allow them to celebrate their successes and achievements. Second, provide a safe and comfortable environment. Children who feel safe and comfortable in their surroundings find it easier to express themselves and explore new things. Third, encourage children to play and exercise regularly. Play and exercise greatly reduce stress and improve mental and physical health. Fourth, limit children's exposure to inappropriate television, the internet or other media content. Inappropriate or violent content can affect children's mental health. Fifth, provide a healthy and balanced diet. Good nutrition can help improve children's mental and emotional health. Sixth, teach children skills to deal with stress and conflict. Children who learn to deal with stress and conflict can better deal with difficult problems and situations. Seventh, set a good example by managing your stress and emotions. Children learn from the adults around them, so make sure everyone in the family puts a good standard for dealing with stress and managing emotions.

Effective Communication Strategies in Muslim Families to Maintain Children's Mental Health

Effective communication is exchanging information, ideas, and feelings between two or more parties, allowing mutual understanding

and agreement. Effective communication involves using clear language, an active listening presence, the ability to understand another person's point of view, and the ability to express oneself in appropriate ways. Effective communication aims to achieve a clear and mutually beneficial understanding between all parties involved and avoid misunderstandings or conflicts arising from ambiguity or ignorance.

Ambiguity or ignorance is a condition in which a person does not have sufficient knowledge or understanding of a topic or situation. This can lead to uncertainty, anxiety and difficulty in making the right decision. In the family context, ambiguity or ignorance can occur related to various things, such as unclear family rules, financial problems, or even someone's mental health problems that are not properly detected. Therefore, family members need to ensure that communication within the family is effective and open so that all family members can have the same understanding of the situation or problem being faced.

The same understanding of the situation or problem is very important in building effective communication within the family. When all family members understand the problem or situation being faced in the same way, communication between them will be more directed and effective. This can help prevent misunderstandings or misunderstandings from arising that can harm family relationships and a child's mental health. Family relationships are relationships between family members formed based on blood ties or marriage. This relationship can involve emotional, social, and economic interactions between family members. The purpose of family relationships is to form close bonds between family members and create a safe and harmonious environment for the growth and development of each family member. Good family relationships can strengthen family members' mental and emotional health, while low-income family relationships can increase the risk of mental and emotional health problems.

Mental and emotional health problems can occur in someone with difficulty managing emotions and thoughts. This can be caused by various factors, such as genetics, environment, experience, and so on. Mental and emotional health problems can affect a person's cognitive, social and emotional functioning, thereby affecting a person's quality of life and ability to function properly in everyday life.²² Therefore,

²² Peter M Wehmeier, Alexander Schacht, and Russell A Barkley, "Social and Emotional Impairment in Children and Adolescents with ADHD and the Impact

people must pay attention to their mental and emotional health and seek help. There is nothing wrong with asking for help or support from others when experiencing problems or difficulties in everyday life, including in the family context.

In Muslim families, seeking help can also be done by inviting the family to consult with religious experts or counsellors who can provide guidance and support in overcoming their problems. Maintaining mental and emotional health is a shared task within the family, and cooperation between family members is essential in achieving this goal. Effective communication is vital to achieving these goals. In Muslim families, establishing good and healthy communication between parents and children can help prevent future mental health problems, improve children's mental health, and strengthen family relationships. It is important to take concrete steps to improve the family's communication quality, such as avoiding defensive or attacking behaviour when communicating, listening empathetically and without prejudice, and building trust and a sense of security in children. By adopting effective communication strategies, Muslim families can establish a positive and supportive environment for their children's mental health.

Establishing a positive environment is an effective communication strategy in Muslim families to maintain children's mental health. This can be achieved in several ways, including giving children adequate attention and time. Parents must realize the importance of providing sufficient attention and time to children so that children feel loved and valued. Thus, children can grow confidently and feel comfortable in a family environment. Second, maintain open communication. Parents must create an environment that is open and free from pressure so that children feel comfortable talking and sharing problems. Thus, the child will find it easier to ask for help if there is a problem. Third, encourage children to talk about their feelings. Parents should encourage children to talk about their feelings and provide

on Quality of Life,” *Journal of Adolescent Health* 46, no. 3 (2010): 209–17, <https://doi.org/10.1016/j.jadohealth.2009.09.009>; Álvaro I Langer et al., “The Effect of a Mindfulness-Based Intervention in Cognitive Functions and Psychological Well-Being Applied as an Early Intervention in Schizophrenia and High-Risk Mental State in a Chilean Sample: Study Protocol for a Randomized Controlled Trial,” *Trials* 18, no. 1 (2017): 1–9, <https://doi.org/10.1186/s13063-017-1967-7>.

emotional support. Thus, children can learn to deal with their emotional problems.

Fourth, maintain positive communication. Parents should avoid speaking in a harsh or aggressive tone. Positive and friendly communication will help children feel more comfortable and reduce the possibility of conflict. Fifth, maintaining a balance between authority and participation. Parents must maintain a balance between power and involvement in decision-making. This will help children learn to understand the importance of respecting others and the consequences of each action. Sixth, set a good example. Parents should set a good example in their communication and behaviour. Thus, children can learn to develop positive and healthy communication skills. By implementing effective communication strategies within the family, parents can help their children grow and develop properly, maintain their mental and emotional health, and create positive and harmonious relationships within the family.

Effective communication in Muslim families to maintain children's mental health can also be done by prioritizing open communication. Parents need to open good channels of communication with their children. They have to make sure that children feel comfortable and safe to talk about any issues. This will help children understand that their parents are always there for them and help them overcome their problems. Then, avoid excessive criticism of the child's behaviour. Parents need to avoid overly criticizing their children. Instead, they should provide praise and support that builds their children's confidence using positive body language.

Every parent needs to use positive and friendly body language when talking to their children. This will help children feel closer and connected to their parents. Every parent also needs to encourage children's participation in family activities and give them an active role. This will help children feel more valued and strengthen their family relationships. Then, maintain the privacy and confidentiality of the family. Parents must keep family privacy and confidentiality and avoid discussing family matters with other people without the family members' permission. This will help build trust and a sense of security in children and maintain healthy family relationships so that children can stay mentally well.

Conclusion

Based on the research results on the urgency of building good communication in Muslim families and its implementation on children's mental health, it can be concluded that good communication between family members is very important for children's mental health. The role of parents is very important in shaping good communication in the family. Parents must implement effective communication strategies, such as active listening, understanding children's feelings and needs, and providing emotional support. This can help children feel comfortable and open to communicating with parents, thus forming healthy and supportive family relationships. With good communication within the family, children can feel more confident, have a sense of self and security within their family environment, and have better social skills. This can help them cope with the stress and pressure they may experience and ultimately improve their mental health. Therefore, Muslim families need to establish good and effective communication within the family to maintain their children's mental health. In addition, every parent needs to pay attention to how they communicate with their children and constantly look for ways to improve their communication skills. This will help create a healthy, supportive and happy family environment. Therefore, there is a need for wider campaigns and education to the public regarding the importance of communication in the family and its implementation on children's mental health

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