



## THE EFFECT OF MIND FULLNESS PARENTING (MINDTING) MODULE ON FATHER'S PARENTING PATTERNS

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### ABSTRACT

Parental care greatly influences the growth and development of children. As a country with a strong patriarchal culture, the role of fathers in parenting is minimal. Mindfulness parenting is a pattern of parenting that consciously gives attention to children. The mindfulness parenting module (Mindting) has been previously developed and found suitable for use in this study. This study aims to assess the effect of this module on the parenting of fathers with children under five years old. This research method uses quasi-experimental with one group, pre-post test. The subjects of this study were fathers who have children under five years old totaling 35 results: There is an effect of the Mindting module with changes in father's parenting (p-value: 0.013). The Mindfulness Parenting (Mindting) module affects the father's parenting pattern significantly.

Keywords: father; module; mindfulness; parenting; toddlers

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## INTRODUCTION

The first place a child grows and develops is the family. The role of parents to take care of their children has an impact on children's growth and development according to their age. (Fadlillah and Pangastuti 2022). Every child has the right to achieve their optimal growth and development potential. Children's needs are nutritional needs, health care needs, protection from danger and a sense of security, opportunities for early learning, and developmental stimulation needs such as talking, singing, and playing with parents and caregivers. If these are not met, children will have stunted growth potential and poor physical and mental health. Failure to provide for children early in life has the potential to perpetuate a cycle of poverty and disadvantage that can last for generations, leading to a breakdown in the strength and stability of our society.(UNICEF 2017). The condition of growth failure due to chronic malnutrition in toddlers, especially in the first 1000 days of life from the womb, is called stunting. This failure to thrive is due to prolonged inadequate nutritional intake, frequent illnesses, and recurrent infections. The contributing factor is inadequate parenting during the first 1,000 days of a child's life. Data from the Indonesian Health Survey in 2023, there were 12.9% stunted children, and 5.4% severely stunted children. The trigger for this stunting is of course lack of knowledge. Still from the same survey, the correct knowledge of the Indonesian population about the definition of stunting is 69.4%, the causes of stunting are 86.5%, the prevention of stunting is 44.8%, and the impact of stunting is only 21.8%. (Badan Kebijakan Pembangunan Kesehatan 2018) This condition is very concerning ahead of the target of Indonesia Emas in 2045.

Parenting is the main point in stimulating growth and development. *Parenting* with *mindful parenting* methods on maternal *parenting* is influential enough to increase mothers' awareness of the importance of good *parenting* for children's psychological

development and children's character in socializing. It can also help mothers establish effective communication with children. (Mentari, Hurriyati, and Supratman 2022). The mother's parenting style has a significant influence on the incidence of stunting by including how the mother utilizes her knowledge and skills to ensure food processing meets nutritional needs, implements a clean and healthy lifestyle, and monitors children's health. The correlation between democratic parenting and stunting prevention behavior which is categorized as good underscores the emphasis of democratic parenting on providing opportunities for children to explore within the framework of parental supervision and guidance. (Ningsih, Yuswatiningsih, and Prasetyaningati 2024). Although authoritarian parenting is predominantly used, sometimes parents are still permissive and authoritative, this causes parents to adjust to situations that require parents to behave according to the needs of children if they are still under supervision. (Khoiriyah and Jaafar 2018). From various parenting pattern studies, the most consistent relationship was found, namely a negative relationship between permissive parenting and supervision for mothers and fathers. From a systematic review by C. Collins, et al in 2014, it is necessary to develop research targeting fathers and culturally diverse populations. (Collins, Duncanson, and Burrows 2014)

Fathers' involvement in parenting programs is particularly important as they report lower levels of attentive parenting than mothers, but their attentive parenting is shown to be significantly related to their child's attachment and well-being. (Medeiros et al. 2016). Mindfulness interventions for parents are associated with reduced parenting stress for parents of children and adolescents. The intervention was also associated with improved adolescent psychological functioning across internalizing, externalizing, cognitive, and social domains. (Burgdorf, Szabó, and Abbott 2019). Mindful parenting programs can benefit from involving parents together in interventions and using inter-parent mindfulness exercises. These exercises can be applied to support relationship satisfaction (e.g., mindful listening) and improve parenting interactions (e.g., practicing interpersonal) Mindfulness skills during difficult parenting conversations or conflicts). Finally, future research will strengthen our understanding of mindfulness in the family context by extending the existing framework to include additional variables and processes such as parental psychopathology, child adjustment, and extra family influences (e.g., economic pressures), as well as how child-provoking practices influence mindful parenting. (Parent et al. 2016).

Many studies have developed parenting modules according to the needs of parents. Research using smart parenting modules has an impact on the increase/decrease in Parental Smart Efficacy (PSE) scores which is quite large. (Hayati and Febriani 2019). Another module used in fostering the closeness of parents and children, with directed communication, intensive and intentionally held every day. This closeness will contribute well to other things in the child's life. (Suntari, Sulisnadewi, and Labir 2019). Another study showed that there was an increase in maternal knowledge by an average of 1.17 points after being given a parenting education module. There was an increase in toddler weight below the red line after the research intervention, which means that there is a significant effect of providing parenting education modules on increasing toddler weight below the red line. There was an increase in the development of BGM toddlers after being given a parenting education module. (Putu et al. 2022). This study aims to assess the effect of this module on the parenting of fathers with children under five years old.

## METHOD

This study uses the Mindfulness Parenting (Mindting) module that has been developed by researchers and has been approved by material experts, media experts, and community respondents. This research design is quasi-experimental with one group pre-posttest design. The research sample is fathers who have children under the age of five (toddlers), have parenting rights with intact families, can read, and do not have chronic physical illnesses, and psychological illnesses. The number of samples in this study amounted to 35 fathers, who lived in the working area of Puskesmas 11 Ilir Palembang in 2024. Fathers were gathered in one location and a pretest was conducted on the type of parenting pattern, then an explanatory intervention was given regarding the Mindting module, fathers were asked to read this module and apply it at home for 1 month, after which a post-test assessment was conducted on the fathers' parenting patterns.

Parenting patterns were assessed using PSDQ short version questionnaire was developed Robinson and Hart 2001 in the United States. This questionnaire has been developed with an Indonesian translation by Riany, Cuskelly, and Meredith 2018 in this study, a reliability test was conducted for 15 democratic parenting questions with a Cronbach- $\alpha$  value of 0.86, for 12 questions for authoritarian parenting with a Cronbach- $\alpha$  value of 0.82, and 5 questions for permissive parenting with a reliability test with a Cronbach- $\alpha$  value of 0.64 so that the questionnaire was declared reliable. The validity test on each question item showed  $\alpha > 0.05$  meaning that all questions were valid. The indication of the assessment of parenting patterns from this instrument is the highest value from the calculation of the scores that have been added and then divided by the number of questions in each domain. The results of respondents' answers in each part of the parenting pattern type are added up and divided by the number of questions in each domain. The highest value of a parenting pattern type indicates the dominant parenting pattern of the parents.

## RESULT

Table 1.  
Respondent Characteristics

Variables	f	%
Father's age		
<30 years	8	22.9
30-40 years old	18	51.4
$\geq 40$ years	9	25.7
Gender of the child		
Male	13	37.1
Female	22	62.9
Age of Child		
<12 months	8	22.9
13-24 months	11	31.4
25-36 months	3	8.6
37-48 months	4	11.4
49-60 months	9	25.7
Child BB Category		
Skinny	5	14.3
Normal	29	82.9
Excess	1	2.9
Children's PB Category		
Short	6	17.1
Age Appropriate	28	80
High	1	2.9
Pre-Intervention Father's Parenting		
Permissive	13	37.1
Democratic	18	51.4
Authoritarian	4	11.4

Variables	f	%
Father's Parenting Post Intervention		
Permissive	2	5.7
Democratic	31	88.6
Authoritarian	2	5.7
Changes in Type of Parenting		
Changed	12	34.3
Not Changed	23	65.7

The age of the father is mostly in the 30-40 years category (51.4%), the gender of the child is more female (62.9%), the age of the child is mostly at the age of 13-24 months (31.4%), the normal weight of the child is more dominant (82.9%), the length of the child is mostly normal (80%), the parenting style of the father before the intervention is mostly democratic (51.4 %), after the intervention (88.6%), changes in parenting patterns after module delivery, which remained strong in democratic and permissive parenting as much as 65.7%, which changed from permissive to democratic or from authoritarian to democratic as much as 34.3%.

Table 2.  
Effect of Mindfulness Parenting on Father's Parenting Patterns

Post-Parenting - Pre-Parenting	Differences in Parenting Before and After			P value*
	n			
	Negative Ranks	Positive Ranks	Ties	
	2a	11b	22c	0.013

- a. Post Democratic Parenting from Pre Authoritarian Parenting
- b. Post-Democratic Parenting from Pre-Permissive Parenting
- c. Post-parenting pattern remains unchanged parenting pattern

\* Wilcoxon test

The intervention of authoritarian parenting to democratic parenting, and from permissive parenting to democratic parenting, with a p-value of 0.013, meaning that there is an effect of the Mindting module on changes in parenting patterns of fathers before and after the intervention.

## DISCUSSION

In this study, the Mindting module given to fathers experienced changes in parenting patterns. 13 fathers at the beginning of the study had a permissive parenting pattern changed to a democratic parenting pattern of 11 people. 4 fathers who were initially authoritarian became democratic of 2 people and fathers who remained democratic from the beginning to the end of the study were 18 people. Parents in the family need to constantly improve their skills and knowledge in education and parenting. Mothers' knowledge about parenting so that they experience difficulties and have an impact on the mother's relationship with the child. Negative parenting patterns will also have an impact on the child's level of self-confidence, so great is the function and role of self-confidence in individual life. One method of approach that parents can take to create a harmonious family is using a conscious approach in parenting. (Mentari et al. 2022).

Mindfulness practices that are carried out make participants more aware of an experience. Individuals who are more aware of events (have high awareness) tend to have a positive emotional state. Mindfulness influences the development of emotional intelligence. Mothers who have children with mental retardation can have a greater awareness of their children's unique world, feelings, and needs; be able to be present and listen to their children attentively; realize and accept anything at any time, whether pleasant or unpleasant; and realize reactive impulses in themselves and learn to respond appropriately. Aspects of subjective well-being in participants who experienced significant changes, namely aspects

of positive affect and negative affect. This is inseparable from the significant increase in mindfulness skills in participants. Mindfulness activities focus on the current state and engage in current experiences to affect the increase in positive affect and increase the ability to tolerate thoughts, emotions, and experiences to affect the decrease in negative affect. The "Mindful Parenting" program provided in a group format provides positive benefits for participants. In the group, participants can share, open, and support each other, empathize, and learn from other participants' experiences. (Parent et al. 2016).

Positive parenting is parenting that is supportive, constructive, and fun. Supportive means treatment that supports the child's development, and constructive means being positive by avoiding violence or punishment and done in a fun way. A fun way will encourage positive energy in the parent-child relationship. (Dewi et al. 2019). Several literature reviews that have been analyzed show that parenting plays a crucial role in developing cognitive competence in early childhood. Early childhood brain growth and development takes place very quickly, so it requires stimulation from parents and the child's immediate environment. This means that parenting patterns carried out by parents greatly affect children's cognitive development. For this reason, parents are required to carry out appropriate parenting according to the needs and development of the child. Authoritative parenting is the best and most effective parenting in early childhood cognitive development. This parenting pattern tries to combine the demanding attitude of parents with a responsive attitude towards children. This condition is in line with the needs and development of children, early childhood still requires attention, affection, and stimulation from the people around them. (Fadlillah and Pangastuti 2022).

Family parenting has a direct effect on children's eating behavior. While nutritional literacy has an indirect effect on children's eating behavior. Therefore, the critical stage of preschool children should be utilized to develop healthy eating habits through appropriate family feeding practices. (Ningning and Wenguang 2023). The Parenting with Awareness Program (ACT-RSK Program) intervention study obtained results of improved parenting skills, decreased parental stress, and increased awareness of parenting practices. When alternative, effective, and positive ways of dealing with children's behavior are available to families, there is an improvement in parenting practices and family relationships, which of course implies conscious and mindful parenting practices. Moreover, since mindful parenting is considered a form of integrating thoughts, feelings, and behaviors into the scope of the relationship with the child, it means that parents adopt an attitude of compassion, acceptance, and kindness in their interactions, a gradual process. Supported by a series of adjustments and changes. In the healthcare environment, parenting education programs with mindfulness techniques have been beneficial. (Martins dos Santos et al. 2020)

Mindful parenting is a parenting approach that has key elements that promote the development of secure attachments in children. Parents who report more mindful parenting levels are more present in parent-child interactions, and as a result, they tend to take a less reactive stance and be more attentive, available, and consistently responsive to their child's needs. (Medeiros et al. 2016). Mindful parenting was associated with fewer parental negative emotions and more shared positive emotions during parent-adolescent conflict. Furthermore, the results revealed a significant indirect effect of mindful parenting on adolescent substance use through parent-adolescent shared positive emotions. The research findings highlight the relevance of emotional functioning in the context of stressful parenting situations in mindful parenting. (Turpyn and Chaplin 2015). The effect of mindful parenting methods on the parenting of mothers in Tangsi Agung Village is influential enough to increase the awareness of mothers in Tangsi Agung Village about the importance

of good parenting for children's psychological development and children's character in socializing and can help mothers establish effective communication with children. (Mentari et al. 2022) The mindful parenting model has an impact on the quality of the parent-child relationship. When parents can bring awareness to their parenting, such as listening attentively, providing emotional awareness and acceptance without judgment in their parenting interactions, and practicing self-regulation and compassion in parenting. Parents who apply mindfulness are involved in mindful parenting and will be truly present, showing a good relationship with their children. In this way, parents can be free from selfish, habitual, and hedonistic motivations that can mislead them in their parenting practices and foster a parenting perspective that includes a long-term view of the nature of lasting relationships with the use of wisdom in choosing appropriate parenting responses at the moment. (Duncan, Coatsworth, and Greenberg 2009).

When the baby is the caregiver who regulates the pace of feeding, as well as the social interactions that occur during feeding, in response to the baby's cues. The caregiver gently encourages the infant to eat, particularly during the introduction of complementary foods and drinks as the infant is introduced to new foods, but the caregiver withdraws if the infant refuses or shows clear signs of withdrawal and does not use force or violence to encourage the infant to eat. (Balantekin et al. 2020). Parents in applying democratic parenting to build children's emotional intelligence and religiosity is a process to deal with changing times which from time to time will be more sophisticated. A lifestyle is heavily influenced by the circumstances and impressions presented in various media, so parents must be able to filter the influences that enter the child's adult life based on their respective religious rules so that parents understand how to educate children at home and outside the home with a variety of appropriate parenting patterns so that they can keep up with the times. (Khosiah, Dheasari, and Abidin 2021).

If the mother applies a democratic parenting style, there is potential for the child's weight gain, whereas if the mother applies a permissive parenting pattern, the potential for weight gain is less. Because the mother provides support and actively participates in the process of feeding the child when the mother applies a democratic parenting style. (Winarsih et al. 2024). Children who come from families with democratic parenting patterns tend to show higher levels of trust, good communication skills, and positive social attitudes. In addition, they also tend to have the ability to manage conflict more healthily. These findings prove that democratic parenting can shape children's personalities positively and have the potential to help them become more independent individuals who contribute positively to society. (Putri et al. 2023). Research by Priti Arun, Manreet Kaur in 2020 concluded that the parenting skills training intervention module has answered parents' needs for information, and can be accepted by parents of children with emotional and behavioral problems. The parenting skills training intervention module adapted in this study addresses the information needs of parents and is acceptable to parents of children with emotional and behavioral problems. Early intervention, in the preschool and early school years, is an important and essential way to treat children's behavior problems before they become entrenched and difficult to change. Optimal parenting skills and behaviors will have a positive impact on children's self-esteem, school achievement, cognitive development, and behavior. (Arun and Kaur 2020).

## **CONCLUSION**

With the intervention of providing the Mindting module, the father's parenting pattern changed in a positive direction, the father became more democratic in his parenting and became more involved in this parenting. This module becomes a guideline for parenting in

the family. Limitations in the number of samples and research time can be continued in further research and also analyze parenting patterns in cases of malnutrition and stunting cases, using this module.

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