

THE ROLE OF ISLAMIC COUNSELING IN STRENGTHENING COMMUNICATION BETWEEN PARENTS AND CHILDREN IN THE MODERN ERA

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Abstract: *Communication between parents and children plays a crucial role in fostering healthy and harmonious family relationships. However, in today's rapidly evolving world and technology, communication between parents and children faces various challenges. This is because children interact more with digital media than with their parents. This article examines the role of Islamic counseling in strengthening communication between parents and children amidst the dynamics of change, and examines how Islamic principles can be applied in this context. An approach that emphasizes values such as compassion, patience, honesty, and mutual respect has the potential to strengthen parent-child relationships. The research method used is a literature review, employing a qualitative descriptive approach, through analysis of relevant literature such as the Qur'an, Hadith, and Islamic counseling theories. By implementing Islamic counseling, communication between parents and children can be improved not only through words or verbal exchanges, but also through deeper emotional and spiritual understanding. Thus, Islamic counseling serves not only as a means of problem-solving but also as a preventative tool for building healthy and harmonious relationships amidst the increasingly rapid development of the times.*

Keywords: *Islamic Counseling, Family Communication, Parents and Children, Modern Era.*

Introduction

Family education is the primary foundation for developing a child's character, including communication between parents and children. As the primary educational institution, the family plays a crucial role in instilling moral, spiritual, and social values through daily interactions (Pratiwi, Rahmadani, & Usman, 2024). In this context, communication between parents and children is a key factor in determining the harmony and effectiveness of the family education process. Warm emotional relationships are created through good communication and mutual understanding, which can equip children for their social lives.

However, in this modern era and with the rapid development of technology, many families experience a communication gap between parents and children. This is due to human dependence on technology, which has led to different patterns of family interaction compared to previous eras. This also creates complex communication challenges for parent-child relationships, as children interact more with digital media than with their parents. (Nisa & Farida, 2023). As a result, there is a gap in understanding and a decrease in emotional closeness between family members. Therefore, a family education strategy is needed that can bridge this social change through an Islamic values-based counseling approach. (Marlina & Fadhlillah, 2025).

Compared to with previous era, dynamics Interactions within the family environment have changed. Interactions within the family tend to be minimal and limited in terms of interpersonal

communication due to human dependence on technology. This phenomenon affects the relationship between parents and children, who often have differing opinions regarding the use of digital technology. These differing perceptions can become a source of conflict or misunderstanding in family interactions (Pratiwi, Maulana, Ismail, 2023). In the digital era, family counseling has become increasingly important to help parents and children overcome challenges in their relationship dynamics. Family counseling provides a space for families to explore communication patterns, resolve conflicts, and strengthen emotional connections between family members. One important aspect that needs to be discussed in family counseling is the importance of effective communication between parents and children. Islamic counseling can also be used as a non-formal educational medium that instills character and moral values in families (Amin, Fridani, & Marjo, 2022). This study aims to analyze the role of the Islamic counseling guidance model as a family education strategy in building harmonious communication between parents and children.

Literature Review

1. Islamic Counseling

Islamic counseling is a form of guidance based on Islamic values and principles. Its goal is to help individuals achieve balance between spiritual, emotional, and social aspects. According to Musnamar (2010), Islamic counseling is the process of providing assistance using a psychological and spiritual approach derived from the Quran and Sunnah, enabling individuals to face and resolve life's problems. The primary focus of Islamic counseling is to develop individuals who are devout, self-controlled, and maintain good relationships with God, themselves, and others.

In Al-Ghazali's view, Islamic counseling serves as a purification of the soul, helping a person live according to the dictates of sharia. Thus, Islamic counseling not only helps resolve psychological problems but also serves as a means of spiritual and moral development that strengthens the foundations of the family.

The purpose of Islamic guidance and counseling is to help individuals face and overcome problems by utilizing the values of Islamic teachings so that it is hoped that the person can solve their own problems in order to achieve happiness and well-being in this world and the hereafter. According to Ainur Rahim Faqih, there are 3 functions of Islamic guidance and counseling, namely: preventive function, namely a function that helps individuals maintain or prevent problems from arising for themselves. Preservative function, namely a function that helps individuals maintain situations and conditions that were originally bad to become good (solved) and that goodness lasts long. Development function, namely a function that helps individuals maintain and develop situations and conditions that are already good so that they remain good or become better, so that they do not allow them to become the cause of problems for them.

2. Communication between Parents and Children

Communication is a crucial aspect in shaping a child's character and personality. Effective communication between parents and children includes the ability to listen well, express feelings openly, and build mutual understanding. In families based on Islamic teachings, communication is not only verbal, but also reflects morals such as politeness, honesty, and compassion. Parents play the role of murabbi (educators) who are responsible for instilling the values of monotheism and noble morals in their children. As Allah says in QS. At-Tahrim [66]: 6, "Protect yourselves and your families from the fire of hell," this verse emphasizes the importance of parents' role in guiding children through Islamic communication. However, in the modern era, communication

within families is often disrupted by busyness, the influence of digital media, and differences in perspectives between generations.

3. Challenges of Family Communication in the Modern Era

Technological advances and rapid social change in the modern era have had a significant impact on family communication patterns. Rapid social change often creates a generation gap between parents and children. Children growing up in the digital age develop different ways of thinking and interacting than their parents. As a result, direct communication within the family is reduced and the potential for conflict increases. Furthermore, modern lifestyles, which tend toward individualism, have led to a decline in the values of togetherness and spirituality within the family. Communication, which should be a means of affection, sometimes degenerates into formal relationships devoid of emotional closeness. Therefore, an approach that can strengthen moral and spiritual values within the family is needed, one of which is through the implementation of Islamic counseling.

4. The Role of Islamic Counseling in Strengthening Family Communication

Islamic counseling plays a crucial role in strengthening communication between parents and children. Through a spiritual and psychological approach, counseling can help families identify communication barriers, foster empathy, and instill Islamic values in daily interactions. Sa'adah (2018) states that Islamic counseling is oriented toward three core values: rahmah (compassion), musyawarah (open dialogue), and ukhuwah (brotherhood). With these values, Islamic counseling not only serves to resolve communication problems but also serves as a means of fostering harmonious, compassionate, and religious families amidst the onslaught of modern challenges. (TNR, 12, single spacing, justify)

Method

A research method is a systematic process of collecting and analyzing data to achieve specific objectives. Data collection and analysis are conducted in a natural manner, both quantitative and qualitative, experimental and non-experimental, interactive and non-interactive (Koto, 2020). The method or approach applied in this research is a literature study (library research), which is a study conducted by examining various literature sources relevant to the topic of discussion. Literature study is the activity of searching, reading, and analyzing library materials to gain a theoretical foundation and in-depth understanding of a phenomenon. In this method, researchers conduct a review of books, scientific journals, articles, and written works that directly discuss Islamic counseling, family communication, and child education in Islam, as well as other previously published sources.

Result and Discussion

Islamic counseling is a process of assistance and guidance that adheres firmly to the teachings of the Quran and Sunnah. Its primary goal is to improve communication within the family using Islamic principles, such as providing sound advice, being wise, and bringing benefits. In communication between parents and children, Islamic counseling emphasizes the importance of speaking clearly and meaningfully, speaking gently, and maintaining a respectful tone to create a comfortable and open atmosphere of communication within the family. Parents who practice communication methods in accordance with Islamic teachings typically find it easier to bond emotionally with their children. They can foster a sense of security and trust in their parents. When children face problems or temptations from the internet, honest and

compassionate communication is essential. Children who feel valued are often more willing to share their experiences, unlike children raised in harsh and stressful homes.

Islamic counseling plays a significant role in strengthening relationships and communication between parents and children today. This approach is based on Islamic values such as deliberation, compassion, patience, and gentleness in speech. In this way, various problems that arise due to lack of communication or emotional distance between parents and children can be more easily resolved. This guidance also encourages family members to re-understand their respective roles and build communication based on empathy, compassion, and faith (Raih & Iriyadi, 2023). Through Islamic counseling, parents are helped to become good listeners, manage their emotions, and provide guidance to their children in a gentle and understanding manner, without violence. This counseling is also beneficial for resolving family conflicts, creating a calmer home environment, and maintaining children's mental health especially in today's stressful and digital era. Furthermore, Islamic counseling helps strengthen emotional closeness between parents and children through mutual respect, patience, and a willingness to discuss issues together. This approach encourages honest and open communication, resulting in greater understanding within the family.

In today's digital world, communication challenges within families are increasing. Many children feel more comfortable confiding in social media than with their own parents. This is where Islamic counseling comes in, helping to revitalize warm and effective communication through the moral and spiritual values taught by Islam. In fact, a family, in the dimension of consanguinity, is a social unit bound by blood ties. Based on this dimension of consanguinity, families can be divided into small and large families. Meanwhile, in the dimension of social relations, a family is a social unit bound by interconnectedness or interaction and mutual influence (Anisah, 2017).

Technological advances also bring new challenges for families, such as the negative impacts of social media, excessive gadget use, and lifestyle changes that can further distance parents and children emotionally. Islamic counseling serves as both a preventative and therapeutic approach, providing a strong moral and spiritual foundation for maintaining communication. As Wardhani (2019) explains, "Clear and consistent limits on gadget use can help children develop healthy habits and maintain a balance between the digital and real worlds." Parents are encouraged to be more active in building communication, understanding their children's digital development, and maintaining religious values as a guiding principle. Islamic counseling can also be tailored to specific family circumstances, such as single families or busy parents, to ensure effective communication.

Several studies have shown that Islamic counseling not only helps resolve marital conflict but also serves as a preventative measure through premarital education and spiritual guidance. As a result, family communication improves, families are more resilient in facing challenges, and a more harmonious home life is created. Ultimately, Islamic counseling is a method that combines psychological and spiritual aspects to strengthen parent-child communication, provide solutions to modern communication problems, and build loving and peaceful family relationships in accordance with Islamic values. Some of the roles of Islamic Counseling in strengthening communication between parents and children:

1. Islamic counseling helps parents teach their children values such as compassion, respect, and mutual assistance. These values foster better communication and stronger relationships.
2. Creating an open discussion space: Counseling offers a safe space for parents and children to openly and honestly discuss their personal issues. This increases mutual understanding and fosters emotional closeness.

3. Teaching communication skills, by understanding how their child speaks, both verbally and non-verbally, parents can learn to communicate better. Counseling helps parents speak gently and provide advice without scolding their child, which makes the child more receptive to direction.
4. Helping to overcome the challenges of the modern era, Islamic counseling helps children manage time and use technology in ways that are consistent with Islamic values.
5. Guiding spiritual understanding and worship, Islamic counseling helps instill the importance of worship and obedience to Allah SWT through established communication. This includes teaching children proper worship methods, such as reciting the Quran, and helping them develop a spiritual connection.
6. Offers problem-solving strategies, counseling not only discusses problems but also helps families develop ways to address them together. With greater understanding, families can find ways to resolve the issues they face together.

Conclusion

In "The Role of Islamic Counseling in Strengthening Communication between Parents and Children in the Modern Era," it is explained that Islamic counseling uses an approach based on Islamic values to help strengthen the relationship between parents and children. Islamic counseling offers effective methods, such as wisdom, good lessons, and gentle communication, which help resolve family conflicts and strengthen harmonious communication. From this study, it can be understood that Islamic counseling plays a very important role in building good communication between parents and children in the midst of modern development. This counseling approach not only touches on spiritual aspects, but also combines Islamic teachings such as deliberation, compassion, and patience as a foundation for interaction. In this way, Islamic counseling helps families overcome communication problems while preventing conflict early on through continuous moral development and role models. Islamic counseling teaches the importance of speaking gently, listening to each other, and understanding each other's roles within the family. This fosters more open and healthy communication, creating a peaceful and understanding home environment. Beyond simply resolving problems, this counseling provides the tools to build a family aligned with the principles of *sakinah* (peaceful, peaceful, and compassionate). In today's challenging context, such as technological advancements and social change, this approach has been proven to help Muslim families become emotionally and spiritually stronger. Therefore, Islamic counseling can be seen as a crucial solution in guiding parents and children towards a harmonious family life based on Islamic values.

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