



Perceived Toxic Parenting, Self-Esteem And Students' Academic Achievement; An Analysis of Psychological Point of View And Islamic Perspective

Nurul Hidayah¹, Angraini Ramli², Fransisca Tassia³

¹Faculty of Education, STAIN Teungku Dirundeng Meulaboh, Meureubo-Aceh Barat 23615, Indonesia.

²Faculty of Ushuluddin, Adab & Dakwah, Tafseer and Quranic Sciences Department, Islamic State Institute Langsa, Meurandeh, Langsa, Aceh, Indonesia,

³Faculty of Education, STAIN Teungku Dirundeng Meulaboh, Meureubo-Aceh Barat 23615, Indonesia,

Abstract

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This study aims at analyzing Perceived Toxic Parenting, Self-Esteem And Students' Academic Achievement. It is a library research. The study analyzed the effect of perceived toxic parenting toward children's self-esteem and academic achievement from Psychology point of view and Islamic perspective. Several literatures related to the topic were analyzed with the keywords used to search the articles are; Parenting, Islamic parenting, toxic parenting, self-esteem, academic achievement. The study found that the toxic parents, one or both parents, results to negative psychological development of children. Children raised by toxic parents are more likely difficult to develop their positive self-image in which lead to lack of self-esteem. Children's Self-esteem and academic achievement are two correlating variables that support each other. The lower self-esteem children hold, the lower academic achievement they obtained. In addition, Islam enlightened the parents to avoid practicing toxic parenting. Allah Ta'ala rebuked parents in his word in Surah al-An'am 151, that for any reason, parents are prohibited from killing, neglecting, not feeding their children. In a hadith of the Prophet narrated by al-Baihaqi, our Prophet stated that the children also have the right to be treated fairly among their siblings.

Keywords: Toxic Parenting, Self-Esteem, Students' Academic Achievement, Psychological Point Of View, Islamic Perspective

(*) Corresponding Author: nurulhidayah@staindirundeng.ac.id, angrainiramli@iainlangsa.ac.id, fransiscatassia@staindirundeng.ac.id

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INTRODUCTION

Toxic parenting has been an interesting topic and has received amount of interest from scholars over past decades. It has been defined as the destructive approaches used by parents in their child-caring. K., J., Margaret, M., & Disiye, A. (2020) stated that toxic parenting practices failed to fulfil the physical and psychological need of their children. They further explained that toxic parenting most likely encompass hitting their children, dominating their child, and doing a



verbal abusive that lead to negative effects on child development. Unfortunately, these parents still rationalize these cruelties as acts of moral chastisement and the accepted way to educate their children. Based on the data of SIMFONI PPA, there are 3.087 cases of violence involved children since January 1 until June 19,2020 in which 852 cases are physical abusive, 768 cases are psychological abusive, and 1.848 are sexual abusive in Indonesia. Hence, toxic parenting has been the majority consents of scholars nowadays.

Furthermore, the term of toxic parenting have been widely known nowadays due to the advanced of technology. There are several resources provided to learn how to avoid toxic parenting Sani Hermawan, psychologist, at thejakartapost.com (16/01/2022) argued that generational trauma or economic struggle may leads to toxic parenting. She stated that these parents who ignore to learn the right parenting method for their child are most likely to imitate the toxic patterns of parenting from their own parents. They unconsciously repeat the same mistake without considering the long-term effects such as the children becomes insecure and prone to self-blame, depression, and low self-esteem. Kompas.com (17/06/22) stated that Indonesian Ministry of Communication and Information held a “Siberkreasi Podcast” that discussed about parenting and child. This is one of many efforts using technology to educate society about parenting and prevent toxic parenting because toxic parenting effects may persist a lifetime of children.

This paper would like to investigate Perceived toxic parenting, Self-esteem and Students’ Academic Achievement. Several recent literatures available will be analysed. The keywords used to search the literature are; Parenting, Toxic parenting, Self-esteem, Academic achievement.

COMPRISING THE IMPORTANT ISSUES

Parenting plays a significant role in child’s psychological development and academic achievement. Therefore, analysing the parenting style chosen would be an interesting focus of the research currently. The wrong choice of parenting style might leads to toxic parenting.

PARENTING STYLES

There are many scholars obtain to define what parenting styles are. According to Adimora, D. E., Nwokenna, E. N., Omeje, J. C., & Umeano, E. C. (2015), parenting styles are the strategies used by parents for child-upgrading. It is characterized by the parents’ responsiveness and demandingness, and also uninvolved style (Jinan, N., Mohmed Yusof, N. A. M., Vellasamy, V., Ahmad, A., Bin Abdul Rahman, M. N., & Motevalli, S. (2022). Furthermore, they explained that responsiveness of parents refers to parents’ affection toward the children, talk, support and reason while the demandingness refers to parents’ control, authority and norms created for the children. The parenting style then categorised based on the level of parents’ responsiveness, demands and uninvolved in child- rearing efforts.

Furthermore, Jinan, N, et all (2022) stated that there are 4 parenting styles. First, the authoritarian parenting style in which high demanding from parents with less responsiveness. Parents restrict the autonomy of their children and decide the appropriate behavior that children should behave. Second, the authoritative

parenting style in which emotional support and skills are provided, appropriate level of children's independence, proper mutual parent-child relationship included dialogue. Parents play the role as the controller after having a dialogue what children interest about. The third, the permissive parenting style in which children get more parents' responsiveness with less demandingness. They further explained that permissive parents do encourage autonomy of children, allow the children to make a decision and choose their own activities. The last one is neglectful parenting which no both parents' responsiveness and demandingness. Those four types of parenting commonly found in the society.

TOXIC PARENTING

"Toxic parenting" is a widely known word in the Indonesia nowadays. Several experts define toxic parenting as destructive approaches used by parents in their child-rearing. Toxic parents demonstrate life and interaction styles that damage children's ability to build healthy connection with others (Pratiwi, H. et al, 2020). The frequency and intensity of improper interaction affects children psychological development and their life in the long term. Toxic substances are complex and sometime may not negatively affect the children if used under certain condition and doses (Pratiwi, H. et al, 2020). For instance, Parents set strict regulations for children to achieve the reasonable goals. However, it potentially leads to insecurity of children.

Toxicity varies depending on many elements. According to Pratiwi, H, et al (2020), frequency of repetition, level of exposure, preparation, goals, and children's sensitivity toward the toxic parenting affects its impact on children. Toxic parenting behavior such as repetition of ride-cule, punishment, control result in good or dangerous impacts depending on the intensity, level of exposure, context in which expressed by parents, and children's sensitivity. To sum up, the toxicity varies affected by mentioned elements.

Furthermore, there are three types of toxic parents that most likely practicing toxic parenting namely; Dismissive parents, contest parents, and contemptuous parents (Dunham and Dermer, 2011). They further explained that dismissive parents are not physically, emotionally, or financially available to their children due to parents' activities. Parents may provide children's basic needs without provide emotional connection. Contest parents make the children as what they wish and accept parents' wish as child life-goals. Contemptuous parents judge children's needs, dreams and desires. Parents rely on criticizing, cursing, disparaging and emotionally blackmail their children. Sarcasm, cynicism, summons, rolling eyes, sneering, mocking, and hostile humour are the ways that parent choose to the insult. Those toxic parents, one or both parents, results to negative psychological development of children. Children raised by toxic parents are more likely difficult to develop their positive self-image (Forward, 1989). He further elaborated that negative self-image leads to lack of self confidence and self-esteem of the children which affect all aspect of their life.

Parental anxiety and parents' stress caused the toxic parenting or negative parenting behavior (Crnic et al., 2005). Authoritarian parenting styles, negative interaction patterns between children and parents, and low parental involvement in parenting are the results of parents' stress. The stress of parents are the results

of lack parenting knowledge, lack of emotional support and the obligation to be the parents (Anthony et al., 2005). According to Pratiwi, H., (2020), such stress of being parents might prevent parents to be toxic person by managing the stress with religious coping techniques and emotional coping techniques. To sum up, toxic parenting leads to negative outcome of children development and could be preventing.

Toxic parenting has been a phenomenon in our society currently. According to Shelfira and Putu (2004), Toxic parenting have several characteristics such as; parents frequently compare their children with others, shown lack of care and empathy, regulate almost all part of children's lives, spit on children's ugliness, always blames children, does not appreciate children's efforts, and brings up children's mistakes and behave badly that traumatize children. Those characteristics commonly found in daily parenting.

PERCEIVED TOXIC PARENTING, SELF-ESTEEM DAN ACADEMIC ACHIEVEMENT

Children development outcomes are determined by the parenting that children received. According to Forward (1989), Children are more likely difficult to develop their positive self-image if raised with toxic parenting. He elaborated that negative self-image leads to lack of self confidence and self-esteem. Furthermore, Jinan, N., Mohmed Yusof, N. A. M., Vellasamy, V., Ahmad, A., Bin Abdul Rahman, M. N., & Motevalli, S. (2022) found that authoritative and permissive parenting styles have a direct and positive correlation with children self-esteem while highly authoritarian and neglected parents results in the lower children's self-esteem.

Several scholars stated that self-esteem plays a crucial role in children's life. According to Hoge and Hanson (1990), self-esteem is an essential tool for personal development. It is defined as either the positive or negative attitudes that an individual hold towards himself and gained from living and to fulfill the requirements of life (Rosenberg 1965, Nathaniel Branden,1992). They further argued that self-esteem is a person confidence in his/her ability to think, to cope with life challenges which are the result of some experiences of life. In addition, Adam et al. (2006) argued that self-esteem is an an important maker of general well being.

Toxic parenting results in low children's self-esteem and low academic achievement. Ahmat, S. N., Muda, M. R., & Neoh, C. F. (2018) found that Self-esteem and academic achievement are two correlating variables that support each other. They further explained that low self-esteem could have contributed to low academic achievement. In addition, K., J., Margaret, M., & Disiye, A. (2020) found that toxic parenting had a significant impact on academic performance. Students who scored high on toxic parenting performed poorly in school. Students who scored low on toxic parenting performed well academically. This study found that toxic parenting had a negative impact on students' academic performance in secondary school. Such students lacked interest in school and schoolwork, as well as motivation to work.

Furthermore, Mirzaei-Alavijeh, M., Rahimi, H., Karami Matin, B., & Jalilian, F. (2018) found that mother's education level has significant relationship

with children's self-esteem and significantly correlated with academic achievement. They stated that planning psychological interventions to increase levels of self-esteem may be useful in promoting academic achievement. In addition, Diha Savitri Iskandar (2021) conducted further research on the impact of toxic parenting in the formation of adolescent self-identity, especially for adolescents in Bogor district. In the results of his research, he revealed that the parenting of toxic parents has an effect on the formation of adolescent self-identity. Iskandar said that the forms of toxic parenting include the act of determining the future of children, forcing their own decisions, forcing their desires on children, directing by tending to force and not respecting children's decisions. This parenting style causes negative results such as children becoming stressed, unable to express opinions, unable to make their own decisions and lack confidence.

ISLAMIC POINT OF VIEW ABOUT TOXIC PARENTING

Children are gifts and *amaanah* that God gives to every parent. In some other terms it is stated that children are a great blessing from the Creator. As a *amaanah* and blessing from God, children supposed to get good service. Like other creatures of Allah, children also have their own rights. Their sustenance has been guaranteed by Allah to be distributed through their parents for them, so Allah Ta'ala rebuked parents in his word in Surah al-An'am 151, that for any reason, parents are prohibited from killing, neglecting, not feeding their children.

In addition to basic needs which are also children's rights, parents are obliged to provide a decent life for their offspring as well. Starting from the good nutrition which is usually obtained from an early age from mother's milk, which recommended to have a full years of perfect breastfeeding in Surah al-Baqarah 233. Furthermore, fathers who are usually bread winners and providers have an obligation to provide clothing and food to mothers and their children in a good way too. The Messenger of Allah said in his hadith narrated by Abu Dawud, that it is a sin for people to neglect those who are under their care. The Messenger of Allah also explained how Islam encourages parents to provide for their families through a hadith narrated by Muslim, that one dinar donated to the family has the greatest value compared to one dinar spent *fi sabilillah*, freeing slaves and giving alms to the poor.

Not only that, Islam suggested that children also have the right to be treated fairly among their siblings. In a hadith of the Prophet narrated by al-Baihaqi, it is said that there was a companion who sat with the Prophet who was approached by his son. The boy who approached him was greeted with a straight face, kissed and sat on his lap. Not long after, his daughter came, but the companion greeted him normally, didn't kiss him and sat him down beside him. Seeing this, the Prophet asked him "why don't you treat both of them fairly?". On another occasion in the hadith narrated by Bukhari-Muslim tells about the father of the companions of Nu'man bin Basyir who came to the Prophet to ask about his gift to Nu'man. The Prophet replied, "Are you doing this to all your children?" Nu'man's father replied "No" then the Prophet said "Fear Allah and do justice among your children".

Likewise, the right of children to get enough love. Rasulullah SAW taught how parents should express their love for their children. In a hadith from Abi Hurairah, he related that at that time the Prophet kissed his grandson Hasan bin Ali. At that time a friend named al-Aqra ibn Habis sat beside him. Seeing this, al-Aqra said "O Messenger, I have 10 children and I have never kissed them." Hearing what he said, the Messenger of Allah looked at him and said "Whoever does not love then he will not be loved". In another hadith narrated by Bukhari and Muslim mentioned that a group of Bedouins came to the Messenger of Allah and asked "did you kiss your children?" our children." Responding to that, the Messenger of Allah said: "What can I do, if Allah has removed love from your heart".

Looking at the information that comes from the Qur'an and the Hadith mentioned above, it can be clearly seen how Islam teaches to be gentle to children, to be fair, to provide a living up to a decent life and education for them. The Messenger of Allah (saw) clearly stated that any parent who does not do the above is considered not to fulfill their obligations to their children who will then also get the consequences for that.

CONCLUSION

The study found that the toxic parents, one or both parents, results to negative psychological development of children. They further explained that toxic parenting most likely encompass hitting their children, dominating their child, and doing a verbal abusive, comparing their children with others, showing lack of care and empathy, spitting children's ugliness, blaming children that traumatize children. Children raised by toxic parents are more likely difficult to develop their positive self-image in which lead to lack of self-esteem. Children's Self-esteem and academic achievement are two correlating variables that support each other. The lower self-esteem children hold, the lower academic achievement they obtained. In addition, Islam enlightened the parents to avoid practicing toxic parenting. Allah Ta'ala rebuked parents in his word in Surah al-An'am 151, that for any reason, parents are prohibited from killing, neglecting, not feeding their children since children are *amaanah* and blessing from God. In a hadith of the Prophet narrated by al-Baihaqi, our Prophet stated that the children also have the right to be treated fairly among their siblings. Rasulullah SAW also taught how parents should express their love for their children.

CONFLICT OF INTEREST

Concerning the research, authorship, and publication of this paper, the author(s) reported no potential conflicts of interest.

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