

THE INNER CHILD PHENOMENON: PARENTING STYLE AS A PREDICTOR OF THE INNER CHILD

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Abstract: Childhood upbringing has both positive and negative effects on a person's behavior in adulthood. This is referred to as the Inner Child, which is a collection of both good and bad events that occurred during the upbringing by parents and the surrounding environment, and which influences a person's attitudes and decision-making in adulthood. This study aims to examine the parenting patterns that can affect a person's Inner Child. The method used in this study is literature review. The literature sources used are accredited national books and journals. The study's findings indicate the existence of four types of inner child wounds: abandonment, neglect, guilt, and trust wounds. It is important to note that parenting and childhood experiences greatly influence the development of inner child wounds.

Keywords: Innerchild, Parenting Style, PAUD

Introduction

Early childhood is a golden period that determines attitudes and behavior in adulthood. There are many influencing factors, one of which is the parenting style received from the immediate environment, namely parents, uncles, aunts, grandparents, teachers and the surrounding community. Parenting style is the most important thing in determining a child's character. According to Baumrind (Santrock, 2010), there are 4 types of parenting styles is authoritarian parenting, authoritative parenting, permissive parenting, and neglectful parenting. All parenting styles certainly have advantages and disadvantages, depending on the extent to which parents recognize the character of their respective children. Parental attention, control, and actions are a form of parenting that will have a long-term impact on the child's continued physical and mental development. In addition, children are great imitators and quickly learn from what they see and hear (Yuris, E; 2023). Parenting style is a model of treatment or actions of parents in developing, guiding, and nurturing children so that they can stand on their own. More than that, this parenting style will shape the character and personality of children in their adult years, because it is impossible to understand adults without information about their childhood, because this period is formative. This means that the way parents treat their children in childhood will affect their social and moral development in adulthood. This social and moral development will shape the character, traits, and attitudes of children in the future, although there are several other factors that influence the formation of children's attitudes that are reflected in their character. (Nura'aeni, F & Lubis, M. 2022; Masitah, W & Sitepu, J.M.2021). However, many parents do not understand what kind of parenting style is appropriate to use with their children so that the children have inner child in adulthood.

The inner child has recently become a trend that is often heard on social media and in the environment. The inner child is a part of a person from childhood and is carried over into adulthood, collecting good and bad events that influence the individual's character in the future.

The rapidly growing use of social media makes it easier for individuals to find out about their inner child and connect it to their own circumstances. A good and enjoyable childhood experience will certainly develop a positive inner child. On the other hand, if your childhood experience is dark and there is a lot of pressure, violence and lack of love, it will hurt the inner child. The inner child is a form of a child's ego that is carried away by parenting mistakes because it is formed from past experiences or events that have obstacles and were not properly resolved, so it will disrupt the future. (Mufidah, E.F, dkk., 2020; Bradshaw, J., 1992).

Traumatic experiences in childhood can also trigger problems that emerge in adolescence. Data from Riskedasa in 2013 shows that the prevalence of mental disorders, as indicated by symptoms of depression and anxiety, in individuals aged 15 years and older reached 14 million people, or 6% of the Indonesian population. According to McGuigan and Pratt (in Margaretha, Nuringtyas, & Rachim, 2013). Traumatic experiences in childhood are a predictor of serious mental health problems in adulthood. (Hasanah and Ambarini 2018). Experiences shape a person's personality, starting from childhood, things that are frightening and threaten to have a bad impact on their lives.

The lack of role and knowledge of parents regarding the proper care of their children results in children having inner children in adulthood. For example, if a child experiences a lot of violence as a child, when he becomes an adult, he will become someone who hits and uses violence with ease. Another example is having excessive fear and guilt if you make a small mistake because you are afraid of being scolded, belittled, or fired. This feeling is because children are less valued and more often blamed when they make mistakes. From the above review, the author will describe parenting patterns, which are one of the factors that greatly influence the existence of an inner child in adulthood.

Literature Review

Children's behavior in adulthood tends to be influenced by their parents' parenting styles because they are the ones who care for and guide children from the womb to adulthood (Oktaria, R & Putra, P. 2020; Purandina and Winaya, 2020). Each parent has a different parenting style in raising their children. There are 4 parenting styles proposed by Baumrind, namely authoritarian, democratic, permissive and neglectful (Santrock, 2010).

There are 4 parenting patterns, namely (1) Authoritative Parenting, is a parenting style where parents apply rules that are in accordance with the child's needs, encourage children to be independent but still provide limits or control, treat children warmly and lovingly, and accept criticism from children with kindness. open thinking and discussion and not easily angry with children. (2) Authoritarian parenting, is a parenting style in which parents have power over children. Children are forced to always follow their parents' wishes, punish the child if they are wrong, provide control and are very firm towards the child and find it difficult to accept criticism and resistance from the child, this parenting pattern cannot be denied and requires the child to obey and have little dialogue (3) Permissive Parenting, Unlike authoritarian, this parenting shows great warmth and acceptance but has very little involvement and discipline. Allowing children to make their own decisions, this parenting style tends to spoil children and comply with all their wishes. (4) Neglectful Parenting, is parenting where parents are not involved at all. Not demanding and not providing the child's needs, rather indifferent and unresponsive.

Parenting styles are offered according to the child's needs and developmental stages. Different parenting styles produce different characters. A child's character is reflected in the attitudes and behaviors he or she displays on a daily basis. A child's character is formed by the environment, especially the family and school environment. These various efforts would be

better if they began at an early age, when children can more easily imitate the behavior of other people. If a person's character has been formed from an early age, then when they grow up they will be stronger in holding the right principles and will not be easily tempted to commit immoral actions (Sitepu, J.M., 2022).

In childhood, we have experienced difficult times as children and many of us have experienced trauma. Parenting with neglect, violence, lack of love and affection and minimal presence of parents can hurt the inner child (Siregar, C., 2012; Surianti, 2022). This makes the little child in us hurt and suffer. To avoid the pain of these wounds, we often avoid, ignore and suppress them. We push them into the subconscious or ignore them in the hope that the suffering will go away. But the wounded inner child will not go away until it is healed.

Innerchild is a collection of good and bad events that occur during the period of upbringing by parents and the surrounding environment and influence a person's behavior and decision making in adulthood (Nuroh, S., & Sulhan, M., 2022; Siregar, C., 2012; Mufidah, E.F, et al., 2020; Surianti, 2022; Awwad, M & Afriani, E., 2021). Inner child is a form of a child's ego that is carried away by parenting mistakes because it is formed from past experiences or events that have obstacles and have not been resolved properly, so it will disrupt the future (Mufidah, E.F, et al., 2020; Bradshaw, J., 1992). Good experiences will have a positive impact on their adult life, and bad experiences will leave wounds on the child's mind. Without realizing it, the inner child can attack and appear in adults in the form of behavior or emotional states, and this emergence is usually not recognized.

Ikhsan Bella Persada M. Psi., a psychologist, explained that the inner child can be hurt and if not addressed, it can cause problems in the future. Painful experiences such as childhood violence, neglect by parents or people around them. Then there is a lack of love, or even too much control by the parents, which can hurt the inner child.

The way parents raise or care for their children can take the form of attitudes or actions that affect the child's potential in intellectual, emotional and personality aspects, social development and other psychological aspects. All parents desperately want their children to live up to their parents' wishes, so parents do their best to provide care, education, and guidance so that their children will live up to their hopes. Whether we are aware of it or not, in practice there are often deviations or even contradictions between expectations and reality in parenting patterns, which can have an impact on the child's personality development.

Typically, someone whose inner child has been wounded will have problems with trust, intimacy, addictive and compulsive behaviors, and interdependent relationships. This is what causes many of them to end up with low attachment or bonding with their parents. Childhood trauma causes a person to adopt adult behaviors that are often insecure, anti-critical, irritable, afraid of being hurt by others, worried, anxious, and insecure. This behavior is a form of self-defense against "dangers" created by the environment as a manifestation of parenting patterns during childhood. As parents, we need to make peace with the inner child who may still have unhealed wounds. It is these wounds that often cause us to go down the wrong path in raising our children; trivial things that children do are usually a trigger to awaken the sleeping inner child. Anger at children is a way of expressing emotions that were suppressed when we were small. In fact, we used to be angry at our parents, but now we take it out on our children. We unconsciously assume that the causes of childhood wounds are normal. So we often unconsciously normalize them when we apply them to children. (Surianti 2022)

Method

This research is a type of qualitative research with a literature review. Collecting data or literature sources using the library research method with various scientific sources in the

form of books, scientific articles and literature appropriate to the topic taken. Then, the data or information obtained is collected, analyzed, and summarized to reach conclusions about the literature study. Library materials obtained from various references are critically analyzed and must be in-depth to support the propositions and ideas. (Sugiyono, 2019)

Result and Discussion

The inner child is a form of ego from childhood (Mufidah & Isya, 2020). Not only that, the inner child also influences a person's life in the future, including their personality (Putri, 2021). A child's personality is influenced by the attitude of parents, how parents treat their children. Every family has its own role. Especially the role of fathers and mothers in raising children. (Anatasya 2023). Inner child is a mental problem that needs special attention to be handled so that it does not continue to hurt the soul of the child who will later become a parent. inner child and several methods or techniques that can be a reference in handling the inner child so that it will be easy to make peace with the past or the inner child itself.

Innerchild akan selalu ada di dalam diri kita, dan mencoba untuk menarik perhatian kita tergantung bagaimana akita menyikapinya. Terdapat beberapa luka *innerchild* yaitu :

1. *Abandonment wound*

This wound is caused by the experience of being abandoned or separated from loved ones as a child. Death, divorce, being left at work without goodbye or explanation, being left when you make a mistake or are punished, and parents who often run away when they are angry or arguing. The result is that when you grow up, you will be afraid of being abandoned by the people you love. As an adult, it will also be easy to leave other people when problems arise. It is also characterized by always validating the partner's feelings and always feeling unloved.

2. *Neglect Wound*

This is the wound of neglected upbringing. Parents and loved ones are always around, but children are often ignored and have minimal communication. Children are never appreciated, it's unfair, they are not listened to when they have an opinion, they are ignored when they cry or show other negative feelings, they do not show enthusiasm when they tell stories or achieve successes, they make their children independent too early so they do not help them when they have difficulties and they are also often forgotten. Things like this can make children grow up to be passive and often hide their feelings. As an adult, it is difficult to express feelings and is afraid to speak up. Fear when someone loves them and depends on them.

3. *Guilt Wound*

It is a deep sense of guilt that is not properly processed. This happens when children receive excessive reactions when they experience failure (being scolded with yelling and screaming, being rejected when apologizing), parents often bring up mistakes and make a big deal out of trivial things, being embarrassed in public, being insulted when the child's decisions are not the same as the parents'. Usually this is done by parents who always want their children to be perfect with lots of achievements and to maintain their image, to be a good example with minimal mistakes. Many children are traumatized by guilt. As adults, children become aggressive when angry, perfectionistic, afraid of failure, and look down on other people. Children also cannot be rejected.

4. *Trust Wound*

This wound is the child's loss of trust in the people closest to him or her as a result of parents often breaking promises or telling secrets to other people. Seeing parents cheat or lie to each other and living in unsafe situations and areas of conflict are also included in trust issues. As a result, children as adults have difficulty accepting and appreciating themselves, have low self-confidence, are easily suspicious, and have difficulty making decisions.

A wounded inner child can be healed by listening, paying attention, and resolving unfinished business both with parents and other people around them. Several things that can be done to heal wounds in the inner child (Siregar, C., 2012; Awwad, M & Afriani, E., 2021) are Recall memory, Reframing, Forgiving, Self Talk. .

Conclusion

Early childhood really needs good and optimal parenting. The way to raise children is certainly different from the way to raise adults. Interacting well, setting an example of how to say and respond to other people well, what is more important is to believe in yourself and believe that if you try, you can do it, because educating children aged 0-6 years happens only once in a lifetime and cannot be repeated. The impact of different parenting styles on early childhood development is that if a person knows that he has an inner child and is able to forgive his inner child, then he will accept it as a past mistake and be able to respond well to it so that he is able to develop himself for the better. On the other hand, if someone knows that their inner child has been hurt but cannot reconcile and forgive their past, it will have a negative effect on their behavior. Parents and individuals who understand the importance of shaping a person's personality based on childhood experiences are expected to be able to break the chain of suffering for our next generation. By realizing that personality formation from childhood is very important, we can create better generations..

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