



ENHANCING THE FAMILY'S QUALITY TIME AS A WORK OF PREVENTION TO CHILD ABUSE IN THE PANDEMIC PERIOD

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Abstract: *The purpose of this study is to offer solutions related to the prevention of domestic violence, especially those related to children, through improving the quality of children's relationships with their parents. This research departs from the increasing number of violence occurring in the household realm, especially during the Covid-19 pandemic, which causes individuals to remain at home. The research method used is qualitative research supported by a literature review. The study results suggest two activities that parents and children can do to make their relationship closer, particularly within this pandemic situation. The quality of a good relationship between them will minimize the potential for disharmony and even violence. The two activities are; 1) Indoor Outbound, this activity helps both children and parents feel cooperative and trusting each other through the house's outbound activity. Direct parental involvement in children will help improve this relationship. This involvement is divided into two, namely partial and whole. 2) Parenting Day, an effort that parents can increase to their children. In children who are still not yet adolescents, the effort is to overcome tantrums and in adolescents is to create effective communication between the two. The author concludes that the main key to preventing child abuse is the quality of the child's relationship with his / her parents.*

Keywords; *Domestic violence, child abuse, and quality time.*

Abstrak: *Tujuan dari penelitian ini adalah menawarkan solusi terkait pencegahan terjadinya kekerasan dalam rumah tangga, terutama yang berhubungan dengan anak, melalui peningkatan kualitas hubungan anak dengan orang tuanya. Penelitian ini berangkat dari maraknya peningkatan kekerasan yang terjadi dalam ranah rumah tangga, terutama selama pandemi Covid-19 mewabah yang menyebabkan individu harus tetap berada di dalam rumah. Metode penelitian yang digunakan adalah penelitian kualitatif yang didukung dengan tinjauan literatur. Hasil penelitian menyarankan dua kegiatan yang bisa dilakukan orang tua dengan anak dalam rangka*



mendekatkan hubungan mereka terutama dalam masa pandemi Covid-19. Kualitas hubungan yang baik antar keduanya akan meminimalisasi potensi terjadinya disharmoni bahkan hingga pada kekerasan. Dua kegiatan tersebut adalah; 1) Indoor Outbound, kegiatan ini membantu baik anak dan orang tua berada dalam nuansa bekerja sama dan saling mempercayai satu sama lain, terutama outbound yang dilakukan di dalam rumah. Keterlibatan orang tua secara langsung pada anak, akan membantu meningkatnya hubungan tersebut. Keterlibatan ini terbagi menjadi dua, yaitu parsial dan keseluruhan. 2) Parenting Day, merupakan upaya yang dapat ditingkatkan orang tua kepada anaknya. Pada anak yang masih belum remaja, upayanya adalah mengatasi tantrum dan pada anak remaja adalah menciptakan komunikasi efektif antar keduanya. Kesimpulan penulis adalah bahwa kunci utama dari pencegahan terjadinya kekerasan pada anak adalah kualitas hubungan anak dengan orang tuanya itu sendiri.

Kata kunci: KDRT, kekerasan pada anak, orang tua, quality time.



INTRODUCTION

The COVID-19 pandemic has affected various countries and obliged them to carry out physical distancing to prevent the virus's transmission. Restrictions that run for weeks or even months can present uncertainty, separation, and fear to many individuals, couples, and families. In that condition, domestic violence (KDRT) and divorces took places to destroy families. Women and children are also the most vulnerable groups to becoming victims. Ironically, in recent days, domestic incidents had actually increased when the world was hit by the COVID-19 pandemic.

According to WHO, many countries reported an increase in cases of domestic violence during the pandemic, including Britain, France, Spain, and Japan. In Spain, domestic violence in April 2020 increased by 60% compared to April 2019. Compared to March 2020, domestic violence cases also increased by 38%. In the UK, calls on the domestic violence report channel increased by 49% in early April 2020 when compared to April 2019. In Indonesia, the same trend is taking place. According to the results of an online survey by the National Population and Family Planning Board (BKKBN) of more than 20,000 families, 95% of families reported stress due to the pandemic and social restriction, this happened in April-May 2020. National Commission on Violence Against Women (Komnas Perempuan) data during the outbreak until April 17, there were 204 complaints of violence against women via electronic mail. There were also 268 complaints by telephone and 62 by mail.

A study by the National Commission on Violence Against Women (Komnas Perempuan) found that during the

pandemic period, women in Indonesia spent four times more than 3 hours doing household chores than men. When women cannot fulfill their duties properly, they become more vulnerable to becoming targets of violence. The Indonesian Women's Association for Justice Legal Aid Institute (LBH APIK) explained that women will be more vulnerable to domestic violence, when their household experiences are lack of food.

This potential vulnerability was strengthened by the findings of National Commission on Violence Against Women (Komnas Perempuan)'s online survey on Changes in Household Dynamics during the COVID-19 Pandemic, which took place from April to May 2020. Women and several other vulnerable groups in the family, apart from being vulnerable to COVID-19, also suffer specific social, economic, and psychological impacts related to their social roles in the family and society. With an approach from a human rights perspective, it is hoped that women will be better protected, including in dealing with multiple burdens, such as health, impoverishment, exploitation, and violence.

Economic hardship during a pandemic also increases women's vulnerability to violence. This pandemic has caused many people to experience pay cuts and even lose their jobs. When household income decreases, tensions in the household will increase. Women will become targets for perpetrators of violence, who often use financial hardship as an excuse behind the violence they commit. According to the Pulih Foundation, a foundation that offers psychological services for victims of domestic violence and other trauma, victims of domestic violence victims experience



even greater suffering because they are isolated from the various systems that can help them (The Conversation, 2020).

Another condition, the COVID-19 pandemic, also makes children unable to go to school directly, all activities in the new normal are carried out online. Most children living in areas prone to COVID-19 are prohibited by their parents from leaving the house. On the one hand, this can indeed minimize the transmission of the virus, but on the other hand, it is necessary to pay attention to how these children are treated in their own homes. The Ministry of Women's Empowerment and Child Protection reported last May that cases of violence against children increased during the COVID-19 outbreak. Until April 2, 2020, the ministry noted that there were 368 cases of violence experienced by 407 children. Komnas Perempuan revealed an even more concerning fact: during the pandemic until mid-May, there were 340 cases of sexual violence against children, with 378 victims, 104 boys, and 274 girls (Budiman, 2020).

Other data, the Online Information System for the Protection of Women and Children (SIMFONI), noted that from January 1 to June 19, 2020, there had been 3087 cases of violence against children, including 852 physical violence, 768 psychological violence, and 1848 cases of sexual violence. This number is classified as high, therefore it must be ensured that this figure is suppressed or does not increase again by taking preventive measures that refer to the protocol for handling children victims of violence in the COVID-19 pandemic situation (Ministry of Women's Empowerment and Child Protection, 2020).

The experience of violence that a child receives during his life can be traumatic in

the child's life in the long term. Sometimes persistent and difficult to repair if the severity is high and done at an early age. Besides, it can lead to an unstable personality, a tendency to experience stress, depression, or fatal consequences by committing suicide. The child's mood or feelings that do not get resolved put the child at high risk of becoming a perpetrator of violence.

Psychologically, his emotional life is full of anxiety, unstable, poor emotional control. The child shows negative emotional behavior, he gets angry or cries easily, but can also develop aggressive and angry behavior. His social relations are also hampered, he becomes less able to adapt, withdraws from social relationships as a form of security for himself. Children will avoid interacting with peers, or vice versa, will associate with the community of children who misbehave (Kurniasari, 2019).

Because domestic violence behavior has a negative impact and can occur in the long term, preventive efforts are needed to prevent this behavior. This study intends to discuss efforts to prevent domestic violence comprehensively and effectively from the perspective of the perpetrators, victims, and policymakers. This study also aims to describe how the quality of increasing family togetherness can be carried out by parents to children, to prevent domestic violence, especially those that continue with child abuse. Increasing the quality and quantity of togetherness between parents and children is the author's solution in this article.

METHOD

The writing of this article uses qualitative-descriptive methods and



literature studies. Through this approach, it is hoped that it can describe the phenomenon of domestic violence and its alternative solutions comprehensively, namely in terms of psychology, law, and communication. In this study, the authors did not go directly to the field but instead collected data from various news sources, books, and previous research results related to the issue of domestic violence.

RESULT AND DISCUSSION

Domestic Violence

As a category of criminal acts, the National Commission on Violence Against Women defines domestic violence as gender-based violence that occurs in the personal sphere (Perempuan, 2020). The personal realm that is meant is that there is a close relationship between the perpetrator and the victim, or both of them know each other well. The spectrum of victims and perpetrators can occur in dating, husband-wife, parent-child relationships, even employers and workers who also live in their homes. However, the definition of domestic violence still continues to the specification of female victims. This means that those who are often referred to as victims of domestic violence are women. Besides, domestic violence can also be interpreted as behavior that hurts and injures physically and emotionally, which results in pain and distress (subjective suffering) that the injured party does not want that occurs within the family (household) between married couples (intimate partners), or to children, or other family members, or to people who live in the same house (for example, domestic servants) (Wicaksono in Isyatul, 2016). The two definitions are almost similar, but the

emphasis is different from Wicaksono by mentioning the subjective suffering of victims of domestic violence.

Before delving deeper into the impact of domestic violence itself, this violence itself is divided into several forms of action; physical violence, emotional abuse, sexual violence, and taking advantage of certain parties. Based on data from CATAHU, the highest violence acts in Indonesia are violence in the personal sphere, reaching 75% or equivalent to 10,205 cases per year in 2017 (Deborah et al., 2018). The percentage of personal violence acts is further broken down into forms of violence, they are:

- a. Physical violence 42% (4.281 cases)
- b. Sexual violence 34% (3.495 cases)
- c. Psychic violence 14% (1.451 cases)
- d. Economic violence 10% (978 cases)

The four acts of violence, physical violence is all forms of violence that use physical force and injure the body of another person or cause concrete injuries. Based on Law no. 23 of 2004 concerning PKDRT (PKDRT Law) Article 6, physical violence is violence that causes pain, falls ill, or is seriously injured. So that forms of violence from this first form are like hitting, kicking, biting, scratching, choking, even burning. In short, this form of violence is mostly practiced because usually, physical actions or reflexes become shortcuts for most individuals to vent their emotions immediately. So that in the closest distance, physical violence is the thing most likely to be done by everyone who is in a state of 'emotional heat'.

Furthermore, the second act of violence is sexual violence, in Article 8 of the PKDRT Law, sexual violence is an act of coercion in sexual relations such as using unnatural and unwelcome, coercion with commercial



purposes, or specific purposes. Violence in this form can take the form of coercing certain sexual activities, giving threats to engage in sexual activities, to sexual slavery.

Sexual violence also impacts a person's psychological condition, which can lead to psychological violence in it. Based on Article 7 of the PKDRT Law, psychological violence is an action that causes fear, loss of confidence, and a sense of helplessness. Some examples of psychic violence include threats to other behavior, intimidation, oversight, and the like. Usually, these acts of violence are carried out in the medium to long term, and there is repetition in them. The more the perpetrator often repeats the violence, the more power the perpetrator has against the victim who is weakened.

Violence in taking over the control of other people can also lead to further acts of violence, namely economic violence or in other terms, acts of neglect. Based on Article 9 of the PKDRT Law, this act of neglect is an attitude of neglecting a person who lives within the scope of his household, where in fact, there is a legal and contractual obligation for that person to provide life, care or care for other individuals. This neglect is also related to the intervention of individuals who have more power over other individuals. For example, a husband who neglects his wife does not allow her to earn additional income and locks her in the house. Economic dependence is of course on the husband's side, but if economic violence occurs, then this husband has the same control not to provide finances to his wife, not provide food or other basic needs and does not provide access to public services such as health, employment, security, and others.

This act of violence absolutely does not occur without a contributing factor. Some of the factors that trigger domestic violence include (Setyaningrum et al., 2019):

1. A temperamental attitude that arises from one or several family members at home. The temperamental attitude that is hidden in a person, will trigger an angry reaction. This angry reaction channeled in the form of violence will then become the cause of physical violence in the household.
2. The use of Drugs (Narcotics and Prohibited Substances). One of the side effects of using this illegal drug is the loss of consciousness. In this condition of losing consciousness, a person can easily do various wild things, even up to the crime of murder.
3. Past experience. The experience that is meant in this case is the background of an individual's testimony of domestic violence, or even he himself has experienced it in the past.
4. Power relations. There is an understanding of the ideological power of the head of the household to maintain his prestige and privacy in "dominating" household affairs.

Inequality in power relations in the household can also be linked to gender bias, especially in husband-wife relationships, where there is a husband's power relationship over his wife. The husband's power and role in the household can create a sense of wanting to control his wife. The existence of the construction of gender roles in Indonesian society sometimes causes the emergence of a permissive attitude by the audience towards domestic violence that occurs, which causes them to tend to be unresponsive to this issue of violence.



Starting from this, now some many movements or actions voice the issue of gender inequality. With this movement, it is expected that the community will be more aware of the function of gender roles. Recognizing and living gender roles comprehensively will lead us to a high awareness that the phenomenon of domestic violence is something that must be actively resolved or cannot just be ignored because domestic violence negates the rights of a person, which should be fulfilled given the impact it has had arising from this issue of violence.

The impact of these abuses can include physical and mental repercussions, as well as in the short and long term. Physical consequences include injuries, bruises, fractures, concussions, and temporary or permanent disability in certain parts of the body of individuals who experience domestic violence. Apart from that, the violence that is often repeated will trigger bitter nuances and threats to itself. This impact then becomes a mental impact, which can be related to the mental health of someone who experiences violence later. Considering that all actions that contain threats, pressure, and other criminalization will affect one's psychological condition.

Moving on to the current conditions of violence, as previously mentioned, this pandemic period has become a new arena for feelings of anxiety to emerge from fear of uncertainty. These feelings have the potential to lead to acts of domestic violence itself. Komnas Perempuan's data in the Annual Records (CATAHU) shows that domestic violence is the most common case compared to other cases, which is 75.4%. The descriptions of domestic violence included 59% for wives, 13% for children, and the rest

for domestic workers. Violence against wives is the largest data recorded in Komnas HAM's CATAHU. On the same side, many of the victims of violence (wives) do not report the acts of violence they have experienced in domestic temptations so that this serious problem can lead to unfinished business. Things like this can lead to other violence that spreads not only on the husband-wife spectrum but can even reach the children as the final victims of this domestic violence act.

Children, as a group that can be said to be the smallest unit in the family, have rights from several family functions. When the family experiences disharmony and organizational dysfunction within it, various children's rights such as protection, education, affection, reproduction, and economic rights, will not be fully fulfilled. This is even more so if what happens to children is not only limited to witnessing domestic violence, but they are also victims of violence against children.

Violence in Children

Children are a group that is vulnerable to the effects of violence in a family. Violence committed against children or violence that has an impact on children is an act that violates children's rights. Children's rights must be fulfilled, especially by parents, because when we talk about children, we are talking about the potential fate of a generation or nation in the future. Children are a reflection of the attitude of the nation and the determinants of the development of a nation and inheriting civilization with policies and virtues in the world (Sutedjo, 2010).

Violence or abuse of children is defined as all forms of ill-treatment, be it physical, emotional, sexual abuse, neglect, or other



commercial exploitation of children that causes real or potential harm to health. the survival, development, or dignity of the child. Four types of abuse that are commonly recognized are sexual abuse, physical abuse, emotional abuse (also known as psychological abuse), and neglect (Norman et al., 2012). Other literature also states that violence against children is not only physical assault but can also be in the form of exploitation such as sexual assault, feeding that is not proper or malnutrition, neglect of education and health (educational and medical), and medical abuse (Suyanto & Sanituti, 2002).

There is much uncertainty regarding the estimated frequency and severity of child abuse around the world. Besides, much violence against children remains largely hidden and goes unreported due to fear and stigma and public acceptance of this type of violence (Pinheiro, 2006). When it comes to sexual abuse globally, the prevalence of reported child sexual abuse varies from 2% to 62%, with some of this variation being influenced by several methodological factors, including the definition of abuse, the method of data collection, and the type of sample assessed.

The whole world is trying to defend children's rights so that it has been stated in several conventions and passed into laws in each country. The awareness of humankind to save children from acts of violence, whether due to conflict, war, sexual violence, kidnapping, selling children to be exploited to the phenomenon of bullying, should be appreciated. Ironically, when children's rights are being defended in the world in their own homes, parents who should be the most comfortable shelter, safety, and development become the main

actors in committing violence against children (Maknun, 2018).

Children's Rights

Violence against children or violence that affects children is something that violates human rights, especially regarding children's rights. A family is a natural unit that has the right to protection by society and the state. Children as part of the family, whether male or female, have the right to guaranteed protection from the time they are in the womb, and this human right is recognized and attached to the child until he is 18 years old. All child protection efforts include all activities to guarantee and protect children and their rights to live, grow, develop, and participate optimally by human dignity and protection from violence and discrimination.

Fulfilling children's rights, children cannot do it alone because of their limited knowledge, abilities, and experience. This is where the role of parents has an essential role in fulfilling children's rights. It is not surprising that Law Number 39 of 1999 concerning Human Rights (Human Rights Law) contains 15 articles that specifically formulate children's rights, because the legislators realize that children are a group that is vulnerable to human rights violations. Then in Law Number 23 of 2002 concerning Child Protection (Child Protection Law) also stipulates that "the rights of every child as part of human rights must be guaranteed, protected, and fulfilled by parents, family, community, government, and the state."

It has been stated above that the rights of children contained in the Human Rights Law are regulated, starting from article 52 to article 66. The regulated rights of children

include general and specific rights. General means that all children universally own these rights. In contrast, special rights are rights that are only owned by children who are in certain conditions, for example, children with disabilities or children who have committed crimes/crimes. The rights of children contained in the Human Rights Law are broadly the same as the rights of children in the Convention on the Rights of the Child, Law No. 4 of 1979 on Welfare, and the Law on Child Protection.

General rights include:

1. The right of the child to be protected by parents, society, and the state which is recognized and protected by law even when in the womb;
2. Right to life and survival;
3. Right to name and nationality;
4. The right to worship according to their religion;
5. The right to think and express, according to the level of intellectuality under the guidance of his parents;
6. The right to know who his parents are;
7. The right to be raised and cared for by their parents themselves;
8. The right to be raised, nurtured, cared for, educated, directed, and guided by their parents/guardians until adulthood;
9. Right to adopt adoptive parents;
10. The right to legal protection from all forms of violence, abuse, neglect, ill-treatment, and sexual harassment by parents/guardians;
11. The right of children not to be separated from their parents, except for reasons / legal rules which indicate that the separation is in the best interests of the child. And children can still be in touch with their parents;
12. The right of children to obtain education and information that is beneficial for personal development and to increase knowledge and intelligence by the values of decency and propriety;
13. Right to rest;
14. The right to health services and social security;
15. The right of the child not to be involved in times of war, social unrest, armed conflict;
16. The right to receive protection from all forms of exploitation and any work that endangers him.

Special rights include:

1. The right of children with physical and/or mental disabilities to receive special care and education, training, and assistance at state expense to increase their self-confidence and ability to participate in national and state activities;
2. Children who have committed a criminal act should not be abused, tortured, and sentenced to inhuman punishment;
3. The death penalty or life sentence should not be imposed on children;
4. Children may not be deprived of their liberty against the law. The arrest, detention, and punishment of children must be following legal procedures;
5. Children who are convicted have the right to be treated humanely and separated from adults;
6. The child has the right to obtain legal assistance, defend himself, and receive justice before the Juvenile Court in a closed session to the public.

To fulfill and protect children's rights, we must pay attention to the principles stipulated in the Child Protection Law. (1) Non-discrimination, the absence of



discriminatory treatment based on ethnicity, religion, race, class, and so on because all children have the right to guarantee the protection of their rights without discrimination; (2) In the best interest of the child, every right is given to a child is aimed at the best interest for the child at present and in the future; (3) The right to life, survival, and development, this principle means that the rights of children are the most basic human rights for children protected by the state, government, society, family, and parents; (4) Respect for the child's opinion, every child must be respected for their rights to participate and express their opinion in matters of decision making, especially when it comes to matters affecting their lives.

Violence against children, as described in the previous section can be in the form of physical, psychological, sexual violence, and neglect. For example, it often happens in Indonesia, children are abused by their parents, resulting in injuries to their bodies. Such violence is physical violence, in which the act violates several children's rights, including (1) the child's right to be protected by parents; (2) The right to legal protection from all forms of violence, abuse, neglect, ill-treatment from parents; (3) The right to life and survival. Not to mention other treatments such as sexual violence, child exploitation, and so on, which can affect the development of the child concerned.

It is ironic to see that in society, many people ignore their obligations to fulfill their own children's rights. Violence against children, directly or indirectly, violates several children's rights. Violence and exploitation committed against children are concrete examples of violations of children's rights. The community needs to understand

the impact resulting from violence against children, both current and future effects.

Impact of Violence on Children

Victims of violence can be divided into two, namely direct victims and indirect victims. The victim is a direct victim if the victim experiences violence committed by a parent, uncle, grandfather, or other family members who are directly affected by the violence. Meanwhile, the victim is not a direct victim if the victim becomes a witness in acts of violence perpetrated by the father against the mother, or vice versa (Rahmawati, 2014).

Direct victims can experience domestic violence such as physical violence, causing victims of violence to experience pain, both internal and external. Besides, direct violence against children can cause the developmental phase to fall back to the previous one, such as lack of courage, unwillingness to sleep alone, must be accompanied, bedwetting, decreased language development such as weakness in language and speech disorders such as stuttering and severe trauma, always looking attention from people by creating mischief or chaos around them, and decreased performance of school children (Maisah et al., 2016).

Furthermore, based on the classification of reaction forms of violence according to children's age, are as follows:

1. Child 0-5 years of reaction that arise are anxiety about separation, aggressive behavior, loss of recently achieved abilities, and nightmares with delirium.
2. Children 6-12 years old, the reactions that arise are learning difficulties, which are caused by difficulty in concentrating and anxiety, post-traumatic stress



disorder, low social interactions, prominent aggressive behavior, depressive reactions, difficulty in sleeping, and acting like a younger child.

3. Children 13-18 years old, the reactions that arise are self-destructive as a way of dealing with anger and depression, engaging in various high-risk behaviors such as using illegal substances, taking anti-social actions, withdrawing from their environment to self-isolation, personality changes, and physical complaints that cannot be explained by physical examination or laboratory (Utami in Mardiyati, 2015).

Meanwhile, indirect victims who witnessed violence in the family sphere may experience trauma in physical, mental, and emotional disorders. In the short term, the victim is not directly affected, such as threats to the safety of the child's life, damaging the family structure, the emergence of various mental disorders. In the long term, it can raise the potential for children to engage in violent behavior and abuse in the future, both as perpetrators and victims.

The experience of witnessing and experiencing domestic violence is a traumatic event because violence is carried out by the people closest to the child, namely the family who should provide a sense of security. The traumatic experience of children witnessing and experiencing domestic violence is often a predictor of future psychological problems, such as neglect and physical and mental abuse.

The experience of witnessing domestic violence in childhood has been recognized as one of the essential factors that can explain domestic violence or violence in intimate relationships in adulthood. Boys who grow up in families who experience

violence are three times more likely to become perpetrators of violence against their wives and families in the future. Meanwhile, girls who become witnesses of domestic violence will develop into adult women who tend to be passive and have a high risk of becoming victims of violence in their families later (Mardiyati, 2015).

PREVENTION OF DOMESTIC VIOLENCE IN CHILDREN THROUGH QUALITY TIME IMPROVEMENT

As previously mentioned, children are the most vulnerable family members because children are not yet consciously and trained to manage the intelligence and emotions in them. Therefore, the parents' education and social development patterns are the closest and most tangible sites for children to train their intellect and emotions. This is done so that children can adequately feel their rights within the family sphere. This pattern of social development includes care, tolerance, understanding, forgiveness, and so on. Also, emotional development covers aspects of all kinds of feelings in children, ranging from fear, anger, sadness, joy, excitement, etc. (Isbayani et al., 2015).

Parents are one of the parties with the most significant involvement in shaping intelligence, social and emotional development. Given this vital role, disharmony that occurs to parents, either directly or indirectly, will impact children's development, including the occurrence of domestic violence and violence against the child himself. To prevent this from happening, one effort to be done is to increase the quantity and quality of children's time spent with their parents. Here are some alternatives that parents and



their children can apply to spend time together.

Indoor Outbound

Outbound is an activity that combines the agility between intelligence, physical, and mental both in the open and in the closed (Metro, 2014). Also, outbound activities can train creativity, leadership, understanding, trust, analytical insight, etc. This activity is closely related to strengthening group dynamics so that cohesiveness and togetherness can be appropriately applied. However, it turns out that parents can also carry out this training activity with their children to establish their closeness to be more cohesive.

Considering that outbound activities are usually carried out in the open, such as forests, this is a little difficult to do due to the current pandemic conditions. But it is not impossible for parents to be able to do outbound activities with their children. Being at home allows for outbound activities. Apart from being more cost-effective, the house's function will be more "home," of course, for children considering the lively atmosphere in it.

Houses can be decorated in such a way as to be used as a place for children's play. Some of the options that can be made include the game of putting chilies in a bottle. The equipment used is certainly not too complicated in this game because parents only need to prepare ropes, bottles, and chilies, or other alternative objects that want to be put in the bottle.

Another alternative is keeping eggs, for example. Children are given a mission by their parents to keep the eggs from breaking by storing them in the safest place their parents cannot find. During the period of

searching for eggs by parents, they can play guesswork provided that if the answer is correct, the child must be able to give a clue of where the eggs are stored until their parents found them.

During the preparation period for games at home, parents certainly have an active role in preparing everything. This type of parental involvement is divided into parents who are fully involved and the second type of parents partially involved. Parents who are fully involved involve themselves with their children starting from preparation to practicing games at home. In contrast, those partially involved only participate in the preparation or only in their playing practices (Wahyu et al., 2018). Both have their strengths and weaknesses, so people just weigh which ones they should practice on their children.

If examined more deeply, these two examples of games can involve effective communication between parents and children, where the results of this communication can later change certain behaviors in children without being disturbed. Thus, children will be more aware and sensitive to themselves, including training them to recognize and understand their emotions if they are done more often. It is said so because when there is effective communication in the family, the principles contained therein include; there is respect, empathy, clarity, and humility, which these principles are very appropriate if carried out from parents to children.

Parenting Day

One of the roles of parents is to be responsible for the care of their children. This includes building emotional forms in children, and this can strengthen children's



emotional defenses. In this case, the author offers a solution in the form of a parenting day to prevent family disharmony that causes quarrels, especially violence.

This method emphasizes parents' intensive time explicitly given for their children at least a few hours each day. Here, parents should do their best to practice the ideal response to children's emotions based on the existing guidelines. If the child has entered the age of adolescence to talk seriously, then this parenting day requires parents to be a place to listen and tell in-depth stories for their children. Meanwhile, for children who are still classified as children or have not yet reached adolescence, parents' task in this parenting day is to comply with the ideal signs to respond to the child.

Some symptoms usually occur in children who have not yet entered adolescence called tantrums. Tantrums attack those aged 15 months and over, which is a form of emotional outburst for children and occurs because of limited words or expressions of what they want (Halodoc, 2019). In most cultures in Indonesia, parents often act more aggressively when their child experiences tantrums, which is a misconception in overcoming children's tantrums. What should be done when children are tantrums is to validate the child's own negative emotions so that later they will recognize the form of emotions as adults.

This parenting day moment is deemed appropriate for parents to practice ideal habits in responding to tantrum emotions. Both fathers and mothers can work together to become supervisors for each other when they act inappropriately in overcoming children's tantrums. For example, the

mother is the supervisor; the mother must ensure that the father acts responsively and validates the tantrum emotions in the child. This form of validation can be in the way of stroking the child's back, letting the child finish the tantrum, and remaining calm without giving any lectures. Only then can parents understand to children that this action is not appropriate for the child and tell how the child should do the right form of emotion.

For teenagers, parents can ask at least how the child's experiences in the day they spent in the parenting day were able to ask. This is intended to provoke an open attitude in children and can mature them. Given that there are efforts they make to convey what they feel to parents. The assumption is that if the parents do this on an ongoing basis for the child, a little nuance of disharmony can at least be felt by the child. In this situation, the child's bonus can convey his discomfort over the conflict he feels at that time. Indeed, this can help families understand the existing situation so that consciously and rationally, ideally, they can do what they should be doing at that time.

Parenting days are essential as an effort to bring parents closer to their children emotionally and physically. A good relationship between parents and their children will potentially reduce disruptive things that can threaten family harmony. Departing from this, Daniel Goleman also stated that children would learn to control all aspects of their emotional, cognitive, and social intelligence depending on how parents practice parenting and the close interactions they have at home (Marlisa, 2019). In short, the conclusion, improving the quality of togetherness enhances the relationship between parents and children.



The quality time improvement activity is aimed at building a secure attachment between children and parents. Secure attachment impacts the existence of a negative relationship between secure attachments and the tendency to commit violence in dating. The higher the secure attachment, the lower the propensity to commit violence in dating, and vice versa, if the lower the secure attachment, the higher the tendency to commit violence in dating (Adiswanisa, 2015). Because of the importance of attachment as one of the preventions of acts of violence, it is necessary to establish a good relationship between parents and children with the activities that have been mentioned.

CONCLUSION

Cases of Domestic Violence that increased during the COVID-19 pandemic are a phenomenon that occurs at the global and national levels. This phenomenon is undoubtedly an important thing to consider the impact of violence that can last a long time, especially to children. From a legal standpoint, when a family experiences disharmony and organizational dysfunction, various children's rights such as protection, education, affection, reproduction, and economic rights, will not be fully fulfilled. In addition, children can experience trauma in the form of physical, mental, and emotional disorders. Because of the impact and importance of preventing domestic violence, it is necessary to have concrete efforts implemented by families.

In this study, the authors emphasize the importance of establishing a good relationship between parents and children as a preventive measure for domestic violence. Parents can do two alternative

activities with their children to make their relationship closer, namely; 1) Outbound, an activity that helps both children and parents feel cooperative and trusting each other. 2) Parenting Day is an effort that parents can increase to their children. In children who are still not yet adolescents, the effort is to overcome tantrums and in adolescents is to create effective communication between the two. This activity is expected to prevent violence against children and fulfill children's rights by building attachment between children and parents to establish a good relationship between them.

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