The Effectiveness of Islamic Counseling Through WhatsApp Lectures in Improving Millennial Parenting Patterns

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ABSTRACT:
This study aims to obtain an overview of the effectiveness of providing Islamic counseling through WhatsApp lecture groups in improving millennial parenting styles, by assessing the behavior and actions taken by millennial parents towards their children after counseling with an Islamic approach through WhatsApp lectures. This research uses a survey research model. Based on the survey results, it can be seen that respondent (1) be more aware of their own mistakes (2) be more patient and painstaking. (3) be aware of the deficiency and need to spare more time with the child (4) The explanations are easy to understand and easy to practice so that result the best as they want (5) be more restrained when get angry and try to think positively (6) trying to understand the needs of children than obeying own ego (7) be more careful in doing something (8) After the Islamic counseling session that has been done, the respondent can do a different handling when facing a tantrum child afterwards.

Keywords: Islamic Counseling, WhatsApp Lectures, Parenting, Millennial Parents

ABSTRAK:
Penelitian ini bertujuan untuk memperoleh gambaran sejauh mana efektifitas pemberian konseling Islam pada grup kuliah WhatsApp dalam meningkatkan pola asuh orang tua milenial, dengan menilai perilaku dan tindakan yang dilakukan orangtua milenial terhadap anaknya setelah melakukan konseling dengan pendekatan Islam melalui kuliah WhatsApp. Penelitian ini menggunakan model penelitian survei. Berdasarkan hasil survei dapat diketahui bahwa responden 1) lebih menyadari kesalahan diri sendiri, 2) semakin sabar dan telaten, 3) menyadari kekurangan dan harus lebih banyak meluangkan waktu dengan anak. 4) Dari segi penjelasannya yang mudah di pahami dan mudah di praktekkan sehingga manghasilkan yang terbaik sesuai yang di inginkan. 5) Bisa lebih menahan ketika emosi, dan mencoba berfikir ketika posisi positive thinking 6) Berusaha memahami kebutuhan anak dibandingkan dengan menuruti ego diri sendiri. 7) menjadi lebih hati-hati dalam bertindak. 8) Setelah konseling Islam yang telah dilakukan responden dapat melakukan penanganan yang berbeda ketika menghadapi kembali anak yang tantrum.

Kata Kunci: Konseling Islam, Kuliah WhatsApp, Pola Asuh, Orang tua Milenial

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INTRODUCTION

The millennial generation is a group of people born from 1980 to the early 2000s. This generation is called millennials because they are internet literate, this generation is very close to social media and digital technology (Bemadeta Rosariana, 2021). Meanwhile, according to Santrock in the journal Novi R. Rahmawati et al (2019), the initial period of adulthood for this generation is for those aged 20-30 years. In this period, usually some of them begin to complete their undergraduate education, begin to enter the world of work and enter marriage and some already have children (Rahmawati et al., 2019).

This generation has its own uniqueness. People who live in this generation have a high passion for constantly developing themselves, seeking more knowledge for the betterment of themselves and their families (Faizin, 2021). After becoming parents, millennial generation parents have their own challenges in raising children, because the traditional values of parenting that were obtained from their parents in the previous era cannot be fully applied to their children today because there have been many changes in the current era. The success or failure of a child's parenting style is largely determined by the family, especially by the parents (Marliani, 2014). Many millennial parents are aware of this, so they learn to apply good parenting patterns to their children.

Parenting is a way for parents to educate, stimulate, care for, train, help develop aspects of their development so they can live their lives in the world well. In research conducted (Muamanah, 2018) it is said that the parenting style given to children includes morals and religion, physical motoric and social emotional so that they develop optimally. According to parenting, the correlation that occurs between parents and children includes physical needs (nutrition, drinking, eating, etc.) and mental or psychological needs (tenderness, feelings of security, love, etc.) as well as an introduction to the norms that exist in society, with the aim of adapting to its environment. So it can be concluded that parents have an important role in helping children's lives (Siti & Deni, 2022).

Millennial parents are taking advantage of current technological advances by using them as a means of learning about parenting patterns. One way is through kulwap, namely college WhatsApp. Application WhatsApp or what is familiarly called WA is an application that uses technology instant messaging such as SMS which requires internet (Suharti, Nur, & Khusnah, 2021). WhatsApp this is a very popular social media application, almost all circles have this application. WhatsApp Messenger has various features that can be used to communicate with the help of internet services. These various features certainly add to the ease and comfort of communicating via mediaonline (Jumiatmoko, 2016). The most widely used services are through applications WhatsApp Messenger is a group conversation. Group WhatsApp Messenger is a discussion group service that can accommodate up to 1000 participants. The amount is very large and can be collected in just one application. Its members can share information and discuss together online, as well as building fun learning through this virtual space (Jumiatmoko, 2016). One of them is used to hold kulwap or lecturesWhatsApp as a learning medium.

One of the kulwap managed by Nabila Bilqis. Nabila Bilqis is a counselor at a private hospital. Apart from carrying out this profession, Nabila Bilqis also manages lecturesWhatsApp which is a learning facility for millennial parents about parenting patterns, especially at agegolden age. Golden age is the golden age of humans in the early years of life, namely during early childhood. Early childhood is an individual who is experiencing a very rapid growth and development process, it is even said to be a developmental leap. At this time, children are just learning to know the wider world apart from their family environment. Because early childhood has a very valuable age range compared to later ages because their
intelligence development is extraordinary. This age is often called the "golden age" (the golden age) which only comes once and cannot be repeated, which is crucial for developing human quality (Trenggonowati, 2018). There are various learning themes discussed in it, especially regarding parenting patterns during childhood golden age. Apart from the kulwap held, afterwards there are facilities for counseling. The counseling carried out by Nabila Bilqis as the kulwap manager uses an Islamic counseling approach. This counseling is facilitated for millennial parents because they face a lot of problems related to parenting styles that require solutions to these problems.

Studying WhatsApp which was facilitated by Nabila Bilqis, it started with her interest in psychology, because she saw various stories of people around her who did not receive good parenting from their parents and thus experienced parenting injuries. Then, his position as a guidance and counseling teacher at school has faced many findings regarding problems with child rearing patterns. Based on his experience dealing with various problems in children, he found that the root of the problem was poor attitudes, behavior and parenting patterns carried out by his parents during his childhood. Golden age children thereby determining the child’s bad behavior in the future. Many children’s problems are caused by the attitudes and behavior of their parents who have bad parenting patterns due to lack of education. That is what motivated Nabila Bilqis to hold lectures WhatsApp to educate millennial parents about parenting styles with the hope that parents can educate their children better with the materials provided in the kulwap.

The first thing to do is make parents aware of how valuable their children are, who are entrusted to them by God. Then find out what problems many millennial parents face, then material regarding parenting patterns is provided with the aim of making millennial parents aware of the importance of awareness in parenting patterns. After the kulwap material session, it was then facilitated to conduct counseling sessions for millennial parents who were facing problems regarding parenting patterns which were carried out both in groups and privately.

Nabila Bilqis conducts counseling using an Islamic approach in the counseling process carried out on kulwap participants or their counselees.

RESEARCH METHOD

This research was conducted to assess the effectiveness of Islamic counseling through kulwap conducted by Nabila Bilqis in improving the parenting patterns of millennial parents. The research method used was a survey method. This method is used because it can help identify individual attitudes and provide useful information for evaluating a program (Creswell, 2012). This research describes responses to questions that have been distributed to a number of millennial parents.

RESULTS AND DISCUSSION

The survey was conducted on millennial parents who took part in Kulwap held by Nabila Bilqis, totaling 16 respondents who had vulnerable children aged 0-5 years, of whom 12.5% were aged 21-25 years, 56.25% were aged 26-30 years and 31.25% were aged over 31 years. Respondents were spread across several cities/regencies including Bandung, Garut, Bekasi, Cianjur, Majalengka. 3 respondents were male.

In terms of employment, 62.5% are career parents and entrepreneurs. From the routine of taking online classes or Kulwap, 68.75% said they took Kulwap 1-3 times, 18.75% said they took 4-6 times, while 6.25% took Kulwap 7-9 times and 6.25% took more than 10 times.

The application of parenting pattern materials to children after the Kulwap was held in the cultivation of tauhidan in children 100% of respondents answered that it was implemented,
while the cultivation of akhlakul karimah 93.75% answered that it was implemented. As for those who attended counseling sessions after kulWap, 31.25% answered that they always had counseling sessions, 18.75% often had counseling sessions, 37.5% answered that they sometimes had counseling sessions, and 6.25% answered that they never had counseling sessions. 100% answered that they got a solution from their participation in Islamic Counseling through Kulwap.

There are several problems that make millennial parents attend counseling sessions at Kulwap held by Nabila Bilqis, including 1) difficulty dealing with tantrums and sensitive (feeling) children. 2) want to overcome yelling at children, pampering and understanding affection. 3) controlling emotions in educating children. 4) be fair to your younger siblings and older siblings. 5) difficulty dealing with children's emotions. 6) InnerChild which makes you emotional quickly. 7) handling children according to age. 8) managing time between work and educating children. 9) understanding children’s emotions, 10) problems of managing emotions and educating children, 11) parenting styles appropriate to their age.

As for the problems above, after participating in Kulwap with various themes regarding parenting patterns for children, 100% of respondents answered that the problems experienced by millennial parents had been resolved. Among the solutions they got after attending Islamic counseling through Kulwap included: 1) changing themselves more. 2) try to be a good figure for children. 3) become more patient. 3) try not to differentiate and compare children. 4) learn to accept the decrees given by God because as parents we always give the best in our own way. 5) able to handle children’s tantrums well. 6) carry out time commitments in spending more time with children. 7) I feel relieved and better at parenting. 8) look into your child’s eyes more often and hug your child lovingly. 9) learn to be a wiser parent. 10) controlling the mother’s emotions first, what is the mother’s role in managing patience, sensitivity and consistency when the child has tantrums.

For the effect of improving parenting patterns after conducting an Islamic counseling session through kulwap, 16 respondents answered that it improved the quality of providing parenting patterns to children, and 1 respondent answered that it had not had an effect on the quality of their parenting patterns because they had not implemented all the results of the Islamic counseling carried out. As for improving the quality of parenting patterns after the counseling session, respondents answered: 1) being more aware of their own mistakes. 2) become more patient and painstaking. 3) be aware of your shortcomings and need to spend more time with your child. 4) In terms of explanation, it is easy to understand and easy to put into practice so that it produces the best results according to what is desired. 5) Be a little more restrained when emotional, and try to think in a positive thinking position, even though sometimes there is still anger that hasn’t completely disappeared. 6) Try to understand the child’s needs rather than obeying your own ego. 7) be more careful in your actions. 8) From the Islamic counseling that has been carried out, I can use different treatments when facing a child who has a tantrum again. And in terms of satisfaction in carrying out Islamic counseling through Kulwap, 68% answered very satisfied, 32% answered satisfied.

In child rearing, not only the mother has a role in it, but the father also participates in the success of the child’s upbringing. Therefore, 3 male respondents realized their importance in participating in Kulwap. 13 other respondents stated that their husbands supported their participation in following Kulwap. The Kulwap material itself is presented per session, where 1 session is 60 minutes for discussing the material, 60 minutes for counseling. If there is not enough time, counseling is carried out after the Kulwap is finished. The contents of the parenting material itself are described in the following table;
Table 1. Lecture Material Schedule WhatsApp

<table>
<thead>
<tr>
<th>Time</th>
<th>Day</th>
<th>Material</th>
<th>Mentor</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 minutes</td>
<td>Session 1</td>
<td>Bonding</td>
<td>Latifatul Kh. U.</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 2</td>
<td>Parenting children aged 0-3 years</td>
<td>Nabila Bilqis</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 3</td>
<td>Parenting children 3-5 years</td>
<td>Silvhie Yuniarti</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 4</td>
<td>Phases of maternal problems in parenting</td>
<td>Ahyar</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 5</td>
<td>Phase of maternal problems in parenting</td>
<td>Nabila Bilqis</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 6</td>
<td>Mother's emotions</td>
<td>Nabila Bilqis</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 7</td>
<td>Teaching monotheism to children aged 0-5 years. Tips for suppressing</td>
<td>Naqiyya yasmien</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 8</td>
<td>Parenting children aged 0-5 years. Tips for suppressing</td>
<td></td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 9</td>
<td>Emotions in parenting o-5 years</td>
<td>Nabila Bilqis</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 10</td>
<td>Teaching monotheism to children aged 0-5 years. Tips for suppressing</td>
<td>Nabila Bilqis</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 11</td>
<td>Teaching monotheism to children aged 0-5 years. Tips for suppressing</td>
<td>Nabila Bilqis</td>
</tr>
<tr>
<td>60 minutes</td>
<td>Session 12</td>
<td>Emotions in parenting o-5 years</td>
<td>Nabila Bilqis, Naqiyya</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pre marital education in parenting readiness</td>
<td>yasmien</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mother tongue</td>
<td></td>
</tr>
</tbody>
</table>

Source: Results of research interviews

The role of parents is the most important in educating their children, not only mothers but also fathers must jointly carry out this education for successful parenting of children. In the education process itself, parents are the main actors, because both parents understand more about their child's basic nature and potential, the child's likes, the child's dislikes, the child's personality, the child's development and characteristics. Therefore, it is not unusual for millennial parents to often explore their knowledge, especially in parenting their children through college WhatsApp (kulwap) or seminars. This is done because of the great desire of millennial parents to fulfill their children's needs so that they can support success in educating their children. Concerns that parents are not able to provide the correct parenting style in accordance with Islam, there is the influence of a bad past so that millennial parents are motivated to change themselves for a better parenting style for their children.

Millennial parents themselves are of great concern due to the bad experiences they had
in their past parenting styles. This results in them not being able to educate their own children well. Because parents have a big responsibility towards their children.

High levels of anxiety make parents need friends to discuss. The existence of demands from those closest to them, colleagues or neighbors regarding their child’s growth and development makes them feel stressed. Parents who have high levels of stress are the main cause of anger towards children. According to Crouch (2019), stress has a real impact on parenting behavior, children’s mental health and the quality of child care. (Rahmawati et al., 2019) therefore, millennial parents in this kulwap on average carry out Islamic counseling to solve the problems they feel.

According to Hulock, factors that influence parenting patterns include: 1) the personality of the parents themselves, because each parent has a different level of patience, energy, intelligence, attitude and maturity. This character will influence the level of sensitivity towards the needs of his son and daughter and the guidance of his role as a parent. 2) the beliefs that parents have regarding child rearing influence the value of parenting styles and will influence attitudes in caring for their sons and daughters. 3) there is a similarity in parenting patterns received by parents, because they feel that parenting patterns are successful, parents will apply the same parenting patterns to their children (Adawiyah, 2017). Children’s development will be optimal when there is cooperation between mother and father so that they provide a good experience for their children. This is the key to successful parenting for children. From the research results, it can be seen that mothers and fathers can collaborate, as the father himself follows the Kulwap pattern foster children, or other fathers support their wives to take part in this parenting kulwap and evaluate the Kulwap results.

Career parents will have less time with their children, which is why millennial parents prefer to take online classes so they can provide effective care for their children. And online classes are more effective to follow because working parents don’t have much free time.

The first person to see the change in their child is their own parents, whatever they will give for their child happy and in good shape. The desire to increase their knowledge regarding parenting patterns is very high so that they deepen their parenting knowledge (knowledge about parenting patterns).

Millennial parents’ great desire to provide the best knowledge in the application of their parenting, not a few millennial parents realize the importance of Islamic parenting in the provision of their sons and daughters, therefore they apply monotheism and morals as the basis for their children’s education from an early age of 0-5 years which is in period golden age. Parents’ awareness of what they feel is a sensitive time to provide direction, education, information and so on so that millennial parents are careful and continue to learn in providing parenting patterns to their children so that they are able to accompany their children’s growth well in this golden age. Golden age is the packaging period, all the privileges and advantages that exist in the child which at this time cannot be repeated. This is also the time for the best intervention for children, because if parents miss this period it will affect their further development. (Loeziana Uce, 2017).

CONCLUSION

The awareness of millennial parents' thinking patterns towards child rearing patterns has revealed that Islamic parenting patterns are strong in educating their children so that parents always upgrade. One of the ways to study parenting according to Islam is by following Kulwap. The aim of parents following KulWapp is to overcome parenting style problems with their children, including 1) difficulties in dealing with tantrums and sensitive (feeling) children. 2) want to overcome yelling at children, pampering and understanding affection. 3) controlling...
emotions in educating children. 4) be fair to your younger siblings and older siblings. 5) difficulty dealing with children's emotions. 6) InnerChild which makes you emotional quickly. 7) handling children according to age. 8) managing time between work and educating children. 9) understanding children's emotions, 10) problems of managing emotions and educating children, 11) parenting styles appropriate to their age.

Through kulWap, it helps parents obtain information quickly and according to their needs without having to leave the house. Apart from that, parents can provide Islamic counseling to the presenters directly, this is the added value of the kulwap held by ny. Nabila Bilqis. From the results of this research, it would be better for this kulWap to be carried out on a regularly scheduled basis with a plan that has been arranged and scheduled neatly. The material provided is further refined regarding parenting patterns according to Islam so that Indonesian Muslim children have strong inner strength from childhood.

golden age.

REFERENCES


