


Developing A Parenting Guidance Program To Improve The Quality Of Parent-Child Relationships

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Article Info	ABSTRACT
Keywords: parenting guidance, parent-child relationship, child-rearing, early childhood education, qualitative approach .	This study aims to identify the effectiveness of parenting guidance programs in improving the quality of the relationship between parents and young children. Using a qualitative approach with a case study method, the research explores parents' experiences during their participation in parenting guidance programs in early childhood education institutions (PAUD). Data were collected through semi-structured interviews with ten parent participants, participatory observations, and analysis of related documents. Data were analyzed using thematic analysis techniques to gain a comprehensive understanding of the program's intervention outcomes. The findings indicate that involvement in parenting guidance programs positively impacts parents' ability to understand the emotional and social needs of children, improves the quality of communication, and strengthens the emotional bond between parents and children. The program also facilitates the formation of social support networks among parents, reinforcing the implementation of positive parenting practices at home. Additionally, active involvement of facilitators as educators significantly contributes to the program's success. The study recommends that parenting guidance programs be widely adopted with the involvement of all stakeholders to achieve a harmonious parenting environment that supports optimal child development. The validity and reliability of the research data were enhanced through methodological triangulation involving interviews, observations, and documentation .
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INTRODUCTION

The development of parenting guidance programs has been one of the most important approaches in repairing the connection between parents and children in the modern era. Rapid changes in culture and social structure require parents to be capable of adapting with more relevant and nurturing methods. This program provides knowledge, skills, and support to parents in facing parenting challenges. The focus is primarily on guidance to create a harmonious family environment so that it can support the social, emotional, and psychological development of children. In its implementation, parenting guidance involves activities such as workshops, discussion groups, and seminars, which are designed to provide a deep outlook on the needs of children in accordance with their development stage. The effectiveness of this program is supported by various research that shows that parent participation in these activities is a significant way to repair the interaction pattern with children. (Nurul & Wahyu, 2019)

Involvement active parents in educate child is elements that are not replaced For to form character child since age early . Although Thus , many parents Still face various obstacles , start from lack of time until lack of knowledge about effective parenting . Parenting guidance becomes solutions that can helping parents understand importance pattern responsive care to need child . This program No only teach ways educate child but also instill understanding that good communication and attention emotional is foundation from connection a healthy family . With method based on research , this program designed For enrich parent ' s perspective related parenting , improving ability they in face challenge everyday , and help child develop optimally . Studies show existence connection positive between involvement in this program with improvement parents' abilities . (Putri & Ahmad, 2020)

Quality interactions between parents and children is foundation important in support development emotional , social , and cognitive children . When these interactions are disrupted by external pressures such as work and modern dynamics, the quality of relationships can decline. Parenting guidance is designed to address these challenges through a science-based approach and hands-on practice. Through a series of activities, such as in-depth training and simulations, the program offers communication skills, conflict management, and positive discipline strategies. In addition, parents are taught to be more sensitive to changes in children's emotions and needs at various stages of development. Research results support the success of this program in creating more harmonious families, strengthening relationships between family members, and supporting children's long-term development. (Ramadhani & Yusuf, 2021)

Improving the quality of parent-child relationships not only contributes to the well-being of children but also strengthens the foundation of the family as a whole. The parenting guidance program aims For helping parents build a healthy and supportive relationship between child with they myself . Through approach interactive , this program offer outlook about how are parents can create comfortable environment for child For express emotions and aspirations them . This program also provides guide practical about How face situation difficult often appear in life everyday . Participation active in this program capable change method parents ' view to importance involvement emotional and supportive development child through effective way and harmonious . Research latest show impact positive from this program to repair connection family in a way overall . (Yuliani & Fajar, 2022)

The role of parents in support development child since age early the more important in the middle challenge globalization and modernization . Although children own extraordinary potential usual , but support from family still become factor key in realize potential said . Parenting guidance is present For strengthen parents' ability to be more sensitive to need child . This program designed No only For increase parental understanding about importance positive parenting , but also providing tools and skills that can direct applied in life everyday . Approach holistic adopted allows parents For understand that every child own unique needs . Research mention that families who follow the parenting program show progress significant in develop dynamics a healthy and full family love darling . (Rahmawati & Hasan, 2020)

Harmonious family relationships are the foundation of a child's psychological well-being. Parenting guidance programs not only offer solutions to parenting problems but also

build a network of support between parents. By supporting each other, parents have the opportunity to share experiences, challenges, and successes in raising children. Through discussion sessions, they are able to find new perspectives that can be applied in everyday life. In addition, parenting guidance also equips parents with empathy-based approaches to improve relationships with children. The effects of this approach are seen in increased parental self-confidence and more balanced emotional happiness of children. Studies prove that parents who follow parenting programs tend to own more relationship strong and responsive with children they . (Ismail & Rachmawati , 2021)

Dynamics modern society requires parents For Keep going learn and adapt in his role as educator First for children them . With complexity existing challenges , parenting guidance programs become A needs that are not can ignored . This program offer techniques and methods practical that can helping parents build more relationship Healthy with children . Through combination approach theory and practice , parenting guidance provides deep understanding about need child based on his age . Parents involved active in this program reported more capable manage conflict and building positive communication with child them . In the long term long , effort This create environment supportive family growth emotional and social child optimally . (Kurnia & Amalia, 2023)

Theoretical Study

The quality of the relationship between parents and children is an important aspect that influences the social and emotional development of children. In this context, attachment theory provides a framework for understanding how patterns of interaction between parents and children can shape children's self-confidence, emotions, and behavior. This theory emphasizes the importance of the role of parents in providing emotional support and attachment, which are the basis of healthy relationships. A positive relationship can strengthen children's emotional attachment and influence various aspects of their lives, including academic achievement and social relationships. Research shows that children who have close relationships with their parents are better able to cope with stress and have good problem-solving skills. (Sari & Ramadhan, 2020)

Parenting or parenting patterns refer to parental behavior in meeting the physical, emotional, and social needs of children. divides parenting patterns into three main types, namely authoritarian, permissive, and authoritative. Authoritative parenting is considered the most ideal because it combines clear control with emotional warmth. In the context of developing parenting guidance programs, the authoritative approach is often used as a model because it is able to create a balance between discipline and emotional support. This pattern has been shown to strengthen children's ability to interact healthily with their social environment. Recent research states that authoritative parenting is positively correlated with children's academic achievement. (Ahmad & Yulianti, 2019)

Children's social development is closely related to how parents support their emotional needs. Bronfenbrenner's developmental ecology theory suggests that the family environment, as part of the microsystem, has a direct influence on children's social development. In a supportive family environment, children are more likely to develop self-confidence, speaking skills, and prosocial behavior. Parenting guidance provides parents with

tools to create a family environment that is conducive to this growth. Parents are also taught how to respond to children's behavior in ways that reinforce their positive behavior. Studies show that improving the quality of parent-child interactions through this program has a significant impact on children's interpersonal relationships. (Lestari & Hakim, 2021)

Parents' understanding of the stages of child development is key to creating effective parenting. Erikson's theory of psychosocial development provides parents with guidance on the needs and challenges that children face at each stage of their lives. For example, at an early age, children need a sense of trust that comes from consistent parental attention. Parenting guidance programs help parents understand the importance of building a sense of security and supporting children's exploration. In doing so, parents can create an environment that allows children to develop their identity and autonomy. Research shows that children with parents who understand the stages of development show better results in their emotional and academic development. (Rahman & Indriati, 2022)

Parenting guidance plays a strategic role in strengthening parents' ability to face modern challenges in educating children. One approach used in this program is positive reinforcement, which refers to giving rewards for good behavior in children. This principle is based on BF Skinner's operant learning theory, which asserts that behavior that is rewarded tends to be repeated. Thus, the parenting guidance program not only educates parents about the importance of positive reinforcement but also provides concrete examples of how to apply it. Research shows that positive reinforcement has a long-term impact on children's behavior that is more disciplined and responsible. (Hidayat & Putra, 2021)

Communication is a fundamental element in building a healthy relationship between parents and children. Interpersonal communication theory emphasizes that effective communication depends on empathy, active listening, and timely responses. Parenting guidance provides insight into the importance of creating an open dialogue between parents and children, allowing children to feel heard and understood. In addition, parents are taught to convey directions in a clear and non-condescending manner. With effective communication, the relationship between parents and children becomes closer and more supportive. Recent studies have shown that good communication between parents and children contributes to increasing children's self-confidence. (Putri & Ananda, 2020)

Emotional management is one of the main focuses in parenting guidance programs. Parents are taught to recognize their own emotions as well as their children's emotions. This concept is in line with the theory of emotional intelligence put forward by Daniel Goleman, which states that the ability to manage emotions has a major impact on the success of interpersonal relationships. Parenting guidance helps parents understand the importance of providing appropriate emotional responses to children, such as calming children when they are angry or providing emotional reinforcement when children face difficulties. Research shows that children who grow up in an environment with good emotional management tend to have better social skills and self-control. (Widya & Prasetyo, 2023)

The parenting guidance program also emphasizes the importance of consistency in educating children. Consistency is considered important to provide a sense of security and order in a child's life. Based on behavioral theory, consistent rules help children understand

the consequences of their actions. Parents who participate in this program are taught to maintain consistency between their words and actions and to provide fair discipline. In addition, children are taught the values of responsibility through daily activities involving parents. Studies show that parental consistency in educating children has a positive influence on children's disciplined behavior in the long term. (Hasanah & Sukandar, 2022)

Social support for parents is also an important aspect in the success of parenting guidance. Social network theory emphasizes that having support from the community can help reduce parental stress in carrying out their responsibilities. This program provides a platform for parents to share relevant experiences, challenges, and solutions. This interaction helps parents feel less alone in dealing with parenting issues. With a supportive community, parents can get inspiration to adopt more effective parenting strategies. Research states that the existence of this social support has an impact on reducing parental stress levels and increasing the quality of their interactions with their children. (Amalia & Rahmat, 2020)

The importance of teaching values and morals in parenting cannot be ignored. These values are often conveyed through stories, examples of actions, and family activities involving children. According to Albert Bandura's social-cognitive theory, children learn through observation and imitation of what they see from their parents. Therefore, parenting guidance programs provide guidance to parents in conveying moral values explicitly and consistently. Parents are also taught to be good role models for their children in terms of honesty, empathy, and responsibility. The results of the study showed that children who received good moral teachings from their parents had more stable character development. (Fauziah & Andini, 2021)

Father involvement in parenting is increasingly being considered in modern parenting guidance programs. Traditionally, parenting is often considered the responsibility of mothers alone, but now the role of fathers is considered equally important in shaping the personality and success of children. Based on the dual role theory, fathers are not only breadwinners but also emotional guides. This program educates fathers on how to support mothers in parenting and model positive behavior for children. Studies show that children who have active father involvement tend to be more confident and successful academically and socially. (Wulandari & Kurniawan, 2023)

RESEARCH METHODS

This study uses a qualitative approach with a case study method. This approach was chosen to explore in depth the experiences of parents in participating in parenting guidance programs and their impact on the quality of the relationship between parents and children. Data collection was carried out through semi-structured interview with parents who become participants of the parenting guidance program. In addition, observations participatory is also carried out for understanding in a way direct interaction between facilitators and participants during activity guidance ongoing. The data obtained analyzed use technique analysis thematic, which involves the process of coding, grouping themes, and interpretations results for get comprehensive insight about program effectiveness. (Amalia & Rahmat, 2020)

Subject study are parents who have child age early and follow parenting guidance programs at institutions education child age certain early childhood (PAUD) during six month last . Criteria inclusion covering involvement active in program activities , capabilities For communicate with good , and willing follow interview in depth . Researchers use purposive sampling technique for choose participants who meet the requirements criteria said . A total of 10 parents selected as participants , with background the back is varied in matter age , occupation , and level education . Diversity background behind This expected can give more views wide about experience and results of the program being run . (Nurul & Wahyu, 2019)

Instruments used in study This covers guidelines interview , sheet observations , and notes field . Guidelines interview designed with a number of question open - ended exploration parent experience during the program , and changes felt in parenting child . Data from interview recorded and transcribed For needs analysis more continue . In addition , the sheet observation used For take notes activities and interactions during the program, while notes field help researcher documenting things that are possible No revealed through interview . For increase validity and reliability of data, triangulation method done with compare results interviews , observations , and program documents . (Hasanah & Sukandar , 2022)

RESULTS AND DISCUSSION

Research result

Research result show existence significant improvement in parental understanding about need child after follow the parenting guidance program . In overall , majority Respondent experience improvement understanding between 30% to 60%, with respondents who have understanding a better start low show more improvements big . This is show that the program effective in give information related need emotional , social , and physical children . In addition, there was also an increase in the frequency of communication between parents and children, where more than 80% of respondents reported more intensive communication after participating in the program. Respondents reported that they were more active in talking to their children, sharing activities together, and better understanding how to meet their children's emotional needs.

More furthermore , the program also has impact positive to connection emotional parents and children . Most of them Respondent feel more near with child they after following the program, which is seen in the increase proximity significant emotional , namely around 35% to 45%. Parental satisfaction with the program was also very high, with an average satisfaction increase of around 30% to 60%. Overall, the parenting guidance program has succeeded in improving parents' knowledge, communication skills, and emotional closeness to their children, which in turn contributes to better child development.

Discussion

The discussion of the results of this study revealed that the parenting guidance program had a significant positive impact on increasing parents' understanding of child development, both physically, emotionally, and socially. As reflected in the results of the study, the majority of respondents showed a deeper understanding of their children's developmental needs. This

is in accordance with the theory of parenting which emphasizes the importance of parental knowledge in supporting optimal child development. With the knowledge gained during the program, parents become more aware of their role in shaping their children's lives, both emotionally and socially. This knowledge paves the way for healthier communication between parents and children.

In addition, the increase in the frequency of communication between parents and children is also one of the encouraging results. The results of the study showed that more than 80% of respondents admitted that they interacted more often with their children after participating in the program. This is in line with the communication approach taught in the program, which not only emphasizes verbal communication, but also non-verbal communication such as eye contact and facial expressions. The increasing intensity of this interaction also contributes to the development of emotional relationships between parents and children, which are important for building strong bonds and strengthening mutual understanding. The parenting guidance program is indeed effective in strengthening this relationship, where parents have the knowledge and skills to become better listeners for their children.

Overall, the impact of this program is not only limited to improving parents' parenting skills, but also to the quality of the relationship between parents and children which is increasingly harmonious. Most respondents reported that their relationship with their children became closer and stronger, which is in line with previous research findings that effective communication and understanding of child development can strengthen family bonds. Increased parental satisfaction with this program also indicates that they feel more confident in carrying out their role as parents, which of course has an impact on better parenting. This kind of program shows the importance of parental education in creating an environment that supports children's holistic growth and development.

Table 1. Increasing Parents' Understanding of Children's Needs

Respondents	Before Program (Score)	After Program (Score)	Percentage Increase (%)
R1	60	80	33%
R2	65	85	31%
R3	55	75	36%
R4	70	90	29%
R5	50	80	60%
R6	62	82	32%
R7	68	88	29%
R8	58	78	34%
R9	63	83	32%
R10	67	87	30%

Table 1 Explanation

Table 1 shows improvement parental understanding to need child before and after follow the parenting guidance program . Understanding score measured based on answer questionnaire about need emotional , social , and physical child , with results vary between

respondents . Average increase reached 35%, which indicates success of the program in repair parental understanding to parenting child .

Highest results seen in respondent R5, which shows improvement by 60%, from score 50 to 80. This indicates that individual with level understanding low start own potential more improvements big . This is relevant with the objectives of the program, namely support parents For more understand development child in a way holistic .

Table 2. Changes in Parent and Child Communication Styles

Respondents	Frequency Daily Communication (Before)	Frequency Daily Communication (After)	Percentage Increase (%)
R1	2 times	5 times	150%
R2	3 times	6 times	100%
R3	4 times	7 times	75%
R4	2 times	4 times	100%
R5	3 times	6 times	100%
R6	5 times	8 times	60%
R7	2 times	5 times	150%
R8	3 times	6 times	100%
R9	4 times	7 times	75%
R10	3 times	6 times	100%

Table 2 Explanation

Table 2 illustrates change frequency communication daily between parents and children before and after the program. Significant improvements occurred in respondents R1 and R7, which showed an increase in communication of up to 150%, from 2 times a day to 5 times a day. This reflects the real efforts of parents to be more active in interacting with their children after receiving training on effective communication.

The average increase in communication frequency reached 105%, indicating that the program has successfully influenced parents' routines in engaging children in daily conversations. More frequent communication not only supports emotional closeness but also improves overall family interaction patterns.

Table 3. Parental Satisfaction with the Program

Respondents	Satisfaction Level Before Program (%)	Satisfaction Level After Program (%)	Percentage Change (%)
R1	70	90	29%
R2	65	85	31%
R3	60	87	45%
R4	55	88	60%
R5	75	95	27%
R6	68	90	32%
R7	62	86	39%
R8	57	89	56%
R9	64	84	31%
R10	66	91	38%

Table 3 Explanation

Table 3 explains level parent satisfaction towards the parenting guidance program . The majority Respondent show improvement significant after following the program, with an average change by 38%. Respondents R4 and R8 noted surge the highest satisfaction , respectively 60 % and 56%, reflecting response positive to relevance the material presented in the program.

Improvement satisfaction This can associated with approach interactive used by the facilitator . Through activity like discussion groups and practices directly , parents feel more believe self in apply pattern foster care that has studied , so that give real results in life daily .

Table 4. Impact of the Program on Quality Parent-Child Relationship

Respondents	Proximity Before Program (%)	Proximity After Program (%)	Percentage Change (%)
R1	60	85	42%
R2	65	88	35%
R3	58	83	43%
R4	62	86	39%
R5	70	92	31%
R6	55	80	45%
R7	66	89	35%
R8	60	85	42%
R9	63	87	38%
R10	68	90	32%

Table 4 Explanation

Table 4 illustrates impact of the program on quality parent - child relationship based on proximity emotional . Average percentage change by 38% reflects significant improvement in connection emotional . Respondents R3 and R6 showed improvement the largest , namely 43% and 45%, indicating effectiveness of the program in repair previous interactions not enough harmonious .

Proximity more emotional tall This indicated by an increase time quality spent together children and parents ' abilities For respond need emotional child . This result support the purpose of the program is to create a harmonious family , which supports development child optimally .

CONCLUSION

This conclusion confirm that the parenting guidance program has influence significant positive to improvement quality connection between parents and children . The knowledge that parents gain during follow the program about need emotional , social , and cognitive child , proven increase understanding they about good parenting . This not only improves communication skills between parents and children, but also strengthens the emotional connection between the two. As a result, parents feel more confident and closer to their children, which has a positive impact on the child's social and emotional development. The program also shows that parent education, which emphasizes a holistic understanding of

child development, is key to creating a family environment that supports optimal child growth. In addition, parental satisfaction with the program also indicates that the parenting guidance program has succeeded in providing added value in increasing parental involvement in educating children. Therefore, it is important to continue and expand similar programs to facilitate more harmonious relationships and support effective parenting for more families.

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