KONSELING RELIGI

Circumflex Model of Family Therapy: Initiating Its Application on Parenting Mistakes to Child Early Age

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Abstract

The golden age in the development of early childhood requires more attention amid the emergence of the phenomenon of shifting family functions in the millennial era. Father's function and mothers who experience shifts are thought to have the potential for emergence of parenting problems. The golden age is in need of good parenting, because an error of parenting during this period a significant impact on adulthood. This requires family therapy that is good and feasible to be used in intervening in cases of parenting errors with early childhood. This article aims to describe the theory of family therapy in the circumflex model popularized by Olson, analyzing and initiating its application in cases of parenting errors in early childhood. The idea of applying the therapy is complemented by the design of the stages and forms of therapy. The results of the study show that theoretically it is possible to apply circumcision family model therapy in cases of early childhood parenting errors, because early childhood leads to an internal problem three important dimensions in the circuit model to create a healthy and balanced family, namely the dimensions of closeness, adaptability or flexibility and family communication. The therapeutic design for families who experience parenting errors in early childhood is arranged in stages, stages or sessions of one to ten.

Keywords: Early Childhood, Family Therapy, Parenting, The Circumflex Model

Introduction

Early age is stated as a golden age because it becomes the foundation of children's behavior when they grow up. Parenting in the golden age is very important to produce good behavior products (Rahman, 2008; Aini, 2014). The family is believed to have the first and important parenting function related to children's behavior. False parenting at an early age will have a significant impact on the development of aspects of language, cognition, social and emotional and motoric children (Vinayastri, 2015; Robbiyah, Ekasari dan Witarsa, 2018). It's just that now there is a shift in family function and family dysfunction that has an influence on children's behavior (Rochaniningsih, 2014). Changes in the role or function of the family can be seen at this time, namely with the concept of career women who do not always handle all domestic affairs. While on the other hand, husbands no longer act as single breadwinners. The role of the family head as a single breadwinner is no longer the only reference, because the household father (*stay at home dad, stay-at-home fathering*) has become an alternative for Muslim families in Indonesia (Doucet and Merla, 2007). Coupled with a patriarchal culture that seems to still dominate the paradigm of thinking husband and wife couples in raising children. This requires new efforts and ideas about the model of family therapy in the millennial era which is full of shifting family functions amid the dominance of patriarchal culture.

Family therapy circumplate models have been used in the scope of additive users (Bagaskara, 2013), but it has not yet been applied to parenting errors for early childhood. This circuit model focuses on independence in the relationship of dimensions of proximity, flexibility and communication variables. While the emergence of errors in parenting for early childhood is very close to the existence of problems in these three dimensions. Therefore it is necessary to conduct in-depth reviews and analysis to initiate the possibility of applying circumcision family model therapy to parenting errors in early childhood. The results of this study, furthermore, can be used as hypotheses to be applied and tested quantitatively regarding the effectiveness of family therapy circumplate models in certain cases as a result of incorrect parenting practices for early childhood.

Method

This type of qualitative article is a conceptual study of Olson's ideas about circumplate family therapy. The author describes the theory of circumflex model therapy, then reveals several cases of early childhood parenting errors. Some of these cases were analyzed and revealed by the source of the problem, then analyzed and initiated arguments about the possibility of implementing circumflex model therapy in cases of early childhood parenting. The idea of applying family therapy in the Circumpleks model is accompanied by the design of its implementation in cases of early childhood parenting errors based on certain stages. The design of the therapy is presented in the form of sessions of one to ten forms of therapeutic activities carried out in each session.

Theoretical Review

Parenting is defined by the process of interaction between parents and children. It includes the maintenance process (feeding, cleaning and protecting) and the process of socialization (teaching behavior that is common and in accordance with the rules in society). This process also involves how parents communicate affection, values, interests, behaviors and beliefs to their children. Some types of parenting namely parenting are involved (not involved) with very low parental control, indulgent parenting with too high parental warmth accompanied by low control, authoritative parenting with high control and warmth of parents towards children and patterns authoritarian foster with high control and low warmth towards children.

The Circumflex model is a system of family and marriage patterns developed by Olson (2000). This model is specifically designed for clinical assessment, treatment planning and effective results on *marital* dan *family therapy*. This model was developed to bridge various kinds of research, theoretical and practical. The variety of patterns of behavior interactions in the family is focused on independence in the relationship of dimensions of closeness, flexibility, and communication variables. These facts view the value and importance of the three general dimensions of family life, namely the dimensions of family closeness (*Cohesion*), family adaptivity dimensions (*Adaptability*) and communication dimensions (*Communication*).

The dimensions of family closeness indicate the degree of separation or connectedness of individuals to their families, indicating the extent to which family members are separated or emotionally connected to their families. In the circuit model there are several specific variables that can be used as a standard for diagnosing and measuring family closeness. Aspects that are used as benchmarks in assessing family closeness, namely first, emotional bonds (*emotional bonding*) where emotional closeness is felt by family members. *Second,* involvement in the family (*family involvement*) which is illustrated by the number of interactions that occur, and how their tendency to respond with love. *Third,* parent-child relations which includes closeness and boundaries in the family, especially parents and children. Fourth, internal boundaries (time), space and decision making, as well as external boundaries include friends, interests and recreation (Olson, 2000). The level of individual closeness to the family system measured through these variables is classified into four levels, extreme low levels (*disengaged*), medium-low level (*separated*), medium-high level (*connected*) and extreme levels (*enmeshed*) (Olson, Russel and Sprenkel, 1988).

At the extreme level (*desangaged*) family members do not have attachments and commitments with the family, and prefer other people to develop close relations, satisfaction in dealing with others is better than family. Balanced levels (*separated* dan *connected*) described as a situation where family members are able to establish good relationships and satisfying relationships with other family members and with other people. Extreme levels (*enmeshed*) described as a force that attracts family members to always be in the family, family relationships are too close and this situation often results in excessive identification of the family which hampers individual independence.

Adaptability dimensions are also called flexibility, describing the flexibility of the family system to change, namely the ability of marriage or family systems to change the structure of power, rules in establishing relationships, and rules in responding to situations and developments in stress (Olson, 2000). The Circumflex model describes specific aspects that can be used to measure the dimensions of family reliability, aspects of leadership which refers to control in the family and negotiations, as well as roles and rules that attempt to explain how negotiations occur between family members in determining and implementing

the rules that apply in the family. Adabtability dimensions are classified into four levels, namely rigid, structured, flexible, chaotic.

Two intermediate levels, namely "structured" dan "flexible" hypothesized as a condition that best allows family function to take place properly. At the extreme low level (*rigid*), there is a refusal from family members to adjust to changing needs and circumstances. Family leadership and control are very rigid. The division of roles and implementation of regulations is very strict. Decision making is in the hands of authority figures. Family at the middle level (*structured*) tend to have democratic leadership patterns, as well as negotiations that also involve children. There is a clear division of roles and sharing between family members, rules are applied wisely. Family at the second middle level (flexible), the family applies equal leadership, decision making is applied democratically. Negotiation is applied openly and the active role of parents to invite children to participate. Making regulations is adjusted to the development of each family member. Family at the extreme level (*chaotic*) applying leadership is not very clear, the division of roles in the family is very chaotic, the application of discipline is inconsistent, permissive and rules change easily (Mulyadi, Basuki dan Rahardjo, 2017, p. 192–193).

While the dimensions of family communication are a means of movement from the two previous dimensions. Communication, broadly, is interpreted by "sharing experiences". Communication is a factor that plays a role in the negotiation process in families that are undergoing changes due to the development or growth of its members (Olson, 2000). Family communication contains aspects of listening skills, speaking skills, self disclousure, clarity, continuity tracking, respect, regard. In communication there are positive dimensions and negative dimensions (Mulyadi, Basuki and Rahardjo, 2017). Positive dimensions describe the openness of family members in communicating (*open family communication*), which is focused on freedom and smooth exchange of information, both factual and emotional, lack of barriers to communication, as well as understanding and satisfaction in interacting. While the negative dimension illustrates the reluctance to share among family members, as well as being selective and careful about recognizing things that will be shared with fellow family members.

The type of family pattern circumflex model, by Olson, consists of only two dimensions, closeness and adaptability, because communication stands independently and is an important means to change in both dimensions (Olson, 2000). The merger of each of the four levels of closeness dimensions and adaptability dimensions can be compiled a family typology of the circumflex model consisting of 16 special types. However, general typologies with three types are made (Olson, 2000), *first,* extreme types, namely families whose dimensions of closeness and adaptability dimensions are classified as extreme rigidly-disangaged, chaotically-disangaged, rigidly-enmeshed, dan chaoticly-enmeshed. *Secondly,* the middle range type is a family whose dimensions are classified as balanced, and the other dimensions are extreme, namely rigidly-separated, chaotical-separated, rigidly-connected, chaotically-connected, structurally-challenged, flexibly-disaggregated, structurally-enmeshed, and flexibly-enmeshed. *Third,* Balanced type, namely the second family dimension (closeness and adaptability) is classified as a balanced type, namely structurally-separated, structurally-connected, flexibly-connected, and flexibly-separated types.

According to Olson (2000), healthy families are families that can function adequately. This means that the family has a balanced dimension of closeness and its adaptability dimension. If the closeness and attachment between family members is too large, too many changes are made and too rigid to change, then the family cannot function properly. To create a healthy family requires good communication, which is open in communicating and in problems that are often faced in the family. Families that are balanced in terms of their closeness are families that each family member has connected to the family and independence from his family. Families with balanced adaptability are able to maintain stability even though they are still open to changes. A balanced family can also experience stress due to the demands that exist, along with the development and growth of each family member, but a balanced family can better cope with stress that arises compared to families who are in extreme positions.

Discussion

Some Errors in Parenting Patterns for Early Childhood

The pattern of parenting parents is very important for growth and development both physically and psychologically. This role cannot just be replaced by educators in early childhood education or home caregivers. However, parents must take a maximum role in caring for children because mistakes in early childhood care will be a problem later on. This is because the early age phase, which is between 0-8 months, is an important phase as the foundation for the formation of a integrate person (Priyanto, 2014, p. 3).

In general, parenting parents are categorized into three namely Authoritarian Parenting, Permissive Parenting and Democratic Parenting (Rakhmawati, 2015, p. 6). Authoritarian parenting is parenting from parents which can be seen from the way parents apply rules in the family rigidly and tightly so as to limit children in carrying out certain activities (Toha, 1996, p. 110). Authoritarian parenting can affect the level of potential cognitive, affective and psychomotor in children (Fitriana, 2018, p. 73). Besides authoritarian parenting also affects the low level of social anxiety in children. He said that the more parents apply authoritarian parenting to children, the lower the emotional intelligence of children (Novianty dan Gunadarma, 2016, p. 24). This can be understood because regulations in the family that are applied with very strict discipline often cause stress and trauma to children. Giving punishment (punishment) to children is a typical indication of the authoritarian parenting. Formation of behavior in children can indeed be formed through motivation obtained through giving rewards (rewards) and also punishment (punishment). However, in this authoritarian parenting, the reward is not given much attention while giving punishment gets the dominant portion and both reward and punishment given by parents to children are often not in accordance with the child's psychological needs.

Being a fairly complex problem is if the punishment often done by parents contains negative elements which are characterized by a hard-spoken culture and inappropriate use of vocabulary (for the example is mentioning the word animal to swear, mentioning negative terms etc.), quarrel between husband wife in front of children, yelling at children and judging children unwise, forcing children to take certain actions that children do not want, or also scaring or threatening children with the aim that children want to obey the words of parents and so on. Such behavior of parents has the potential to put children in stressful conditions. Moreover, if these behaviors are carried out by parents continuously, children will

experience psychological trauma that will usually lead to negative behaviors later on. For example, parents who often compare children with one another, berate, label bad children for example with the word naughty, do not know manners, do not know how to benefit etc. or even to actions that lead to physical and psychological violence. The impact of these behaviors is that the child becomes a person who is not emotionally close to the family, the child's resistance to outside stressors also becomes less, and has poor communication with the family.

Permissive parenting is nurturing children who are given freedom that tends to be without control. The underlying motivation of parents to give broad freedom to children can be because parents do not care about children's development or also because parents spoil their children too. This kind of parenting can cause children to be selfish because parents tend to spoil children with material. Selfishness will be a barrier to the relationship between the child and others (Syafei, 2002, p. 24). This pattern of parenting will result in children who lack social competence because of lack of self-control. Parenting like this also has the potential to make children become too close to their families and also have a pattern of self-adjustment that is less flexible to the environment outside the family.

Democratic parenting is that parents not only provide freedom but also guidance to children. Children can develop naturally and be able to connect harmoniously with their parents. Children will be open, wise because of two-way communication. While parents are objective, considerate, and give positive encouragement to their children. This democratic upbringing encourages children to be independent, can overcome their problems, not be depressed, behave well in the environment, and are able to perform well. This pattern of nurturing is recommended for parents.

Of the three types of parenting, democratic parenting is considered a pattern of parenting that is suitable for parents (Thoha, 1996, p. 111) because democratic parenting allows a harmonious relationship between parents and children so that children become independent (Ulya, 2013, p. 11), not being depressed and having good behavior towards the environment and being a good child. Children who are cared for using democratic parenting techniques will live more cheerfully, pleasantly, creatively, smartly, confidently, open to parents, respect and respect parents and not easily stressed and depressed.

Alzena Masykouri (Redaksi, 2011) in fact, it was revealed that in fact the implementation of care for early childhood was not entirely right and completely wrong. Implementation of parenting must be adjusted to the context of the needs and abilities of the child. In principle, parenting is carried out should not be rigid or limited to those parenting patterns and carried out excessively. For example, if parents are too strict or rigid to give regulations to children so that their freedom is restricted, children will usually become rebels. But if it gives too much of what the child wants, the child will become dependent on the parents and cannot make their own decisions. In addition, sometimes one parenting style that has been successfully applied by a family may not be applied properly by other families. This is because the family has its own values.

Parents also sometimes do not consistently apply proper parenting to certain conditions of children. Parental control that is not properly controlled also often causes parents to face the conditions and behavior of children inappropriately and often the tension that parents have often creates destructive attitudes in children such as anger, yelling, comparing children with one another, allowing etc. In addition, the parenting background of parents in the past also influenced how their current parenting towards children. The past experience of parents is part of the character he carries in parenting now. Children who are raised with authoritarian parenting are also likely to apply, n models of the same pattern of care for their children in the future (Edward, 2006, p. 84). In general, some parenting mistakes made by parents to children and potential threats in the family can be seen in the table 1.1.

Table 1.1. Classification of psychological violence in children according to Azevedo & Viviane and also Sinclair (Maknun, 2017, p. 70)

CLASSIFICATION	SAMPLE BEHAVIOR	POTENTIAL THREATS IN FAMILY
INDIFFERENCE	Not talking to children unless necessary, ignoring the needs of children, not caring for them, giving no protection and lacking interaction with children	Closeness of children to family or parents is lacking
HUMILATION	Insult, ridicule, name inappropriate names, make them feel childish, oppose their identities, dignity and self-esteem of children, humiliation etc.	Closeness of children to family or parents is lacking. Indirectly teaches poor communication with children.

ISOLATION	Keep children away from friends, decide on child contact with other people, confine their own children and so on	Forming a child has a problem of adjusting himself to the environment so that the flexibility that the child has is also lacking.
REJECTION	Refuse or ignore the presence of children, do not respect children's ideas and achievements, discriminate against children	Closeness of children to family or parents is lacking
TERROR	Cause a frightening situation for children, anxiety etc.	Forming a child has a problem of adjusting himself to the environment so that the flexibility that the child has is also lacking.
PEMAKSAAN	Forcing children to do things they don't want children to do is inappropriate	Closeness of children to family or parents is lacking. Forming a child has a problem of adjusting himself to the environment so that the flexibility that the child has is also lacking.
KONTROL	Limiting children's activities, eliminating children's pleasure, depriving children of basic needs such as sleeping, eating and so on	Closeness of children to family or parents is lacking
PENYALAHGUNAAN ATAU PENGABAIAN	Misusing trust, hiding information, feeling always right, not listening, not responding and so on	Closeness of children to family or parents is lacking. Forming a child has a problem of adjusting himself to the environment so that the flexibility that the child has is also lacking.
EMOSI	Denying children's emotions, not paying attention, creating fear and worry	Closeness of children to family or parents is lacking

Circumflex Model: Alternative Family Therapy in Cases of Early Childhood Parenting Errors

Parental care for children includes dimensions of closeness, dimensions or flexibility and dimensions of communication. Parenting in early childhood has a significant effect on early childhood development. The scope of early childhood development consists of aspects of language, cognitive aspects, social emotional aspects, artistic aspects and motoric aspects (fine coarse). In the perspective of the

family type circuit model that has good parenting is a balanced type, namely the second family dimension (closeness and adaptability) is classified as a balanced type, namely structurally-separated, structurally-connected, flexibly-connected, and flexiby-separated types. To create a healthy family requires good communication, which is open in communication and in problems that are often faced by families. Next, the authors present several research results that show that one or all dimensions of closeness, adptability dimensions and communication dimensions are the main sources of problems in early childhood development.

Emotional development of children aged under five is influenced by the caregiver behavior, especially mothers who are close in each of their daily activities. Based on the developmental theory of emotional intelligence, it is explained that emotional intelligence is emotional intelligence and skills in regulating emotions that provide the ability to balance emotions so as to maximize long-term happiness in life (Sari, 2012, p. 10). Emotional development of children aged under five is influenced by the caregiver behavior, especially mothers who are close in each of their daily activities (Achmad, Latifah and Husadayanti, 2010; Sari, 2012). In connection with the emotional development of children under five, it can be said that the way parents deal with children in parenting will shape children's emotional development in a good direction. The way to deal with children is in the area of communication, namely how parents are able to communicate what the child wants and wants parents. Communication can be in the form of open communication (positive) or closed communication (negative).

Research from Sari, Hubeis, Mangkupawira and Saleh (2010) confirms that parents should use verbal communication by using language understood by children, this is a good form of communication. The use of low tones that are hospitality can help children to adjust and provide opportunities for children to develop their creativity. To reduce domestic violence, verbal and nonverbal communication in harsh words accompanied by punches, shouts accompanied by angry facial expressions are avoided, because these behaviors can lead to actions that are harder and can lead to crime. The way parents care for children has a role in causing tantrums. Children who are too spoiled and always get what they want, can tantrum when the request is rejected. For children who are too protected and dominated by their parents, once a child can react against the dominance of parents with tantrum behavior. Thus, there is a significant influence between parenting and tantrum behavior. Permissive parenting tends to influence

children's tantrum behavior (Santy and Irtanti, 2014). The results of statistical tests show that the type of parenting of emotional coaches, discipline, emotional learning in schools, and social comparative functions have a significant effect on emotional intelligence (Priatini, Latifah and Guhardja, 2008; Farida and Naviati, 2013).

The development of children's language skills is strongly influenced by the socio-psychological climate of their families. If the family environment creates a harmonious atmosphere, caring for each other, helping each other to work together in completing family tasks or family members, establishing family members communication, and consistently implementing the rules, the child will have the ability, or social adjustment in relationships with others. Yenny Safitri's research results (2017) concluded that socio-economic factors did not affect the development of the language of toddlers. This is due to the strong family environment factors and the surrounding environment which more influence the language development of toddlers (Candasari, 2014; Joni, 2015). In line with Yeni, Muryanti's research (2013) added that the development of children's language was also influenced by several things, namely the physical condition of children at the stage of growth and development, the ability of children to explore the environment, motor skills, general health in gaining experience from the environment needed conditions that allow good experience, intelligence, personality , socio-economic, attitude Environment language and speech, gender, bilingualism.

Other research results also show that children who are securely attached to their mothers have better cognitive development scores compared to children who are not safely attached to their mothers (Latifah, Krisnatuti dan Puspitawati, 2016). Cognitive children also get stronger if they get family stimulation and good education (Fazrin, 2017). The analysis of other studies also confirms that the factors that positively influence children's cognitive development are maternal workload and psychosocial parenting from the family (Salimar, Hastuti and Latifah, 2011).

Design of Circumflex Model Family Therapy's Effectiveness for Early

Childhood Parenting Errors

The circumflex model is a source of good and valuable treatment, which is an assessment that underlies planning treatments for dysfunctional family problems. The main task of the therapist is to create a family therapy design whose results are obtained from the assessment process, in order to determine the elements to be intervened to be more precise and effective, and present problems in the dysfunctional family dimension (Olson, Russel and Sprenkel, 1988). Circumplect model and companion scale in the form of CAP (Circumplex Assessment Package) which consists of Family Adaptability and Cohesive Evaluation Scale (FACES III) and Clinical Rating Scale (CRS). Both are family assessment tools that have an empirical basis, which can be used to design treatments and become an evaluation tool for treatment outcomes (Olson, Russel and Sprenkel, 1988). The Circumference model is the most valuable source of assessment, treatment planning is based on family dysfunction. The main task to produce research determines which elements to be intervened are the most appropriate and effective by presenting the main problems and functions of the family (Lisa, 1988).

The family therapy design in this article refers to the design results in Warda Lisa's study (Lisa, 1988) which is intended to change the pattern of the family to be balanced. The circumplate model family therapy design offered by Warda Lisa was focused on preventing relapse in the subject of former heroin addicts. Lisa's therapy design was made in 10 sessions, which aimed to change the family pattern to be balanced. In session 1, the goal of therapy was to provide an overview of the three dimensions (closeness, adaptability and communication). The goal of therapy is to raise awareness of the family regarding the urgency of family therapy to be carried out. According to Olson (2000) healthy families are families that can function adequately. Criteria for healthy families in the perspective of the circumflex model are cohesion and adaptability. Conversely, if the closeness / attachment between family members is too high and too many changes are made or even too rigid to change, making the family unable to carry out their functions properly.

In session 2 (parent-child coalition), it focuses on the dimensions of closeness. This session also teaches how effective communication is in the family. Session 3 is intended to change communication within the family. According to Olson (2000), communication skills can help increase awareness of what is needed now and make choices. In the issue of communication in the family, family skills

in expressing opinions to other family members were changed to become more assertive by using assertive training.

The pattern of family adaptability was changed from chaotic to flexible, in the 4th, 5th and 6th sessions. The 4th session focused on family leadership patterns. This is related to ambiguous family leadership patterns (multiple leadership). The adaptability dimension changed in session 5 is discipline, using the method of discussion and brainstorming. It aims to change the rules and consequences that are not appropriate in the family, open a channel of family communication, and improve the style of democratic leadership in the family. Adaptability patterns related to negotiation patterns, rules and roles in session 6 aim to make sense of ownership of the rules that have been formulated together. Families have a sense of responsibility towards themselves and all family members. This is done by formulating roles and responsibilities in the family.

The pattern of family closeness was focused on sessions 7 and 8. The enmeshed proximity pattern was changed to connected. These two sessions are intended to develop independence in the family. Each individual is expected to know personal boundaries and self-knowledge, to prevent a sense of dependence on the family by recognizing his potential. Sessions 9 and 10 are closing. The 10th session of the therapist evaluated the results of the therapy carried out on the family whether the results of therapy were able to change the pattern of the family to be balanced.

Table 1 Table of Design for Circumflex Model Family Therapy

No	Session	Forms of Therapy
1	I	Provide an overview of the three dimensions (closeness, adaptability and communication)
2	II	Teaches how effective communication is in the family.
3	III	Change communication in the family
4	IV	Family leadership pattern
5	V	The adaptability dimension (discipline) uses the method of discussion and brainstorming
6	VI	Dimensions of adaptability (negotiations, rules and roles)
7	VII	The enmeshed proximity pattern is changed to connected.
8	VIII	Develop independence in the family.
9	IX	Cover

10	X	Evaluate the results of therapy

Dynamic circumflex models assume that families can change. The change aims to maintain and carry out family functions. For this reason Olson (2000) advises families to be able to modify closeness and adaptability as an effort to overcome extreme families can transform themselves into balance, or families with adaptability to be balanced as an effort to optimize family functions.

Conclusion

Cases of early childhood parenting mistakes, the design of the Circumpleks family model therapy is very feasible to use. Because cases of problems in early childhood refer to the existence of problems in the dimensions of family members closeness, adaptability or flexibility of family functions and communication between family members. Related to how the effectiveness and validity of the results of therapy certainly requires the application of the design directly in the case of mistakes in early childhood parenting. Therefore it is recommended that there is a quantitative research to test the effectiveness of family circumcision therapy models in the case of early childhood parenting errors.

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