

Advanced Health Communication between Family with Effective Communication

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ABSTRACT

In Indonesia, there are still many parents who apply conventional ways of educating their children. This method makes parents always on the side of those who want to always be right and don't want to listen to their children's opinions. As a result, children feel apathetic when they want to express their feelings or opinions and this is the main obstacle to communication in the family, even though if we can listen to each other we have also taught children about good communication, this will be long term in the future. If we continue to educate in a conventional way, it will cause children to tend to be closed, introverted and difficult to open up when there is a problem, this will risk the child to become depressed, and anti-social because the first experience children get in the family is never being listened to by their own parents. Traditional Indonesians believe that a high level of control is the right way to educate children. However, sometimes parents do not realize whether the psychological characteristics of their children are in accordance with the parenting style they apply.

Keywords: communication, family, SMA, SMK

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INTRODUCTION

All the behavior of parents and their environment in the family will always occur in the educational process as long as the children are still being cared for in it. The real form is that parents always give certain advice to their children, make binding rules for all family members. Communication between parents and their children is very important for children's development, if parents' communication has a good influence on children, then it can cause children to develop well too. The family is the primary educational environment, because it is in this family environment that children first gain life experience. (Rahmawati, Muragmi Gazali, 2018).

Like wise with the facts that occur in the midst of society. Not a few we meet or we experience directly. Failure to build effective communication between parents and children becomes a joy for the emergence of new problems in the family environment, even giving birth to seeds of hatred which lead to disharmony in the relationship between parents and children. (Sukmadiarti, Rangkut, & Pratiwi, 2021).

Traditional Indonesian parents believe that a high level of control is the right way to educate children. However, sometimes parents don't realize whether their child's psychological

characteristics match the parenting style they apply. This ignorance in turn results in parenting neglect (misparenting) and various behavioral and psychological deviations. One thing that has been missed is the error in understanding the psychological situation of the child and carrying out appropriate family education (Mifthakhuudin, 2020).

Effective communication that is built between parents and children becomes a solid fortress for both of them to deal with various problems that are being or will be faced by children, as well as the facts that occur in the midst of society. Not a few we meet or we experience directly. Failure to build effective communication between parents and children becomes a joy for the emergence of new problems in the family environment, even giving birth to seeds of hatred which lead to disharmony in the relationship between parents and children. (Sukmadiarti, Rangkut, & Pratiwi, 2021).

METHODS

First, we conducted a field survey to observe the situation and condition of the Nurul Amin Vocational High School, Kudu Padi Village, Mekar Baru District, Tangerang Regency, which was planned as the target object, the next step was to determine the target that would be the target of the activity, after determining the target we began to coordinate with the principal SMK Nurul Amin, namely Mrs. Hj. A miyati S.E to determine an agreement on the time and place of the extension activities. The socialization of activities aims to provide information to students and the teacher council about the time and place of implementation. The activities are carried out at SMK Nurul Amin. The participants of this community service activity are all students of SMK Nurul Amin class 12. PKM activities are carried out using educational and lecture methods. This PKM activity was started by giving a pretest and then given an explanation or material about communication for 40 minutes. After finishing giving the material, a question and answer session was opened for participants who still did not understand the material presented by the extension team. After completing the question and answer session, students' understanding of the material that has been delivered, in closing, students and students are given a posttest to measure students' understanding again after being given counseling.

RESULTS



Figure 1.1 Pretest Process

The picture above shows that the students were very calm during the pretest, they also answered when the instructor asked questions



Figure 1.2 Giving Material

The photo above shows the process of giving material to the students of SMK Nurul Amin. Students are very enthusiastic about listening to the material and answering questions when the speaker is explaining, students and students are also actively asking when the question and answer process is opened.



Figure 1.3 Post Test Process

Figure 1.3 The picture above describes the post test process carried out



Figure 1.4 Group photo

Figure 1.4 shows togetherness with students of SMK Nurul Amin



Figure 1.5 gift delivery

The picture above shows the delivery of gifts to the headmaster of SMK Nurul Amin is Mrs. Amiyati SE

DISCUSSION

From the pre-activity activities, it was found that some students still did not understand about effective communication. This community service was carried out to provide knowledge and insight to students to know about effective communication so as to prevent violence in the family. So when there is a conflict, family members, especially when students become their parents will get used to solving problems with effective communication. Children who are accustomed to communicating with their parents effectively will be more open to talking about their problems and confident when they have to share their problems. In this activity, counseling was carried out and provided material on effective communication. Before the event started, students were given a questionnaire that had to be filled out in order to measure and find out how well students understood about effective communication. Then at the end of the activity students were given an evaluation questionnaire to measure the success of the activity, the material provided was understood or not.

CONCLUSION

From the results of this community service activity with the title of building effective communication in a family environment with effective communication, it is hoped that Nurul Amin Vocational School students can increase knowledge about communication, it is also hoped that they can apply it in everyday life so that this can have an impact when they become parents. Who can communicate effectively in the future.

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