

Implementation Of Interpersonal Communication In Maintaining Family Harmony

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ABSTRACT

The purpose of this research is to determine how interpersonal communication contributes to family harmony. Family harmony must be maintained so that there is no normative violation and divorce does not occur. This study employs a qualitative descriptive method, with data collected through interviews, observations, and documentation. The findings revealed three patterns of interpersonal communication in maintaining family harmony: 1) speaking, 2) listening, and 3) empathizing. These three factors play an important role in maintaining family harmony so that children feel loved and obey their parents' words. Parents play an important role in establishing interpersonal communication so that no more children engage in harmful behaviors that violate norms. Furthermore, several points must be maximized in order for the family to remain harmonious.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui bagaimana komunikasi antarpribadi berperan penting dalam menjaga keharmonisan keluarga. Keharmonisan dalam keluarga harus dijaga agar tidak ada pelanggaran normatif dan tidak terikat pada perceraian. Penelitian ini menggunakan metode deskriptif kualitatif dengan teknik pengumpulan data berupa wawancara, observasi dan dokumentasi. Hasil penelitian menunjukkan pola komunikasi interpersonal dalam menjaga keharmonisan keluarga antara lain: 1) berbicara, 2) tiga mendengarkan, 3) berempati. Faktor ketiga ini memiliki peran penting dalam menjaga keharmonisan keluarga sehingga anak merasa tercurahkan kasih sayang dan kutipan orangtua. Orang tua memiliki peran yang signifikan dalam menjalin komunikasi interpersonal agar tidak ada lagi anak yang terjerumus hal-hal negatif yang melanggar norma-norma. Selain itu, terdapat beberapa poin yang harus dimaksimalkan agar keluarga tetap harmonis.

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I. INTRODUCTION

The divorce rate in Indonesia is extremely concerning, as evidenced by data from the religious judiciary, which shows that the intensity of divorce has increased by 54%. In more detail, the figures presented by the field survey are from 291,677 cases to 447,743 cases (Komnas, 2022). (Komnas, 2022). The rising divorce rate has an impact on many factors, including the development of children from broken homes.

Marriage, in fact, is a form of worship whose purpose is to strengthen human relationships. Through this worship, a small group, namely the family, is formed. This small group is where a child develops identity, character, and a positive self-concept. Literally, the family is the first and

foremost educational forum in a child's life history, and it is an important foundation in the formation of human character. To instill a strong character and a good spirit in children, a harmonious and dynamic family environment must be established. This can be accomplished by establishing strong two-way coordination and communication between parents and children (Hyoscyamina, n.d.).

A society is made up of families. A healthy society is essential for nation building. Not only is it physically healthy, but it is also mentally and socially healthy. If there are intact families in the community, a healthy society can be achieved. As a result, it is highly expected that all families maintain family integrity, because individuals who are physically, mentally, and socially healthy are born in a complete or harmonious family. In other words, the integrity or harmony of the family influences the integrity or harmony of the community, which influences the development of the nation (Tirtawinata, n.d.).

The importance of maintaining family harmony cannot be overstated in order to establish intimate communication and personal closeness. Families that are classified as harmonious are more likely to be able to control and develop their children. According to the explanation above, family harmony can be established if there is personal closeness. Interpersonal communication is the best way to realize this potential. As a result, the author poses several questions, including: First, how does interpersonal communication help to maintain family harmony? Second, what are the advantages of maintaining family harmony?

Interpersonal Communication, According to the KBBI, communication is defined as the act of sending messages (Fatya Permata Anbiya, 2014). Communication, from the Latin *communis*, means interacting or exchanging individual thoughts with other people while expecting a response or feedback (Mulyana, 2010). As for the communication elements, they are as follows: Communicator (Source), Text Messages (Messages), Communicator/Message Receiver (Receiver), Communication Path, Interaction Effect.

Interpersonal communication is direct interaction between individuals in which participants understand both verbal and nonverbal information. The goal of the preceding explanation is to demonstrate the importance of interpersonal communication in identifying messages, either directly or indirectly. Interpersonal communication is the presentation of information from one person to another through effects and providing a quick response. This is a part of communication psychology in which the communicant responds to the stimuli provided by the communicator and then processes it into a meaning.

According to the experts' definitions, interpersonal communication is the process of delivering messages or opinions that occur between two or more individuals by providing a quick response. The goal of interpersonal communication is to communicate concerns about an individual, to see the individual, to gain access to the outside world, to form and maintain pleasant relationships, to influence behavior, to eliminate losses due to miscommunication, and to provide guidance.

The Urgency of Family Harmony, "Family harmony is when all family members feel happy, which is marked by reduced tension, disappointment, and satisfaction with all circumstances and their existence (existence and self-actualization)," writes Gunarsa in Helmawati (2016).

Meanwhile, Qaimi explained that a harmonious family is one that is filled with tranquility, peace, love, the descent and continuity of society's generations, compassion and sacrifice, complementing and perfecting each other, as well as helping and working together. A harmonious family can be formed only if the happiness of one member is linked to the happiness of the other members. It can mean two things psychologically: first, the creation of all family members' desires, ideals, and hopes. Second, there is as little conflict as possible between individuals and within each other (Meichati, 2014).

Family harmony is a highly valued aspect of society. Because of personal education, families with good relationships always have good social manners. Families with poor relationships, on the other hand, are less likely to understand societal normative values. In social life, the importance of

family harmony cannot be overstated. Fundamentally, the family serves as a container for each individual in their journey through life. In a family setting, the process of reciprocal relationships is massive and intense. As a result, the best place to begin forming social order is within a family. If family order improves, society will improve as well. Human character is best formed in the family before being influenced by the environment. Positive things will appear in the community if there is a good process before socializing with the community.

The current polemic in Indonesia is family discord, which leads to violations of normative values. Children who are dissatisfied with their families have a tendency to act negatively without thinking first. Because of the lack of intimate education from parents, the existence of this normative violation is strongly suspected. There are currently many discussions and arguments that family discord is not the only cause of social norm violations. However, it cannot be denied that family discord has a significant impact on the violations that occur. At the very least, if family harmony is maintained, the negative things that circulate in society will be reduced.

II. RESEARCH METHOD

The descriptive qualitative approach is used in this study. This technique examines and summarizes a data description made up of many phenomena. The purpose of the descriptive, according to Milly and Hubberman, is to make it structured, real, and correct (Sugiyono, 2014). Data collection is a step in the study, because the author must be an expert in finding sources so that the data can be correct. Interviews (semi-structured), observation, and documentation were used to collect data. Data reduction, data presentation, and conclusion drawing are among the data analysis techniques employed.

This research is being conducted on Jalan Swadaya in Lalang Village, Medan Sunggal District, Medan City, North Sumatra Province. This study began on July 29, 2022 and was completed on August 28, 2022. Primary and secondary data sources are used. Primary data was obtained directly from the informant using the problem-related interview method. The informants in this study were peaceful families in the research area. While the primary sources of data for this study are books and scientific articles directly related to the title.

III. RESULT AND DISCUSSION

According to the findings of the author's research, there are several patterns of interpersonal communication that can be used to maintain family harmony. This harmonious family recognizes the importance of interpersonal communication in ensuring that children follow parental instructions when socializing. Furthermore, personal closeness makes it easier for parents to educate their children.

Aswin, a family head who lives in the Griya Pinang Mas Complex, admitted to engaging in interpersonal communication with his family members. He devised a strategy of gathering after Maghrib prayer and telling stories in order to establish a more intimate relationship. As the family's leader, he believes it is his responsibility to strengthen family relationships, and interpersonal communication is the most effective way to do so.

Despite having a background in architecture, Aswin never forced his son to follow in his footsteps. According to the author's observations, this family has good interpersonal communication because Aswin lets his son choose his own will. Aswin's eldest son is a national MMA (free-fighting) competitor. Furthermore, evidence of interpersonal communication in this family is that his son, despite being an MMA athlete, does not abandon his education. This is emphasized because education is the most important thing, and the children obey without complaint or major obstacles. On the other hand, Achyar, a family head at Jalan Swadaya Blok Palladium Medan Sunggal also applies interpersonal communication. Achyar admitted that both

parents play an important role in their children's education. At this level, the father is the producer of scientific knowledge, while the mother is the producer of normative and trade sciences.

Achyar's method of keeping the family together is through constant interpersonal communication. He always starts a conversation with his children about the events of the day, and he occasionally tests his knowledge to sharpen his mindset while building closeness. Furthermore, congregational prayer is one of the interpersonal communication strategies because it brings together the entire family with clear thoughts and calm feelings.

According to the author's observations, evidence of interpersonal communication in the family can be seen in their children's daily lives and concentration. Despite the father and mother's religious education, their three children have chosen their own paths. The eldest child chose economics as an education concentration, while the second and third children chose communication. Achyar believes that a child's ability is only understood by the child himself. However, there is still an intimate discussion before making a choice.

Overall, the two families mentioned above have a strong affinity. In this study, the results revealed that the formulation of interpersonal communication patterns in harmonious families was speaking, listening, and empathizing. These three processes are not progressive, but rather optional depending on the circumstances at the time. These three interpersonal communication processes are useful for preserving family harmony.

Based on the results of the research above, there are several points that can be maximized. The three processes of interpersonal communication are very structural and effectively carried out in order to maintain family harmony. The details of the three processes are as follows:

- a. Talking
Talking in the family sphere is maximizing communication, which at this level is interpersonal communication. The way parents communicate with their children, such as asking about their daily activities, future plans, and other things, is a surefire way to show closeness and affection to their children so that children feel affectionate.
- b. Listening
Listening is the next level in the interpersonal communication process. Psychologically, if parents listen to their children's stories and complaints, the child will feel appreciated. Indirectly, this process raises intimate closeness.
- c. Empathize
Empathy is a mental state that makes a person feel or identify himself in the same state of feeling or thinking with another person or group. In this level, empathy is the result of interpersonal communication so that there is no communication disorder. Communication in the family is interpersonal which shows the complexity of the relationship (Aryadillah, 2018). Communication in the family is a symbolic, transactional process that aims to express understanding in the family. Blockage of communication channels is the initial cause of a broken home.

In addition to the three points above, there are several things that must be reduced in order for the family to maintain harmony, namely:

- a. Egocentric
Egocentrism is a negative egotistical trait that can damage families. According to the KBBI (Fatya Permata Anbiya, 2014) egocentric means making oneself the center of thought.
- b. Dissatisfaction
Although dissatisfaction in the family generally occurs due to economic problems, communication can also lead to dissatisfaction. Therefore, in the process of interpersonal communication there should be no significant obstacles. So that satisfaction in communication is the emergence of a sense of respect and affection.
- c. Time

No matter how busy parents are, they must set aside time for their children to interact. It aims to maintain family harmony so that the intensity of the family is maintained.

d. Interference from third parties

In a family, vulnerable to intervention from third parties. This must be addressed immediately so that negative inputs and criticisms do not affect the family's condition. Basically, this third party interference is one of the factors that damage family harmony.

e. Psychological immaturity

This happens because of poor interpersonal communication so that the child's character tends to be wild and uncontrolled. Therefore, interpersonal communication aims to mature the child's psychology so as not to violate existing regulations.

IV. CONCLUSION

The preceding explanation leads to the conclusion that interpersonal communication plays a critical role in maintaining family harmony. Speaking, understanding, and empathizing are thought to be very effective in educating children and maintaining family integrity. Furthermore, the importance of maintaining family integrity is to prevent disputes that lead to divorce and to protect children from acts that violate life norms.

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