

## Understanding the Interplay Between Family Roles and Psychological Well-Being in Supporting the Natural Development of the Childs

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**Abstract: Understanding the Interplay Between Family Roles and Psychological Well-Being in Supporting the Natural Development of the Childs.** **Objective:** This study aims to investigate the impact of family dynamics and children's psychological well-being on their overall development. Specifically, it explores how the family environment and psychological well-being influence the development of a child's innate nature. **Methods:** A quantitative descriptive approach was employed in this study, utilizing a linear regression model. The sample was drawn from Islamic high schools (or equivalent) in Purworejo Regency, with respondents selected using a random sampling technique. Data were collected through questionnaires measuring family dynamics and the psychological well-being of children. **Findings:** The findings reveal that the family plays a crucial role in shaping the character development of children. Additionally, children's psychological well-being has a significant impact on their overall development. The analysis shows that both family dynamics and psychological well-being interact to facilitate the optimal development of a child's inherent characteristics. **Conclusion:** Based on the findings, it can be concluded that both psychological well-being and family roles significantly contribute to a child's development. Therefore, it is essential to consider both factors in efforts to support the best development of a child's innate traits, ensuring they reach their full potential.

**Keywords:** family roles, psychological well-being, natural development of the childs.

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## ■ INTRODUCTION

Psychological well-being is understood as a state of mental health that encompasses emotional stability, self-acceptance, and resilience in the face of external challenges (Wang et al., 2024). According to the Indonesia National Adolescent Mental Health Surveys (I-NAMHS), mental health issues are increasingly prevalent among adolescents in Indonesia, with 34.9% of teenagers experiencing mental health problems within a 12-month period (Erskine et al., 2023). This highlights the significant role that mental health plays in the lives of adolescents and underscores

the need to prioritize their psychological well-being. Furthermore, the I-NAMHS found that 64.7% of adolescents reported that family-related problems were a primary source of their psychological distress, with many citing difficulty in spending quality time with their families as a major contributing factor (Erskine et al., 2023).

International studies have also underscored the critical role of family dynamics in shaping children's mental health. For example, Bater et al. (2024) emphasize that a child's spiritual and mental development cannot be separated from the family environment. They argue that a

supportive family environment is essential for fostering emotional stability and resilience. Similarly, Siddique (2024) highlights the profound impact of family relationships on an individual's psychological health, noting that the quality of familial bonds is crucial for healthy emotional and cognitive development. Kosse et al. (2020) referred to the concept of a "flower of a child," suggesting that children nurtured in positive family environments experience optimal growth and development. These findings align with Stuart et al. (2023), who demonstrated that positive family dynamics contribute significantly to children's cognitive, emotional, and social development. On the other hand, poor family relationships are linked to adverse outcomes, such as behavioral problems and mental health issues, confirming the importance of a supportive home environment.

The importance of family support is also recognized by the World Health Organization (WHO), which identifies the family as a key player in the mental health care process (Fakhrou et al., 2023). Families provide essential emotional support that can help children cope with mental health challenges (Puffer et al., 2020). As Ryff (1989) posits, psychological well-being is rooted in self-acceptance, personal growth, positive relationships, and the ability to manage life's stresses—dimensions that are heavily influenced by familial relationships. The interaction between positive emotions and psychological well-being is well-established, with positive emotions fostering resilience and better mental health. However, in order to achieve optimal psychological well-being, it is not enough to simply focus on positive emotions; it is equally important to minimize the negative emotional experiences that hinder psychological growth (Shi et al., 2023).

While much has been written about the significance of family in child development and mental health, there remains a gap in the literature regarding the interaction between family dynamics

and children's psychological well-being in shaping their overall development, particularly in the Indonesian context. Although existing studies have established the importance of family roles in child development (Poon et al., 2022), few have explored how these factors work together to influence the development of children's innate traits and their psychological state. Moreover, while international studies highlight the importance of family dynamics, there is limited research that specifically addresses the unique cultural and social contexts of Indonesia, where family and social structures may play different roles in children's development.

The establishment of psychological well-being is derived from the psychological resemblance within the familial setting (Poon et al., 2022). The manner in which parents impart religious views to their children will have an indirect impact on the child's innate growth and development. According to McLennan et al. (2023), parents have the ability to guide children towards positive psychological growth. Through the use of sound psychological principles, the child's innate development will progress optimally.

According to Tamminen (1994), childhood and adolescence refer to the period of human development between the ages of 7 and 20. This aligns with Erikson's thesis that adolescence, typically occurring between the ages of 12 and 20, is a period during which individuals actively seek to establish their sense of identity (Fröhlich, 2009). Currently, we are in a crucial phase of the evolution of religious beliefs and behaviors. When parents expose their children to religion from a young age, this comprehension will endure into maturity. Adolescence is a period of increased vulnerability to peer influence, which includes religious impact (Tratner et al., 2020).

The function of the family exemplifies how a family organizes its everyday endeavors, encompassing communication among family members and the dynamics of emotional

interactions. An effective family role, as demonstrated by (Wu et al., 2021), has the potential to alleviate psychological stress among teenagers, as highlighted by Vélez-Grau et al. (2023). The study conducted by Vélez-Grau et al. (2023), suggests that the family has a significant role in shaping the psychological development of adolescents. The growth of this child encompasses cognitive, social-emotional, language, and spiritual domains (Evans, 2021).

Moreover, this study specifically examines the spiritual development of children during the process of their overall growth and maturation. This text discusses the process of natural child growth during adolescence. Each child undergoes individual development at their own pace (Bhugra et al., 2024). Nevertheless, the progress of a child's spiritual growth can differ based on the level of stimulation and support provided by their upbringing environment (Grace et al., 2024). Nevertheless, the process of stimulating a child's development in its early stages will exert a substantial influence on the child's psychological well.

The psychological well-being of school children is currently categorized as low, particularly among those attending school (Muluneh & Bejji, 2024). School-age children face a multitude of challenges, whether they stem from their educational environment, social interactions, or familial dynamics. These challenges are complex and multifaceted, ranging from a lack of motivation to learn, poor communication with peers, to strained relationships with their parents (Herut et al., 2024). As a result, many children experience a range of psychological difficulties, including anxiety, depression, and behavioral problems. These challenges can significantly affect their emotional well-being, leading to vulnerabilities that, if not properly addressed, may result in long-term complications. If not intervened in a timely

manner, these problems can lead to disturbances in children's attitudes, behavior, coping mechanisms, and overall ability to adapt to life's challenges.

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This research aims to fill this gap by examining how family dynamics and children's psychological well-being interact to influence their overall development. Specifically, it seeks to understand the relationship between these two factors and how they contribute to shaping children's natural tendencies and characteristics. Given the significance of both family dynamics and psychological well-being, this study will explore the following research questions: How do family dynamics influence children's psychological well-being? What is the relationship between children's psychological well-being and their overall development? And, which factor family dynamics or psychological well-being has a stronger impact on the development of children's innate nature and characteristics?

## ■ METHOD

### Participants

The participants in this study were selected from high school and Islamic school students. The total sample consisted of 393 participants; however, only 364 students met the necessary criteria and successfully completed the questionnaire, yielding a response rate of 92.62%. The remaining 29 participants did not meet the required criteria and were excluded from the study, representing 7.37% of the total sample. The sampling technique used in this study was random sampling, which allowed for the selection of participants from a diverse population of students attending both general high schools and Islamic schools. The choice of participants from Islamic schools is particularly significant due to the unique educational and social context in which these students are situated. Islamic schools often emphasize religious and moral education, which may influence the psychological well-being and the development of children's innate characteristics. This context is essential for understanding how family dynamics and psychological well-being intersect, as the family plays a key role in supporting children's education in these settings. By focusing on Islamic schools, this study provides insights into how the integration of religious values in education impacts both family roles and the psychological well-being of students.

### Research Design and Procedures

This study employed a descriptive-quantitative research design, aiming to explore the relationship between family dynamics, psychological well-being, and student development. The research was conducted in a cross-sectional manner, meaning that data were collected at a single point in time. The study took place over a period of three months, from January to March 2024. The data collection process involved distributing a pre-designed online

questionnaire to the selected participants. The online format, utilizing Google Forms, allowed for efficient data collection from a large number of respondents. Once the data were collected, the analysis focused on examining the relationships between family dynamics, psychological well-being, and their impacts on the development of students' innate characteristics. The study followed strict ethical guidelines, ensuring that all participants were informed about the purpose of the research and consented to participate voluntarily.

### Instruments

The primary instrument used in this study was a closed-ended questionnaire, administered via Google Forms. The questionnaire was designed to gather information on two key variables: family dynamics and psychological well-being. The family dynamics section included items related to parental involvement, communication within the family, and the support provided by family members. The psychological well-being section measured aspects such as self-acceptance, emotional stability, and interpersonal relationships, based on established scales from previous research.

The questionnaire items were assessed using a Likert scale (1 = strongly disagree to 5 = strongly agree), which is commonly used to measure the degree of agreement or disagreement with each statement. To ensure the quality of the data collected, the validity and reliability of the questionnaire were tested before the main data collection.

For validity, a correlation-based test was conducted to measure the relationship between each item's score and the overall score. A coefficient of 0.7 or higher was used as the benchmark for determining whether the instrument was valid for use in this study. As for reliability, the instrument was tested using Cronbach's alpha, with a value of 0.7 or higher indicating satisfactory

reliability. The validity and reliability tests showed that the instrument was both valid and reliable, making it appropriate for use in this study.

### **Data Analysis**

Once the data were collected, the analysis was conducted using Structural Equation Modeling (SEM) with the software SmartPLS. SEM is a powerful statistical technique used to assess the relationships between variables in complex models, allowing for the examination of direct and indirect effects. The data were first assessed for measurement model fit, which involved examining several outputs, including outer loadings, Average Variance Extracted (AVE), and Composite Reliability. For the measurement model to be considered valid and reliable, the following criteria were used: outer loading values greater than 0.7, AVE values greater than 0.5, and Composite Reliability values greater than 0.7. Once these criteria were met, the model was deemed valid and reliable.

Next, SEM-SmartPLS was used to test the theoretical relationships between the variables, analyzing the strength and direction of these relationships. The output from SEM-SmartPLS was also used to test the statistical significance of the hypotheses, determining which relationships were statistically significant and confirming the acceptance or rejection of each hypothesis. This approach allowed the study to analyze how family dynamics and psychological well-being influence student development in a meaningful way.

## **■ RESULT AND DISCUSSION**

To assess the credibility of the research instrument, SmartPLS 4 was used to evaluate the measurement model by observing the outer loadings of the items. An item is considered valid if its outer loading coefficient value is 0.7 or higher. Based on the results of the validity test, two items were found to have outer loadings below the threshold of 0.7 and were therefore considered

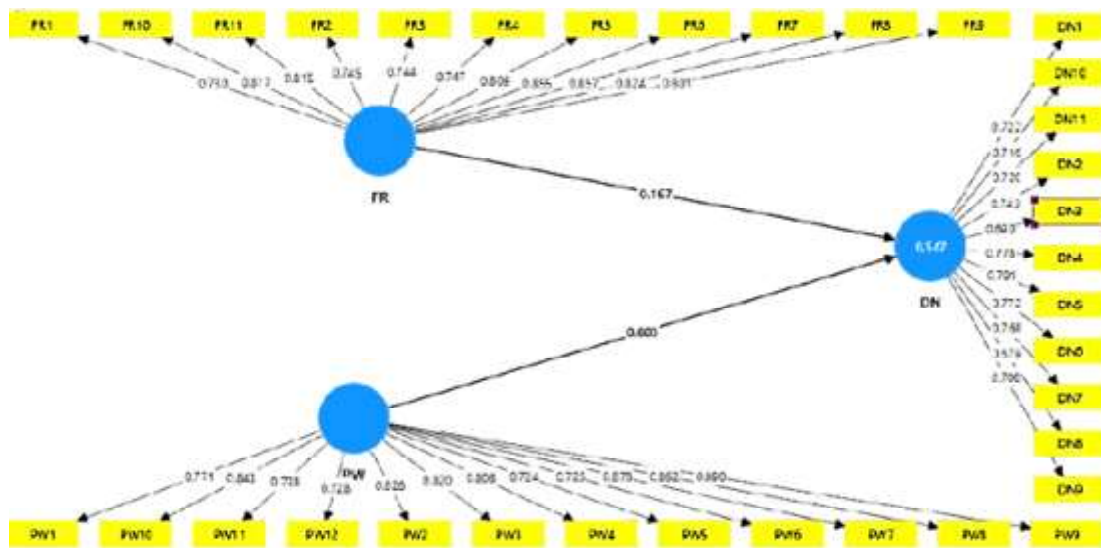
invalid. Despite these two invalid items, the remaining items showed valid and strong loadings, indicating their relevance and consistency in measuring the constructs.

The instrument used in this study is multidimensional, as it measures multiple dimensions of psychological well-being and family dynamics, which are complex and multifaceted constructs. Psychological well-being, as conceptualized by Ryff (1989), includes dimensions such as self-acceptance, personal growth, and autonomy, while family dynamics involve aspects such as communication, parental involvement, and emotional support. The multidimensional nature of the instrument aligns with these theoretical frameworks, allowing for a comprehensive assessment of both the psychological and familial factors that influence children's development. Therefore, despite the presence of two invalid items, the instrument as a whole remains valid and reliable for testing the research hypotheses.

For a clearer understanding of the validity coefficient value for each indicator item, the table below displays the AVE (Average Variance Extracted) values.

The table above displays the Average Variance Extracted (AVE) values, which have coefficients greater than 0.5. In order to ensure that all indicator items satisfy the validity test criteria.

The discriminant validity test was conducted using SmartPLS 4 by examining the cross-loading values with the construct. This discriminant validity test was conducted by comparing the Average Variance Extracted (AVE) value for each item's association between the constructs. In the data collection process, all respondents filled out a questionnaire via Google Form which had been tested for validity and reliability. After the answers from the respondents were obtained, the data was then processed using the SEM (Structural Equation Modeling) model with SmartPLS. By



**Figure 1.** Results from an outer model that connects three main variables: family role (FR), psychological well-being (PW), and the development of children's nature (DN)

**Table 1.** Factors loadings (FL), AVE (average variance extracted)

Construct	Items	FL	AVE
Family Roles	FR1	0.730	0.634
	FR2	0.745	
	FR3	0.744	
	FR4	0.747	
	FR5	0.809	
	FR6	0.855	
	FR7	0.857	
	FR8	0.824	
	FR9	0.801	
	FR10	0.817	
	FR11	0.815	
Psychological Well-Being	PW1	0.771	0.646
	PW2	0.828	
	PW3	0.820	
	PW4	0.808	
	PW5	0.724	
	PW6	0.725	
	PW7	0.878	
	PW8	0.862	
	PW9	0.890	
	PW10	0.843	

The Development of Children's Nature	PW11	0.738	0.542
	PW12	0.728	
	DN1	0.722	
	DN2	0.743	
	DN3	0.690	
	DN4	0.778	
	DN5	0.791	
	DN6	0.772	
	DN7	0.768	
	DN8	0.679	
	DN9	0.706	
	DN10	0.716	
	DN11	0.720	

using this model, the data that has been obtained will be identified. The results of this identification produce several outputs. The output is in the form of outer loadings, Average Variance Extracted (AVE), and Composite Reliability values. If all values meet the specified criteria (for example, outer loading> 0.7, AVE> 0.5, and Composite Reliability>0.7), then the measurement model can be considered valid and reliable. Then, by using

SEM-SmartPLS, it can analyze the theoretical relationships between variables that can be generalized to a wider population (Sukhov et al., 2023). In addition to testing the relationship between variables later, the output analysis from SEM-SmartPLS is also used to test its statistical significance. Which is a significant test is important to know which hypothesis is accepted .

**Table 2.** Discriminant validity, which measures the extent to which a construct can be distinguished from other constructs

	The Development of Children's Nature	Family Roles	Psychological Well-Being
The Development of Children's Nature	0.736		
Family Roles	0.633	0.796	
Psychological Well- Being	0.732	0.774	0.804

The table displays the AVE (Average Variance Extracted) values, specifically 0.736, 0.796, and 0.804. These values indicate that they are greater than the AVE (Average Variance Extracted). A Composite Reliability coefficient (rho-a) value above 0.7 for each variable indicates a high level of item reliability.

The table above indicates that the R value for the child’s natural development variable is 0.546. The function of the family and psychological well-being have a significant impact of 54.6% on a child’s natural growth, while other factors account for the remaining 45.6% of influence.

**Table 3.** The results of the reliability test which measures the consistency and stability of the measurement instrument

Items	Reliability Composite ( rho -a)
Psychological Well-Being	0.951
Family Roles	0.949
The Development of Children's Nature	0.919

**Table 4.** Hypothesis testing result

	R- square	R- square adjusted
The Development of Children's Nature	0.546	0.544

**Table 5.** this table presents the results of hypothesis testing which includes statistical values, p values, and decisions regarding the tested hypotheses

	Original Sample ( $\beta$ )	T- Statistics	P- Values
Family Role $\rightarrow$ The Development of Children's Nature	0.167	2.531	0.011
Psychological Well-Being $\rightarrow$ The Development of Children's Nature	0.603	10.103	0.000

The retrieval of hypotheses in this research is performed using the bootstrapping technique using SmartPLS 4. Bootstrapping is employed to evaluate the structural model, encompassing original sample testing ( $\hat{a}$ ), T-statistics, and P-value.

Moreover, the data processing results reveal that the family role variable has a coefficient of 0.167 on child development, while the psychological well-being variable has a coefficient of 0.603 on the development of children's nature. This coefficient quantifies the magnitude of the relationship between the variables. Psychological well-being has a greater influence than family roles because psychological well-being serves as a key foundation that enables children to make optimal use of family support. In research in the context of family-based interventions in low- and middle-income countries (LMICs) conducted by Healy

et al. (2018), many programs focus on strengthening protective factors such as positive parenting. The research showed that children with more stable psychological well-being tended to be able to receive and apply the training better. This confirms that children's psychological well-being is essential for them to respond to and make the most of their family roles. Without adequate psychological well-being, even the best efforts at strengthening the family role may not make a significant impact.

In addition, the results Puffer et al. (2020) confirm the finding that psychological well-being has a greater influence than family roles. In this study, a therapy-based family intervention in Kenya showed significant improvements in individual mental health (both children and caregivers) as well as decreases in family dysfunction, violence, and harsh disciplinary



behaviors. The study emphasized that while family roles (such as positive communication and nurturing) serve as protective factors, improved individual mental health is the core that enables families to overcome negative interaction patterns. For example, children with more stable psychological well-being are able to benefit from improved family communication, resulting in less conflict and better relationships between family members. This alignment supports the argument that psychological well-being serves as a foundation for making optimal use of family support. Puffer et al.'s study also underscores the importance of integrating individual mental health strategies into family interventions to ensure more holistic and effective outcomes, especially in the context of LMICs.

In the T-statistic, a  $t$  value exceeding 1.96 (at a 5% significance level) or 2.58 (at a 1% significance level) typically signifies a significant connection (Uakarn et al., 2021). The T-statistic for this investigation is statistically significant at the 5% level, since the calculated significance level of 2.531 exceeds the critical value of 1.96. The findings of this study indicate a substantial impact of the family's involvement on the formation of children's character. The hypothesis is supported by the P-value of 0.011 for the family role, which is less than 0.05, suggesting a significant association.

Moreover, the family welfare variable has a significant impact on the development of children's nature, as indicated by its significance level of 5% ( $p$ -value = 2.531) being greater than the critical value of 10.103. The study found a strong correlation between psychological well-being and the natural development of youngsters. This is supported by the statistical analysis, since the  $p$ -value for psychological well-being is 0.000, indicating a highly significant link.

The data analysis reveals that the psychological well-being variable has a much larger effect on child development, with a

coefficient of 0.603, compared to the family roles variable, which has a coefficient of only 0.167. This suggests that psychological well-being plays a more significant role in shaping the development of a child's nature, particularly in terms of emotional, social, and moral development. The greater coefficient for psychological well-being indicates that when parents are mentally healthy and emotionally stable, they are more likely to provide the necessary support for their children's growth and development.

According to the findings of the conducted research, Puffer et al. (2020) discovered that a substantial number of families indicate that family conflict has a notable impact on adolescents. These data demonstrate that the family plays a substantial role in shaping a child. Adolescents' fundamental psychological needs can be fulfilled by employing positive parenting approaches, such as providing emotional support, displaying high acceptance, and implementing democratic processes within the family (Liu et al., 2024). Bosqui et al. (2024) conducted research that also concluded that the family plays a significant influence in enhancing child development. This finding aligns with previous research, demonstrating that the family's influence on children's development is statistically significant ( $P$ -value = 0.011,  $< 0.05$ ). This suggests that the family plays a crucial part in shaping children's nature. The family plays a crucial role in shaping the natural development of children.

Child abuse can worsen poor levels of psychological well-being, as indicated by research conducted by Jankovic et al. (2022). Child abuse can result from a range of reasons, including different types of abuse that occur prior to the child reaching 18 years of age (Carr et al., 2020). The study conducted by the Australian Bureau of Statistics (Australian Bureau of Statistics [ABS], 2022) reveals that youngsters between the ages of 16 and 24 had been subjected to multiple forms of abuse during their childhood.

The aforementioned mistreatment can have a significant effect on their mental health and overall psychological state (Scott et al., 2023). Therefore, it is crucial to prioritize the mental health of those under the age of 18. Poor psychological well-being can influence a child's potential (Jankovic et al., 2022). The study of trauma and its effects on individuals and society. (Gobin & Freyd, 2014) assert that betrayal, in the context of abuse by a carer, can have a profound impact on a child's trust and impair their cognitive and emotional functioning. In this study, the P-value for psychological well-being was determined to be 0.000, indicating a highly significant association between a child's psychological well-being and the development of their nature.

While family roles still significantly influence child development, with a coefficient of 0.167 and statistical significance at the 5% level (p-value = 0.011), their impact appears to be weaker than that of psychological well-being. This suggests that while family plays an important role in providing support and structure, individual psychological factors, such as the mental health of parents, have a larger effect on children's development. Family roles, despite being crucial, may be limited by factors such as time availability, effective communication, or internal tensions within the family. For example, even if parents strive to support their children emotionally and physically, their ability to do so optimally may be diminished if they are experiencing stress or unresolved mental health issues.

This finding reflects the idea that, although family support is essential for nurturing children's development, the emotional and mental stability of the parents or the lack thereof can strongly influence how well those familial roles are carried out. In other words, a family's capacity to provide a positive and supportive environment is constrained by the mental health of the parents, which, in turn, influences the child's development.

## ■ CONCLUSION

The findings of this study highlight that while family roles play a crucial part in a child's development, psychological well-being has a more significant impact on shaping children's growth. Children who possess self-acceptance, engage meaningfully with their surroundings, and understand their purpose in life are better able to develop their inherent qualities. A supportive family environment combined with high psychological well-being contributes to building emotional resilience, fostering moral values, and helping children navigate life's challenges. This dual influence is key to nurturing children's full potential, both academically and emotionally.

Based on these findings, it is recommended that families create emotionally supportive environments and prioritize their own psychological well-being to better nurture their children. Schools should implement social-emotional learning (SEL) programs and provide counseling services to promote mental health. Policymakers should focus on integrating mental health support into educational systems and provide resources for families, ensuring that both parents and children have access to necessary care. These actions will help cultivate a foundation for children's optimal emotional and psychological development.

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