Psychology And Morals Education By Fathers In The Family

Hanin Hamjah, S., Mohd Anuar, NM., Mohamad Rasit, R., Mohamad, AD.

Abstract: Psychology and morals are aspects of education which need to be emphasized by parents in bringing up children. Without education in psychology and morals, children will grow up with difficulty in controlling their emotions and behaviour. Currently, various psychological and moral problems are associated with children such as stress leading to suicide, drug addiction, gangsterism, bullying, rape and so on. These social ills may be overcome by giving solid education at home. Fathers as head of their families have a big responsibility to educate their young to be morally sound human beings. Hence, the purpose of this research is to identify the fathers’ practice of fulfilling this responsibility in providing education in psychology and morals to their young. This research is designed as a survey study. 100 respondents among final year Islamic Studies students were selected by group sampling from four Malaysian public universities, namely, Universiti Kebangsaan Malaysia (UKM), University of Malaya (UM), Putra University of Malaysia (UPM) and International Islamic University of Malaysia (IIUM). Research data was descriptively analysed using SPSS version 23.0. Research results find that the psychological aspect emphasized by fathers in educating their children is item, ‘My father teaches me not to harbour feelings of malicious envy’ (mean=3.47). This finding generally shows that fathers fulfill their responsibility in educating their young in psychology and morals in order to ensure family well-being and build a good future for the young.

Index Terms: Keywords: family, father, Malaysia, morals, psychology

1 INTRODUCTION

Nowadays, parents require various skills and knowledge in educating their young. This is due to the various challenges they face in raising their children such as the challenge of rapid advances in technology, peer influence, process of social change and so on. Education is an activity process which contains elements of instruction, training, guidance and leading with special focus on transference of types of knowledge, religious and cultural values as well as useful skills (Kamaruddin 1989). Among the knowledge which parents currently need to master are psychology and morals. Various definitions are given to psychology. The word psychology originates from a combination of the Greek word psyche (psycho) which means psyche, spirit or mental, and the word logy (logy) which means study of. Thus, psychology is defined as a study of the human psyche, mind or spirit (Mahmood 2001; Asmawati 2004). Others also define psychology as knowledge in the study of the human mind, psyche and behaviour (Abu Bakar 2011; Henriques 2004; Schultz & Schultz 2005). It is also important to emphasize the akhlaq or moral aspect in child education. The word akhlaq originates from Arabic language which means moral character, temperament, behaviour (habits) and customs (Hasan 1997). Akhlaq or moral education is important to ensure that children grow up with praiseworthy character and prevents them from doing immoral acts.

In this context, Al-Ghazali (2000) and al-Muhasibi (1991) divided akhlaq into two, good and bad. Deeds and behaviour coming from a psyche which accord to reason and religion is good akhlaq or moral character while deeds which are contrary to intellect and religion is known as bad morals or akhlaq. Mohd Nasir (2010) explained that moral character or akhlaq can be shaped and is not inherited or static but is responsive to education, training, advice, guidance, rules, laws and discipline. Hence, youngsters need to be educated on good morals so that they grow up to be useful adults. Many studies have been conducted on the educational aspect for the young, especially regarding parenting skills, for example, by Mustafa (2004), Rosnaani & Suhanim (2012), Fauziah Hanim et al. (2009) and Azizi et al. (2010) which study parental functions in building an excellent generation. Studies on education for the young in the aspect of psychology conducted by Hafizah (2012) and Che Hasniza (2011) found the importance of selecting a leadership parental style to shape the value of self-esteem among the young. A study by Nurul Ain and Azizi (2012) touched on the parental role in giving motivation to their young to improve their academic achievement. Many studies have also been done on akhlaq or moral education for the young. In some Western countries such as the United Kingdom, moral education is emphasized by using ten books entitled, Morals and Manners Made Easy, published by the Jamiatul Ulama (Council of Religious Scholars) in Transvaal in South Africa. They are designed for children between the ages of six and fifteen and are increasingly in use in the makātib (supplementary Muslim schools) in the UK and other Western countries (Mogra 2007). This shows that akhlaq or moral education have been taught in schools since childhood. Other studies on akhlaq education associated it mainly with Islamic teachings and found that education based on Islamic teachings are significantly related to akhlaq and behaviour of the young, and that Islamic teachings can shape the akhlaq and good behaviour among the young (Fauziah Hanim et al. 2009; Rabiahtul Adawiyah 2014; Mohd Khamal 2015; Zakiyah & Ismail 2004; Badrulzaman 2006; Listyono et al. 2018; Hayah 2017). These days, it is observed that many adolescents face psychological...
problems such as stress (Ferlis, Balan & Rosnah 2009; Hamizatun & Norzaini 2013; Mastura, Fadilah & Nor Akmar 2007), anxiety (Nora Azlin 2006; Ghazali, Nik Mohd Rahimi & Parliah 2010), and even willingness to commit suicide. There are also among them who lack self-confidence and experience inferiority complex (Hasnalee & Zulkiflie 2011; Ulwan 2015; Sufean 2018) so that they feel lacking in everything and not good at anything. These studies explained that young people experience psychological disturbances in their life development and this matter has to be properly overcome so that the young will have the psychological strength to face life’s challenges and become successful people. Today’s world frequently expose adolescents who have lost their moral values to be trapped in various social problems such as gangsterism (Shankar et al. 2018; Gushue et al. 2018), bullying (Chu et al. 2019; Stannis et al. 2019), cyberbullying (Balakrishnan et al. 2019; Liu et al. 2019), rape (Haja Mydin 2016; Gan 2007) out-of-wedlock pregnancy (Hanin Hamjiah & Mohd Kusrin 2015; Sarmoh et al. 2012), drug addiction (Azmi et al. 2018; Toriman et al. 2018; Wan Shahrzad et al. 2010; Fauziah et al. 2011) extremism (Prinslo 2018; Jasko, LaFree & Kruglanski 2017; Scarcella, Page & Furtado 2016) and the like. Based on past studies, many problems of the young are in the aspects of akhlq and psychology. Is this situation caused by failure on the part of parents, as head of the family, to apply the aspects of akhlq and psychology education to their children, so that moral values are no longer practised and they do not have the psychological skills to confront challenges in a worsening life? Based on this question, this research is conducted to achieve the targeted objective, that is, to identify the responsibility of akhlq and psychology education practised by fathers towards children in their family. This research does not examine the practice of psychology and akhlq education b fathers from the aspect of the fathers’ admission but study fathers’ practice through young people’s observation and perception.

2 METHODOLOGY

This is a qualitative research with a survey study design. The main instrument used in data collection in the field is questionnaire form. 100 respondents were selected as research sample from final year Islamic Studies students aged 21 years and above, studying in selected public universities around Selangor and Kuala Lumpur Federal Territory, that is, Universiti Kebangsaan Malaysia (UKM), University of Malaya (UM), Putra University of Malaysia (UPM) and International Islamic University of Malaysia (IIUM). Selection of respondents in this research was done by purposive sampling using group sampling method with each university represented by 25 students. In order to test the reliability of research instrument, a pilot study was conducted. The pilot study was run to obtain data transparency from the trial test on a small group of individuals before the actual research was done (Chua 2006). Alpha cronbach value was determined based on the view of Bryman & Cramer (2005) as in the following:

<table>
<thead>
<tr>
<th>Alpha cronbach Value(a)</th>
<th>Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;0.80</td>
<td>Very High</td>
</tr>
<tr>
<td>0.70 – 0.89</td>
<td>High</td>
</tr>
<tr>
<td>0.30 – 0.69</td>
<td>Average</td>
</tr>
<tr>
<td>0.30</td>
<td>Low</td>
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</table>

Results of pilot study shows this instrument scored a high reliability co-efficient value, that is, alpha (a) = 0.981 for akhlq education and 0.970 for psychology education. As the alpha cronbach value for variable exceeds 0.6, this research instrument has good and acceptable consistency and reliability.

<table>
<thead>
<tr>
<th>No.</th>
<th>Instrument</th>
<th>alpha (a) Value</th>
<th>Level of Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Akhlq education</td>
<td>0.981</td>
<td>Very High</td>
</tr>
<tr>
<td>2.</td>
<td>Psychology education</td>
<td>0.970</td>
<td>Very High</td>
</tr>
</tbody>
</table>

The analysis process of research data obtained from questionnaire is done using Statistical Package for Social Sciences (SPSS) version 23.0. Research results are then described in a research report in the form of percentage, frequency and mean.

3 RESEARCH RESULT AND DISCUSSION

In the aspect of education psychology, research results find that item ‘My father always shows me his affection through his speech and actions’ scored the highest mean value (mean=3.51). This finding is in line with a study by Jamiah et al. (2013) which found that excellent parents show their affection through non-verbal communication, especially in matters relating to teamwork such as family gathering, family vacation and mutual cooperation as well as fulfilling children’s needs. In addition, Adnan (2007) held the opinion that the manner of showing affection to one’s young whether through speech or action is a good technique in educating them as showing love and affection by kissing the cheeks, embracing and expressing feelings of love and affection help to soften the feelings of the young. This facilitates the process of raising children. Life in this challenging globalization era demands that parents practise an authoritative (democratic) parenting style towards their children. According to Eggen & Kauchak (1994), the characteristics of authoritative parenting style is being firm but affectionate. Parents who practise this leadership style love to explain the reasons for each rule instated. They also have high hopes for their children’s success by always giving help and support. They more frequently discuss with their children and do not force them to do something according to parents’ wishes. The authoritative style has a positive effect on children’s self-development. According to Baumrind (1966), children raised by democratic parents are inclined to be more energetic, willing to make efforts, dedicated, have a high level of curiosity and self-control. This discussion clearly explains that parents today need to be more tolerant and show affection for their children. Neglecting this aspect may cause children, especially adolescents, to feel unloved by their parents and find love...
outside the home (Jamiah et al. 2013; Zainudin & Norazmah 2011) leading to getting trapped in underaged love. And they would love their peers as they regard them as more understanding of their feelings and needs rather than their own family. This will trigger various social problems among adolescents. In addition, research results prove that there are fathers who teach their children not to feel inferior and not to lose self-confidence (mean=3.45). It is important to instill this in the children so that they are able to build self-confidence and become great and successful people. Parents should always encourage children to progress in order to give them the opportunity to achieve their own success. Culture which belittles or disparages children’s ability has to be changed with culture which polishes their potential so that their development can improve towards excellence (Hafizah 2012; Che Hasniza 2011; Nurul Ain and Azizi 2012). This finding is in line with the view of a prominent child educationist, namely, Abdullah Nasih Ulwan (2015), who advised parents not to degrade children or put down their personality to avoid making them feeling inferior, timid and ashamed. Research results find that fathers teach their children to control their anger in item ‘My father teaches me to control my anger’ (mean=3.32). Ulwan (2015) in his view on the aspect of child psychological development, requested that fathers teach their children to exercise self-control when angry. Controlling anger is important to be learnt so that children can direct their psyche to positive behaviour until they are able to be tolerant and at the same time get rid of their hot temper. Islam very much emphasizes Muslims to control their anger. It was stated by the Prophet (pbuh) that the truly strong Muslims are not the winners in wrestling bouts but those who manage to control their anger (Hadith narrated by al-Bukhari, Kitab al-Adab (78), Bab al-Hadhr min al-Ghadab (76).

<table>
<thead>
<tr>
<th>Item</th>
<th>Frequency and Percentage</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>My father always shows his attention to me in his speech and actions.</td>
<td>Very untrue of myself 0 (0.0%) Not true of myself 0 (0.0%) True of myself 49 (49%) Very true of myself 51 (51%)</td>
<td>3.51</td>
</tr>
<tr>
<td>My father teaches me not to feel inferior or lose self-confidence.</td>
<td>Very untrue of myself 0 (0.0%) Not true of myself 0 (0.0%) True of myself 55 (55%) Very true of myself 45 (45%)</td>
<td>3.45</td>
</tr>
<tr>
<td>My father teaches me to control my anger.</td>
<td>Very untrue of myself 0 (0.0%) Not true of myself 0 (0.0%) True of myself 68 (68%) Very true of myself 32 (32%)</td>
<td>3.32</td>
</tr>
<tr>
<td>My father teaches me to be bold and forthcoming.</td>
<td>Very untrue of myself 3 (3.0%) Not true of myself 62 (62%) True of myself 35 (35%) Very true of myself</td>
<td>3.32</td>
</tr>
</tbody>
</table>

It is very important to emphasize on teaching children to control their anger. This indirectly teaches children to manage their emotions which may be in a flux, such as sadness, anger, anxiety, hatred and so on. Therefore, emotional management is something important to help support and encourage children, at once reducing emotional problems they may face (Norhayati & Zaidah 2016). Research results also show that fathers emphasize on children to be brave and straightforward in item ‘My father teaches me to be bold and forthcoming’ (mean= 3.32). In psychology, being forthright is similar to assertive behaviour. An assertive individual is one who firmly states his feelings, asks for what he wishes for and is able to say “no” to another about something he does not wish for, in an honest and open manner and still maintain respect for others. An assertive person is able to express what he feels and desires in a straightforward manner thus avoiding dissatisfaction which may result from harbouring bad feelings. (Sriyanto et al. 2014). It is good to apply assertive behaviour in child education as assertive children will feel more self-confident because they are able to earn respect from others through a direct, open and honest line of communication. Assertive children are also able to manage himself and improve his ability in decision-making (Parr & Kumar 2016). According to Saat (2006), if polite straightforwardness is practised, children will be forthright whenever something causes them to feel hurt and dissatisfied. On the whole, psychology education is implemented by respondents’ fathers in this research. Generally, fathers make efforts to show affection, teach their children so as to nurture the values of self-confidence, anger control and straightforwardness. All elements of psychology education are important to build a good relationship between father and child in the family, at once stimulating better and effective child growth. Thus, psychology education needs to be learnt and taught by fathers as the basic knowledge in building a harmonious and happy family. In the aspect of akhlaq or moral education, this research finds that mean analysis shows the highest score for item ‘My father teaches me to avoid feelings of malicious envy’ (mean=3.47), followed by second highest score for item ‘My father teaches me to do good to others’ (mean=3.44) and item ‘My father teaches me table manners according to Islamic teachings’ (mean=3.36) and item ‘My father teaches me to correct manners in speech by using good and polite language’. Research results show that item ‘My father teaches me to avoid feelings of malicious envy’ (mean=3.47) scored the highest mean score and this directly illustrates that malicious envy is emphasized by fathers in akhlaq education for children. The reason for this is that, in this age, human life is constantly in competition. People are exposed to competition from a young age. The education system gives credit to those who succeed with excellence in examinations because student life is competitive. This reality is supported by findings in a study by Mohd. Zain et al. (2006) which proved that university students constantly face competition in studying. Highly competitive students are inclined to achieve better success. This discovery is in line with the results of past studies by Alvin (2003) and Recascino et al. (2003) which found a significant relationship between a person’s highly competitive attitude and performance. This is caused by the high interest and motivation of highly competitive people. Nevertheless, this competitive attitude has its negative effect if the individual who competes fails to control his feelings and become envious of his competitor (al-Muhasibi 1990). Envy is a despicable trait and disapproved as abominable and destructive by society and religion. It happens when an envious or jealous person is not happy with another’s merits, talents or blessings and he wishes or strives to deprive the person of his advantages (Hanin Hamjah 2016). Hence, in confronting a world full of competition, fathers remind their children to avoid feelings of envy and encourage healthy competition. Research results also find that item ‘My father teaches me to like doing good deeds for people’ (mean=3.44) scored the second highest mean value in akhlaq education for children. This finding is in line with Islamic teachings which teach Muslims to always do good for parents, relatives, orphans, poor people, close friends, neighbours near and
Among fathers, there are also those who emphasize on manners as in the item ‘My fathers teaches me table manners according to Islamic teachings’ (mean=3.36). This finding is in line with a study by Asma (2009) which suggested that the Muslim society practise moral values in socializing such as courteous behaviour in welcoming guests, gentle and polite speech and good behaviour at all times, especially to older people. Al-Ghazali (2000) very much emphasized on the aspect of correct manners in speech in order that only good words are expressed in daily communication and reminded the Muslim society to avoid coarse, obscene and indecent words.

4 CONCLUSION
Generally, this research finds that fathers, as head of family do teach some aspects of psychology and akhlak in educating children. The aspect of psychology emphasized by fathers in this research are showing affection to children, nurturing the value of self-confidence, teaching anger control and assertive behaviour. In the aspect of akhlak education, fathers in this research emphasize on avoiding feelings of malicious envy, encouraging children to do good deeds to others, teaching Islamic table manners and correct manners of speech using good and polite language. Research findings conclude on the importance of parents, especially fathers, to have knowledge of psychology and akhlak. Such knowledge need to be practised in the process of educating at home because this knowledge can support healthy growth and proper development of children in all affective, cognitive and behavioural dimensions.

5 ACKNOWLEDGEMENT
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