

The P-5 Integrity System for Christian Parents Build Children's Mental Health

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Abstract—Parents have a crucial role in constructing children's mental health, because children are individuals in the developmental phase from infancy to adolescence. The development processes involve physical, mental, self-concept and imitating patterns in its environment. According to WHO reports, 450 million people across the world suffer mental disorders, with a prevalence of 20% of the incidence occurring in children. There are several factors affecting the mental emotional level of children, namely: the attitude of parents to their children, parenting patterns in the family, the stimulus provided, love and affection. In building a child's mental health, Christian parents must become role models and a systematic formulation of the 5Ps (Guidance, Advisory, Training, Friendship, Listening) so that they are able to build their mentality.

Keywords—Parents, mentality, 5P, Health, and Children

I. INTRODUCTION

Children are individuals developmental phase from infancy to adolescence. The developmental period and starts from infants beginning from the age of 0 to 12 (towards adolescence). The developmental process has physical, mental, self-concept, imitative patterns and social behavior that can be different[1]. Proximity between children and parents is needed for the establishment of an open relationship, so self-disclosure is very necessary so that all information hidden by children can be known and understood by parents[2]. In addition, the style of educating parents to children also greatly affects the behavior of children[3]. Mental health is a condition of visible well-being where individuals are able to realize their potential, and has the

ability to cope with the normal stresses of life in various situations in life..

II. METHOD

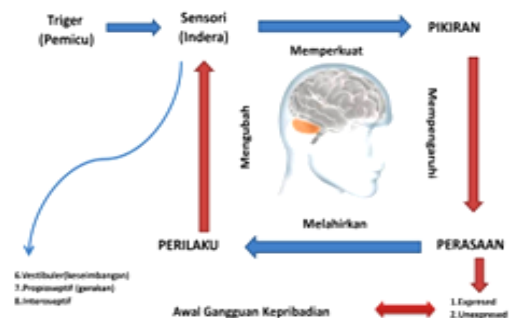
This research method implements literature study which is a data collection method directed at searching for data and information through documents, both written documents, pictures, and electronic documents that can support the writing process.

III. FINDINGS AND DISCUSSION

Mental health is a condition that identifies a person who experiences psychological, emotional, and overall attitudes that can determine a person's behavior[4]. Parents have a crucial role in maximizing the development of children's growth. Friedman explained that the family is the main unit of society and the institutions that can influence people's lives. Everyone must have a family, but not everyone in the family has the ability or experience specifically to educate children, because in families with children, each child has a different character[5]. In addition to physical health, children's mental health should also not escape the attention of parents, this is because it affects social life and children's emotional development[6]. WHO reports that 450 million people worldwide have mental health disorders, with a prevalence of 20% of the incidence occurring in children. Several factors that can affect the mental emotional level of children are the attitude of parents to their children,

parenting patterns in the family, the stimulus provided, love and affection. To build positive emotions in the fetus there must be cooperation between husband and wife, namely with the love written in Ephesians 5:33 after all, for each of you it applies: love your wife as yourself and the wife should honor her husband, pray, praise and worship, and communicate with the fetus about 20-25 minutes every day. This paper aims to systematically find out Christian parents in building mental health of children starting from the fetus until the age of 12 years. God works in forming the fetus that is in a mother's womb as it is written in Psalm 139:13 For you are the one who formed my kidneys, weaved me in my mother's womb, besides that the fetus can receive chemical signals through the placenta from the mother related to mental health (Emotions) because the fetus is more receptive to emotions. The mind of a pregnant woman is mental food that affects the body, mind and abilities of the fetus. The evidence for the theory that a pregnant mother impresses any embryo she gets through her five senses comes from western thought, as in India the fetus is capable of developing emotions from three to four months in the womb and can sense both positive and negative emotions from its mother. These emotions can make a mold in the mind of the unborn child, while Hippocrates and Serenus talk about what a mother's thoughts can change the fetus in different ways, while Paracelsus says the baby in the mother's womb is in the hands and under the will of the mother, like clay in her hand. potter who's making it fun. Every lustful desire or strong desire can be predicted in the fetus. The emotions of pregnant women can disturb the fetus, the adverse effects experienced are often angry or sad for a long time, depression or unstable emotions that affect the development of the baby after birth, stress and excessive emotions which can also refer to the risk of miscarriage, the baby can be born prematurely and underweight. Childhood which is still closely related to the developmental period makes it difficult to diagnose and provide treatment. This difficulty arises because there is no clear line between normal and abnormal development. Mental health involves more than medical problems.

In the psychological approach, there are two ways that can emphasize how parents develop psychological attachment to the fetus, namely: 1) the interaction between husband and wife and the fetus and positive emotional behavior, this can have an impact on strengthening the physical and mental health of the mother and fetus, 2) the existence of a positive relationship. husband and wife are not good can affect the mother's indifference to the fetus it contains. After the child is born and develops, then in the age period of 1-12 years the child begins to learn from what is obtained and begins to record it into his brain. Like the picture below:



There are several aspects that need to be considered from the results of children's graphology tests, namely:

a. Aspects of self-image, which states that children actually like when they are the center of attention when they can help others. Self-image is self-awareness of a child's mental and physical characteristics. This self-image has been formed when in the family, because through parents a child gets an image from his parents. The second environment that forms is the school environment. School is a place to continue the development of a child's self-image, so that self-image is the starting point for understanding self-esteem.

b. Aspects of self-confidence, every child has high self-confidence, but this self-confidence decreases when the age approaches puberty, or it is also possible when he starts not being close to the father figure. The aspect of self-confidence is a person's belief in all aspects of the advantages one has and makes the ability to achieve various life goals. Confidence in children must be developed from an early age so that children will dare to take risks in carrying out any activities given to them that can be done in the school environment or at home. Confidence in the family can be grown by means of parents respecting children with all forms of uniqueness that children have and continue to support children in various opportunities that can increase the child's self-esteem. If distrust in children does not appear, it will have a negative impact on the child's growth and development. Children feel that they have shortcomings compared to their friends in their environment, so they do not dare to express opinions, appear in front of the class and show the potential that exists within themselves.

c. Aspects of social image (self-image according to the environment) which means that the environment recognizes a child as a person who often relaxes and is lazy because the child has not been able to control his emotions. This process is the process of seeing yourself as others feel. A person tries to understand other people's perception of him. The formation of this self-concept involves a group's assessment of an individual. The assessment of this group of people is the process of labeling the characteristics of a person's self-concept. This labeling process, for example, calls a child by the name of the fat, stubborn, fighting man. Social development is the achievement

of maturity in social relationships which can be interpreted as a learning process to adapt to group norms, morals, and traditions, as well as merge into a single unit and communicate and work together. Children's social maturity will lead to the success of children to be more independent and agile in developing social relationships. Children's social development is influenced by the treatment process or parental guidance in the family. Children have a strong motivation to learn about their future which is colored by discovery, opportunity and contribution. Children have a tendency to master the things that can make them successful and benefit from any positive changes in society. For children who have the motivation to learn, they may face obstacles of injustice, but these obstacles are not the enemy, they will learn to face these obstacles and will become people who are able to be creative and achieve success. There are three processes that children must pay attention to in order to be able to socialize, but if one process fails to pay attention it will reduce the level of socialization, these processes are: 1) learning to behave in an acceptable environment, this is needed so that children can behave according to the standards applied in the environment, 2) learning to play acceptable social roles in an environment that has habits that have been determined by its members, 3) the development of social processes to be able to socialize well, so that children can like social activities in groups and are able to adjust to social members. .

d. Aspects of parents, where every child hopes to get a compliment from parents. When they involve themselves in interacting with parents and children, humans generally do not like to be blamed, accused, ostracized or humiliated, on the contrary, children need education and role models that contain 5P elements, namely:

- Protection

According to the etymology of nurturing, an action taken by one person to another with the aim of protecting, serving and accompanying and providing direction for a better life. Custody acts that embrace, protect, soothe, provide direction/solution, as written in 1 Peter 5:7 Cast all your worries on Him, for He cares for you.

- Advisory (Advisory)

Advisors are usually people with more and more knowledge in a particular area and usually also include people with cross-functional and multidisciplinary expertise. Parents as child advisors teach children to make decisions through direction from parents and direct children to be better.

- Training (Coaching)

Efforts to improve and improve the performance of children in order to accelerate the desired achievement. The actions needed in this training are to accelerate success, know the target goal, become an expert in the field being trained, provide corrections and solutions and provide motivation. Example: Jesus trained his twelve disciples who are called apostles.

- Friendship

Friendship itself according to Mendelson (in Brendgen, et al., 2001) is a process by which the function of friendship (friendship, help, intimacy, reliable relationship quality, self-recognition, emotional security) is satisfied. Being a parent one of the conditions that can be lived is being able to be a friend to the child, so parents can get a lot of things about what the child is experiencing.

- Hearing (Hearing)

Matthew 11:15, whoever has the ear, let him hear! A child psychologist named Efnie Indiranie said that parents who listen must have good self-control, which means they don't respond immediately before the child finishes speaking, so if the parent can hear the child speak until it is finished, the parent can easily detect the child's feelings and logic.

IV. CONCLUSION

Based on the results of the study, it is concluded that there are steps to ensure children's mental health, which is the systematic 5Ps, namely protection, advisory, training, friendship, listening where Christian parents must be able to know their children at the time of fetus, give birth, shape the mentality of children when they grow up. its flower, as the Lord knows every child in the womb according to Psalm 139:13 For you formed my kidneys, woven me in my mother's womb.

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