



# Fatherhood: Islamic Psychology and Child Education

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## Abstract

Parents are role models and role models for children. They will follow what their parents do. The role of both parents is very meaningful to them. The role of a father or fatherhood It is very important because, without a balance between the roles of mother and father, it is feared that children will not grow up according to our expectations. This research uses a qualitative method with a thematic analysis approach. The role of the father is indeed crucial for the growth of a child considering that many fathers do not want to be involved and think that the child's affairs are the mother's business. In Islam, the relationship between father and son even receives such beautiful attention. In the Quran, the name of a father is included as the name of one of the letters, Luqman. A father figure is included in the Al-Quran because of his expertise in educating children. By knowing the concept of the father's role, parents can carry out their role properly for the sake of their child's development and education.

## INTRODUCTION

Growth and development are two terms that have different meanings, but they are very closely related and cannot even be separated from one another. Growth can be observed by weighing, and measuring body height, head circumference, and so on. Meanwhile, development is a qualitative process that shows increasing abilities (skills) in more complex body structures and functions in regular and predictable patterns as a result of the maturation process (Khamim Zarkasih Putro, 2021; Mayar & Astuti, 2021; Setiawan, 2019). Development concerns the individual's overall personality because the individual's personality forms an integrated whole (Bach & Hutsebaut, 2018; Coulter et al., 2016; Mayer, 2020). In simple terms, the main aspects of personality can be distinguished as follows: physical motor aspects, intellectual aspects, social aspects, language aspects, emotional aspects, moral aspects, and religious aspects.

The period of infancy and early childhood (early age) is an early period that is very decisive for the development of individuals at later stages of life (Fajriati & Na'imah, 2020; Novela, 2019; Sukatin et al., 2020). The early childhood period is said to be the golden period (the golden years), this period is often referred to as the sensitive period, namely the period of maturity of physical and psychological functions that are ready to respond to stimulation provided by the environment.

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Serious attention from educators (parents and teachers) is very necessary during this period because this period is a period of laying the foundation for developing cognitive, motor, language, socio-emotional, moral, and religious abilities which of course will greatly influence children's lives in the future will come.

Parents are role models and examples for children (Ensink et al., 2017; Quy et al., 2020; Vanwoerden et al., 2023). They will follow what their parents do. The role of both parents is very meaningful to them. The role of the father is indeed crucial for the growth of a child considering that many fathers do not want to be involved and think that the child's affairs are the mother's business. So far, many fathers consider that their main task is to earn a living and provide for their children and wives materially. Lack of communication between father and child is certainly not very good for the child's mental condition (Anggraini, 2018; Arliman et al., 2022; Saskara & Ulio, 2020). There are even some children who feel reluctant and afraid of their fathers due to a lack of communication. Indeed, the image of a father must be someone firm so that his children always pay attention when they are advised and guided. But if you just fear it, then this is one of the mistakes in educating children.

## **METHODS**

This research uses a qualitative method with a thematic analysis approach. According to Lawless & Chen, (2019); Fryer, (2022) this research approach design can be carried out to discuss certain problems, issues or topics originating from the literature collected as a whole and then take themes that are appropriate to the required data. After the author has collected all the data, the next step is to select the necessary data according to the theme raised in this article. The next step is to discuss the collected data and then divide the discussion themes. Then, to strengthen the analysis and discussion, the author also refers to books, expert opinions and various findings from previous researchers related to this issue and topic (Kasmar et al., 2019; Azzahra et al., 2021; Ath-Thukhi et al., 2022).

## **RESULT AND DISCUSSION**

### **Conceptual Study of the Nature of the Family According to Islamic Psychology**

The family is a social system, a family of a constellation of subsystems defined in terms of generations, gender, and roles. The division of labor between family members determines certain sub-units and attachments determine others. Each family member is a participant in several subsystems. In some family systems, dyadic (involving two people) children are one of the subsystems of the family. Mother-father-child is one of the polydyadic subsystems, mother and two other siblings. The role of the family in the 21st century has seen many changes in the family, where as a result of social trends, the family continues to change. This trend also includes the increasing number of working mothers, the number of absent fathers in the family, increasing cultural religiosity, and changing views on marriage. As a result, the definition of family changes as society changes. Take a look at how families have changed in the 21<sup>st</sup> century.

Many families today are the result of structures, not nuclear families. Many families today include single-parent families, headed by either the father or the mother; stepfamily, and includes individuals who are related by marriage to the mother, adoption; partner heterosexual, gays, or lesbians live together as families and relatives, which include grandparents, aunts, uncles, other relatives, and unrelated individuals. Grandparents who act as parents are increasing and represent a rapidly expanding new family structure.

As families change, the roles of parents and other family members change. The more parents work the less time they have for family and children. Working parents

must combine their roles as parents and working employees. The amount of work parents do increases as families change.

As families change, many parents find it difficult to afford quality childcare for their children. Some parents feel that they cannot prevent their children from watching television and they cannot protect their children from social violence, violence against children, and crime. Other parents are busy with their problems and have little time and attention for their children. Nonetheless, parents' responsibilities remain, and more and more parents are turning to early childhood education experts for help to meet the demands and challenges of raising children.

**The Urgency of Parenting and attachment in the Family According to Islamic Psychology**

There is a strong relationship between each parenting style and the child's obedient behavior (Baumrind), it can be seen from the parenting style that parents give to their children: i) authoritarian parents (authoritarian), are parents who value control and obedience without question (Destaliani et al., 2019; Fachmi et al., 2021). They try to make children adhere to standards of behavior and punish them strictly if they violate them, ii) permissive parents are parents who value self-expression and self-regulation. They make few requests and let children monitor their own activities wherever possible. When making rules, they explain the reasons to the child, iii) authoritative parents are parents who respect children's individuality but also push social boundaries.

They believe in their ability to guide the child, but also value the child's independent decisions, interests, opinions and personality. Physical comfort also plays an important role in Erikson's views on baby development. Erikson stated that in the first year of life stages occur trust vs mistrust. Physical comfort and sensitive parenting according to Erikson are the keys to formation basic trust in babies. Trust in the baby this will eventually become the basis of Attachment and the basis of persistent expectations which assume that the world is a good and pleasant place (Hendrajani, 2024).

The following are four stages regarding Attachment according to conceptualization Bowlby.

Level	Age	Charateristics
Level 1	Birth to two month	Babies instinctively show their attachment to all human figures strangers, siblings or parents have an equal chance of causing a baby to cry or smile.
Level 2	Age 2 – 7 months	Starting to focus on one figure, usually the primary caregiver, the baby begins to differentiate between familiar and unfamiliar people.
Level 3	Age 7 – 24 months	Specific characteristics begin to develop with increasing locomotor abilities, the baby actively tries to make contact with permanent caregivers such a father and mother.
Level 4	Age 24 months and above	Children begin to be aware of other people's feeling, goals and plans and begin to include these things when taking action they.

## Fatherhood in Child Development

In the family, each family member has their own role, especially the father and mother. The role of father and mother is very important for children, and often the role of care is interpreted as the mother's main responsibility. However, the parenting role will be more optimal if the father is involved in the parenting role because basically the parenting role is the responsibility of the father and mother. The father's parenting role towards the child will become clear if the father is aware of his role for the child. Not many fathers recognize their role for their children, most fathers assume that their role is mainly in terms of meeting physical needs in the form of materials or facilities needed by children or other family members. With the belief that fathers have a role in meeting physical or material needs, fathers take on the role of breadwinner. When a father works, he feels he has fulfilled his obligations or role in the family.

Some research evidence shows that the father's role which is limited to fulfilling physical or material needs by working will result in a lack of close affection between father and child and have an impact on the child's less than optimal development. This is actually not surprising because basically men always keep their distance when interacting with subjects or objects (Ariese, 2024; Johannessen-Henry, 2016; Kearney, 2018). This becomes more obvious when a father plays the role of breadwinner. In contrast to mothers, based on their maternal characteristics, there are many roles that can be played by children and makes the affectionate closeness between mother and child stronger. The long-term impact will be seen on the child's social skills, cognitive and emotional development so that they will be less than optimal in their life. Many cases that show violent behavior towards children, whether physical, psychological or sexual, are usually carried out by fathers who fail to live up to their role in parenting and do not have the skills to play the role of a father to their children.

Looking at his role, the father's role is not only limited to meeting the material or physical needs of the child, the father has other roles. Fathers can act as guides in solving problems. The problems experienced by children vary, ranging from academic problems, relationship problems, and problems related to habits or interests in doing something. When these problems occur and the child does not know how to solve them, with a caring father the child will feel like they have a place to talk and discuss how to solve them. If the father doesn't care, it will make the child afraid to ask or tell the father about the problem. The impact is that usually the father will only know the bad impact of the problem and will usually scold the child because he feels that he is not considered by the child because he is not involved or does not talk about the problems he is experiencing and sees the child as a problem maker in the family. If this pattern occurs continuously, then when the child gets older what the father does to the child will take the form of physical or psychological violence because the father feels that simply giving advice to the child will not work.

Many studies have confirmed that a father's involvement can have a powerful effect on a child's cognitive development (Rahmadania et al., 2023). It started to become apparent in babies as young as five months old, who scored higher on measures of cognitive development if they had a highly involved father in parenting (participating in more play and caregiving activities). By age 1, children whose fathers were more involved had higher cognitive function. Toddlers have better problem solving abilities. At 3 years old, they have a higher IQ. Once children reach school age, the benefits of father involvement become clearer. Children who have an active father role in their lives do better across the spectrum of educational competencies from getting better grades and performing better in school, to being more motivated and valuing education more.

Studies have found that children with involved fathers can better tolerate stress and frustration, are better at problem solving, and have better control over their emotions and impulses. Not all couples describe an instant bond between mother and baby. For fathers, on the other hand, the connection is sometimes not fully realized until the baby's love becomes more reciprocal. But even if the bond between father and baby is not instant, the foundation for the connection is then laid through initial efforts on the part of the father. When a baby experiences predictable, consistent, and caring responses to his needs, he feels more secure. This security allows the baby to trust those who care for him. He comes to select people for other adults, in a process called attachment. Mothers are the primary caregivers and are relied upon more for care and security, but fathers are also able to create a secure and attached bond with their babies. It's a self-perpetuating cycle: The more time fathers spend with their babies, the better fathers understand their cues, the stronger the attachment they form.

### **Fatherhood in Islamic Perspective**

First, the special relationship between father and son. In Islam, the relationship between fathers and children even receives great attention (Fengjiang & Steinmüller, 2023; Ramsay & Askland, 2022). In the Quran, the name of a father is included as the name of one of the letters, Luqman. A father figure is included in the holy book because of his expertise in educating children. In Luqman's letter, it is told about the educational values that Luqman instilled in his children.

Second, the priority of educating children. There are several histories that illustrate the priority of educating children for parents, as follows: "If there is someone who educates his child, then that is better than giving charity with one sha' every day for the poor." (HR. al-Tirmidzi). Imam Ali bin Abi Talib said, the best thing a father can pass on to his son is education". From the narrations above, it is very clear how educating is a noble task, especially educating children. And, educating children from childhood with values is the basis of Islamic education.

The way fathers educate children is as follows: First, know God and obey him. A very important task that parents must carry out for their children is to introduce them to Allah SWT. For children, this is done according to their thinking abilities so that children can truly live their lives in accordance with a straight nature, where Allah created all humans based on this nature, and it is hoped that children will become monotheistic person (humans who deny God). This is the most important wisdom that Luqman received from God to immediately convey to his son. "Every child who is born is in a state of purity (*fitrah*), until his tongue can speak. It is the parents who make the child Jewish, Christian or Magian". (HR. al-Baihaqi and ath-Thabrani).

Second, teach children about good and correct worship. After the child is introduced to his creator, then his duties and obligations as a servant of Allah are introduced to him, namely his main mission on this earth is to worship. Teaching children to pray. Because prayer is the strongest fortress to protect children from moral attacks of evil and evil. The way to teach children to pray is to take them to the mosque, so that the child can see how Muslims pray in congregation. Apart from that, this teaches children to live in congregation and socialize with the wider community of Muslims and practice being involved in the *amar makruf nahi munkar* project.

Train children to fast. A child who has never dreamed (adult), male or female, must be trained to fast during Ramadan from childhood, if they are able to do so. There is a history which states that al-Rabi bint Mu'awwadz, one of her female companions, always put toys in front of her young child while fasting. This action was carried out to divert the child's attention from food so that he would not cry, so that the child could complete his fast. Teaching children the Quran and al-Hadith.

Children's rights over their parents are to receive teachings from the Book (Al-Quran), how to swim, and not to be given food, except from good things (HR. al-Baihaqi).

The Quran is the word of God, the All-Wise, and His strong shari'at, as well as the morals of the Messenger of Allah and his companions and his pious followers. Allah SWT. Say about this. "He is the one who sent to the illiterate people a Messenger among them, who recited His verses to them, purified them and taught them the Book and Wisdom (As Sunnah). And verily they were before truly in clear error" (al-Jum'ah: 2). Teaching children to dhikr. Another task parents have for their children is to teach them dhikr (remembering Allah) in every movement and behavior, so that children feel the togetherness of Allah and Allah's monitoring that never escapes them. All of this aims to ensure that the child will live his life with complete devotion to Allah. Apart from that, children must be taught the prayers that the Prophet often recited in all his activities, so that the belief instilled in the child that the only human being who can be a role model is Rasulullah saw.

Teaching Children about Values in the Afterlife. The world is a field for work and charity, and the results can be obtained in the immediate world, but the real results are in the afterlife. So children must be educated so that they know, no matter how small the work they have done, good or bad, everything is monitored by Allah, everything will be rewarded, even though the deed is as heavy as a mustard seed, and is in a stone in the Sahara or in the sky or in the earth, it will definitely Allah will reward him. With this concept, children's lives are controlled and they do not fall into promiscuity and actions that are dangerous, either to themselves or others.

Teaching Children about Noble and Beautiful Islamic Ethics. Basically, all the worship required by Allah for His servants is to form pious believers, into people who uphold high values. So with the wisdom he got from Allah, Luqman taught his children these morals, by not being arrogant, being modest and not exaggerating in behavior, whether in actions or words. Therefore, children should be taught Islamic etiquette from an early age, so that these etiquette really stick with them and at the same time become a crystallized character. The morals taught are very broad in scope, both morals with Allah, the Messenger, parents, Muslims, as well as morals towards all aspects of life, namely how to behave with enemies, Satan, and so on. These morals are the main task of the Prophet to change them, and it is the obligation of all humans to follow the steps of the Prophet Muhammad, and it is also the obligation of parents to teach them to their children.

## CONCLUSION

Fathers also make an important contribution to a child's development, the experiences shared with a father will influence a child into adulthood. The father's parenting role and behavior influences the child's development and well-being and the transition period to adolescence. Children's cognitive development and social competence from an early age are influenced by attachment, emotional relationships and the availability of resources provided by the father. The father is a figure who plays a role in the family. The functions and duties of a father are certainly not the same as those of a mother. Mothers are more oriented towards nurturing while fathers are more towards protecting and instilling values. The role of the father in the family is very important in educating and becoming a father who can lead the family, where the father is responsible for teaching morals to children. When fathers are involved in caring for babies, positive outcomes are clear. Babies become more securely attached to their fathers, more resilient and curious, and they have more confidence to go out and explore. One study looking at three year olds found that

when fathers participated in their children, their social development benefited. Children who have an attachment and sense of security to their fathers are better able to identify the child's feelings.

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