

Parental Practices Through Spiritual Aspects of Adolescents in Families in Malaysia and Indonesia

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Abstract

The issue of parenting style in the family is one of the issues that need to be strengthened and given focus nowadays in order to overcome the increasing problems and cases of teenagers such as pregnancy outside of marriage, free sex, dumping babies, skipping school, smoking, drugs, rape, prostitution, robbery, theft, bullying, running away from home and murder. This is because one of the factors that contribute to the misbehavior of teenage children is caused by the behavior of parents and family values that are fading and fragile. A few teenagers were found to receive less love, attention, feeling alone, less appreciated and less trusted by their parents. Therefore, this study was conducted to identify the practice of parenting through the spiritual aspects of the family according to the perspective of teenagers. The design of this study is a quantitative survey study through the distribution of questionnaires to 523 respondents among teenagers in Malaysia and Indonesia. The data were analyzed descriptively using SPSS. Expectations of the results of this study can provide input on the parenting style practiced in the family. It can also be used by stakeholders in efforts to promote education and parenting guidance based on the guidance of al-Quran, al-Sunnah and the recommendations of Islamic scholars towards forming quality youth human capital as well as a prosperous family and society.

Keywords: *Adolescents; Family; Islamic Parenting; Spiritual Education; Youth Development*

INTRODUCTION

Childcare practices from an Islamic perspective are one of the issues that need to be strengthened and focused on at this time to address the increasing problems and social symptoms involving teenagers in Malaysia. Teenagers are important national assets and have great potential to bring the country to a more brilliant and glorious level with their mental abilities in addition to having good physical conditions. They are also able to make changes that can improve the country's image in the eyes of the world by creating a new aura in the fields of politics, economy, social, sports, education, technology and so on. Therefore, various hopes are placed on the shoulders of teenagers to become useful individuals and be able to contribute to the welfare of the country ([Raffar et al., 2024](#)).

Therefore, youth groups need to be formed properly so that the potentials within them can be realized for the benefit of society and the country. However, Malaysia's desire to become a developed country will certainly be complicated if the country's young generation is trapped in negative behavior and moral problems that are contrary to Eastern values and Islamic principles ([Hasnan, 2018](#); [Rahmat, 2018](#)). Lately, there have been many cases and problems of social symptoms involving teenagers. The development of these social symptoms is increasing day by day, whether consciously or not, with various minor crimes committed by teenagers, ranging from minor cases to serious criminal cases that can threaten the lives of others ([Hashim, 2020](#); [Mokhtar, 2019](#); [Institute for Public Health, 2018](#); [Denim et al., 2019](#); [Mashlihuiddin, 2018](#)).

Among them are skipping school, smoking, drug addiction, joining secret gangs, rape, prostitution, looting, theft and robbery, running away from home and there are even records showing that they are also involved in murder cases. In addition, criminal behavior among students also involves molestation, neatness, lack of time, lack of manners, vandalism, skipping school, delinquency, bullying and smoking (Hamjah et al., 2020; Ningsih, 2024). Johor Police Chief, Datuk Ayob Khan Mydin Pitchay said, the highest criminal acts involving students include cases of theft, injuring people, breaking into houses, rape, and robbery. He said, a total of 538 cases were recorded from early January to October 2020 where 95 percent of the perpetrators of crimes among students were male and the rest involved female students. In addition, there were cases of narcotics crimes involving high school students for violations of drug possession, injecting drugs into the body, and misuse of ketum water. Although cases involving students in narcotics cases have decreased in the last three years, preventive efforts must be made so that the involvement of students in criminal cases can be overcome (Hashim, 2020).

What is clear is that heartbreaking cases such as those discussed prove that a handful of teenagers are now experiencing moral collapse where their lives are not based on Islamic teachings and even only follow their lusts. Therefore, the phenomenon of moral decay among teenagers indicates the need to look deeper in overcoming this crisis so that it does not continue to become a cancer in Malaysian society. This problem needs to be addressed immediately because it has a negative impact on individuals, families, society and even the country. This can also thwart the ambition to build human resources because the young generation will lead this country in the future.

Therefore, to overcome the problems and issues of teenagers, it is necessary to examine the causal factors that cause teenagers to go

astray. One of the factors that contributes to bad behavior in teenagers is the behavior of parents and family values that are increasingly fading and fragile (Ahmad et al., 2018; Ali Hafizar et al., 2017; Indra, 2023). This is because the process of forming human morals can be influenced by factors in a person's environment, such as parents in the family, school, society, peers, mass media, teacher attitudes and so on.

According to Razak & Noraini (2011), the identified social environmental factors can have a significant impact on the formation of individual identity, consisting of parents, peers, schools, teachers and mass media. For example, the influence of advances in science and technology in the era of sophisticated globalization has exposed teenagers to various information that is mixed between positive and negative, the existence of electronic media such as television encourages children to care more about information. spend more time watching television than interacting with family and friends. In addition, without parental supervision, teenagers can act beyond the limits and get involved in social phenomena in cyberspace. This happens with the possibility of certain problems and challenges to form pure values in teenagers by utilizing technology and the cyber world (Khairi et al., 2016). In addition, many teenagers admit that they do not like to share problems with their parents, especially those that are personal, so that communication with parents is only formal and stiff, even most parent-child relationships are now only through gadgets. Finally, in today's industrial society, media and peers have replaced a person's relationship with parents, siblings, neighbours and others.

In addition, strained family relationships are one of the factors causing social symptoms among teenagers. Parents who are too busy pursuing luxury and prioritizing careers so that the interaction between parents and children is neglected, causing feelings of frustration and depression in their souls (Indra, 2023; Gloria, 2022; N.

[A. Hamid & Mohamed, 2024](#)). This proves that without perfect love, teenagers will seek a way out to release their emotions through useless and immoral activities such as hanging out, criminal activities, drug addiction and trafficking, promiscuity, prostitution and so on. The increasing cases of teenagers among students are caused by the attitude of parents who are less concerned in taking care of their children, spending less time together, not caring about their children's studies, friends and activities that their children do outside the home. The busyness of parents pursuing the luxuries of life causes children to receive less attention in terms of education, affection and so on. Although they can provide luxury to their children, children will still feel empty because of the lack of affection from their parents.

Family institutions, especially those that look at parenting patterns between parents and children in this era, increasingly show a significant gap ([Ismuni et al., 2012](#)). Interaction between parents and children affects the physical, social, emotional and intellectual development of children. The habits of naughty and aggressive teenagers come from families that apply overly strict discipline patterns. Thus, parents play a role in determining the child's behavioral patterns that have an impact on the formation of the child's personality, motivation and academic achievement. However, one of the factors that contributes to bad behavior in teenagers is the fading and fragility of family values in today's society ([Kadir et al., 2013](#)). In fact, teenagers always need good guidance, guidance and education starting from home and the environment. Adults need to provide good examples because adolescence is a critical period in human life where at this stage a person will begin to respond to emotional demands to find their identity and appearance. If the younger generation is not properly supervised, they will be influenced by negative elements and will even bring down the socio-economic level and threaten the future of the country.

From the various factors discussed, researchers found that parental factors have a large and important role in shaping adolescents in the family. With globalization and the impact of social media, Muslim parents face unique challenges. This is because the family is an important component in the process of forming society and the nation. The existence of a country will not be perfect without the institution of the family because Islam views the family as an institution that forms the society that will be built. Therefore, parents are important individuals in the family institution and need to play a role together in shaping children and family members towards prosperity and a life that is approved by Allah SWT. Thus, the emphasis on knowledge of child-rearing skills in the form of care, preservation, protection and guidance is seen as being able to help the growth of positive adolescent behavior ([Ali Hafizar et al., 2017](#)). As parents, it is their duty to educate their children to adhere to Islamic teachings and practice good deeds according to Islamic advice. Education based on the Qur'an and hadith must be implemented at the early stage of education for the younger generation so that the goal of forming the next generation of the nation that has a balance between material development and spiritual development can be achieved.

Therefore, the practice of parenting skills in an Islamic perspective is one of the issues that need to be strengthened and focused on at this time to overcome problems and cases involving adolescents. The role of parents is seen as being able to provide solutions to adolescent problems so that they always feel loved, cared for, trusted and appreciated by their parents.

Parenting skills to develop the spirituality of adolescents need to focus on three main approaches in Islam, namely, through 'aqidah (creed), 'ibadah (worship) and akhlaq (morals) as explained in surah Luqman. Parents must always expand and deepen their religious knowledge for the sake of perfecting their young's

education, guide adolescents so as not to associate partners with Allah SWT, remind them of (accountability for actions through) angels who monitor and record every deed, remind them of eternal life after death, heaven and hell, guide them to know and love the Prophet of Allah (PBUH), teach them to read al-Qur'an in the proper manner, guide them to perform the obligatory daily prayers (salat) from the age of 10 years, pray with them in congregation at home, wake up at night before to tell them to do qiyam al-layl (late night to before dawn prayer), advise them to have tolerance, especially for family members, guide them to love helping others in need, constantly advise them to do good deeds and stay away from evil, advise them at the right time and in suitable circumstances discuss with them before making decisions and always pray for their success and good (Al-Ghazali, 2000; Ulwan, 2015; Hamjah et al., 2020).

Previous studies have shown that respondents among parents answered questionnaires about their educational application to their children, such as the study by Hamjah et al., (2020), however, children's perspectives on the spiritual education practices that their parents have taught them in their respective families are still understudied and should be studied to find out the balanced response between the answers of parents and children on whether adolescents receive education well or not from their parents. Therefore, this study aims to identify child-rearing practices through spiritual aspects from the perspective of adolescent children in families in Malaysia and Indonesia.

METHOD

The design of this study is a quantitative survey study. The main data collection method is carried out using a questionnaire to answer the objectives of this study. While secondary data collection uses a documentation method by referring to literature studies related to

parenting patterns in Islam, both from interpretations, hadiths, journal papers/proceedings, magazines and newspapers. The combination of primary and secondary data helps this study in obtaining data collectively to address the problems studied. The distribution of questionnaires was carried out online via the Google Form platform and shared to WhatsApp/Telegram/Email groups and social media to obtain respondent data among teenagers in Malaysia & Indonesia. A total of 429 students in Malaysia & 94 Indonesia were selected as a sample among students at IPTA & IPTS in both countries by convenience sampling to answer this questionnaire. This method was carried out because the number of students cannot be known specifically, therefore this method is more relevant to overcome these obstacles. Furthermore, the data was analyzed descriptively using SPSS to answer the objectives of the research.

RESULTS AND DISCUSSION

This section will discuss the practice of parenting adolescents through spiritual aspects. Parents need to pay attention to spiritual elements to develop positive behavior in children. Islam gives priority to the spiritual aspect as the main basis in educating the young due to the spiritual element relating to emotional, physical, mental and social aspects in building their excellence. Spiritual strength forms children who will prioritize the appreciation of divinity and moral values in life, have a strong and steadfast soul, continue to strive for better things, can think based on religious principles, apply the concept of politeness in practicing. Therefore, this spiritual aspect is very important to emphasize in adolescent education in the family. The results of the questions in Table 1 record an average score between 3.10-3.90.

Table 1

Parenting Skills for Teenagers Through Spiritual Aspects

No		Percent (%)				Min	S.P	Level
		STS	TS	S	SS			
1.	My parents guided me not to do things that do not associate partners with Allah SWT.	0.8 (4)	0	11.1 (58)	88.1 (461)	3.87	0.4027	High
2.	My parents always pray for my success and goodness.	0	0	54 (10.3)	89.7 (469)	3.90	0.305	High
3.	My parents reminded me of eternal life after death, heaven and hell.	0.4 (2)	0.4 (2)	21.8 (114)	77.4 (405)	3.76	0.460	High
4.	My parents guided me to know and love the Prophet SAW.	0.2 (1)	0.6 (3)	20.7 (108)	78.6 (411)	3.78	0.444	High
5.	My parents reminded me of the existence of angels who always watch over and record all our good deeds.	0	0.8 (4)	22.0 (115)	77.2 (404)	3.76	0.442	High
6.	My parents guided me to read the Koran.	0.2 (1)	1.7 (9)	25.8 (135)	72.3 (378)	3.70	0.506	High
7.	My parents guided me to pray since I was 10 years old.	0	3.6 (19)	23.7 (124)	72.7 (380)	3.69	0.536	High
8.	My parents pray together with me.	1.3 (7)	11.7 (61)	45.1 (236)	41.9 (219)	3.28	0.717	High
9.	Parents often perform qiamullail (night prayer).	1.0 (5)	17.8 (93)	51.6 (270)	29.6 (155)	3.10	0.710	High
10.	My parents remind me of Islamic holidays.	0.2 (1)	1.7 (9)	36.1 (189)	62 (324)	3.60	0.535	High
11.	My parents advised me at the right time and situation.	1.0 (5)	1.7 (9)	34.4 (180)	62.9 (329)	3.59	0.578	High
12.	My parents talked to me before making a decision.	0.2 (1)	6.7 (35)	45.7 (239)	47.4 (248)	3.40	0.622	High
13.	My parents advised me to like helping people in need.	0	0.4 (2)	23.3 (122)	76.3 (399)	3.76	0.437	High
14.	My parents guided me to be tolerant especially	0	0.2 (1)	25.2 (132)	74.6 (390)	3.74	0.441	High

	towards family members.							
15.	My parents guided me to do good and avoid evil.	0	0.2 (1)	19.3 (101)	80.5 (421)	3.80	0.403	High

Sources: [Al-Ghazali, Abu Hamid, 2000](#); [Ulwan, 2015](#); [Hamjah et al., 2020](#)

The role of parents in providing education about the concept of monotheism to children that refers to the oneness of Allah SWT is the main foundation in Islam. The role of parents in providing basic religious education, guiding children to practice it and not associating partners with Allah SWT in life is very important ([Ismail & Hassan, 2011](#)). Based on the item “My parents guided me not to do things that do not associate partners with Allah SWT” recorded a high mean score of 3.87. As many as 519 (99.2%) respondents who agreed with the statement stated that parents have an important role in implementing monotheism in their children.

Besides that, parents prayers for the success and well-being of their children are important emotional and spiritual support for their personal development. Based on the item, namely “my parents always pray for my success and goodness” recorded a high average score of 3.9. All respondents showed a high level of agreement with the statement indicating that the role of parents who always expect the success and goodness of their children is important and significant. In this context, the role of parents is one form of emotional support that provides strength and confidence to children to succeed and always try to achieve their dreams.

The role of parents in conveying an understanding of eternal life after death, heaven and hell is an important aspect in the formation of children’s religious and moral identity. The research findings show a high agreement among respondents that parents have an important role in reminding them of the existence of eternal life after death including heaven and hell. The high mean score of 3.76 indicates that most respondents agree with the statement, while the agreement value

of 99.2% indicates parental support for the role of instilling religious values in children. In this context, parents need to convey education and lessons about the afterlife to children in various ways such as through religious stories, advice, and examples so that children can understand it well and use it as a guideline in living their lives.

Furthermore, the role of parents in guiding children to know and love the Prophet SAW is an important aspect in the development of children's religious and spiritual identity. The Prophet SAW is the main role model in Islam, understanding and loving him is an important foundation in experiencing religion. By knowing the struggle, morals and teachings of the Prophet SAW, children can take examples and role models in their lives and can form noble personal principles. The research findings show that respondents agree that parents play a role in guiding them to know and love the Prophet SAW by recording a high average score of 3.78 and an agreement value of 99.3%. Therefore, the importance of the role of parents as educators who convey wisdom about the Prophet SAW to children, instill a sense of love for him in children, and ensure that children practice his sunnah in their lives.

The teaching about the role of angels who supervise and record deeds lies in the awareness of the day of human accountability before Allah SWT. Belief in angels is one of the important aspects of the faith of Muslims and a deep understanding that will have a big impact on deeds and behavior in life. By realizing that every deed and word we do is recorded by angels, individuals tend to do good deeds, avoid sins and get closer to Allah SWT. In home education, parents play a role in providing lessons about angels to their children through religious narratives, advice and exemplary stories. The research findings show a high level of agreement among respondents that parents play an important role in reminding children of the existence of angels who always watch over and record all deeds. The high mean

score of 3.76 reflects respondents agreement with the statement, while the agreement value of 99.2% indicates strong support and the role of parents in instilling religious knowledge related to belief in angels.

In addition, Al-Quran education for children is an important aspect in childrens religious and spiritual development (Suwayd, 2006; Uwais, 2022; Riffin, 2024). The research findings show a high level of agreement among respondents that parents play an important role in guiding children to read the Quran. The high mean score of 3.70 indicates that most respondents agree with the statement, while the agreement value of 98.1% indicates high parental support for the role of instilling religious values in children through learning the Quran. The role of parents in providing education and delivering Quran learning to children is very important to ensure that children can understand and internalize the teachings of the Quran well.

The role of parents in educating children to pray from an early age is an important aspect in their spiritual and religious development, because prayer is the main bread of Islam that must be performed by every Muslim. Parents need to provide continuous education and support to children in learning and performing prayer so that children can make prayer a daily habit in their lives (Zur Raffar, Nik Dahalan, et al., 2021). The research findings show that respondents agree that parents play a role in performing prayers since the age of 10 with a high average score of 3.69 and an agreement value of 96.4%. The importance of teaching about prayer by parents has a major impact on the appreciation and practice of Islamic teachings in children. By training and practicing prayer from an early age, it helps children practice worship with full awareness and helps form a closer relationship with Allah SWT.

Besides that, congregational prayer is a practice that is highly emphasized in Islam and brings many blessings and goodness, especially if done together with family. Parents play a big role in

providing lessons about the practice of congregational prayer to their children through examples and direct experience (A. S. A. Hamid, 2007). They not only teach children prayer techniques, but also emphasize values such as obedience, patience and perseverance in carrying out worship (Mamat & Abd Rashid, 2013). In the research conducted, the majority of respondents agreed that parents play an important role in performing congregational prayers with children. The high mean score of 3.70 indicates that most respondents agree with the statement. In addition, the agreement value of 98.1% also shows strong support for the role of parents in forming the practice of congregational prayers among children. The importance of the practice of congregational prayers by parents lies in the great influence on the child's appreciation and tendency towards prayer. By witnessing parents performing congregational prayers, children can gain a deeper understanding of the importance and significance of congregational prayers in Islam. This helps them form good habits and encourages them to practice prayers with full repentance and sincerity.

The practice of qiamullail or night prayer is a practice that is highly emphasized in Islam because it brings many spiritual benefits and awareness of the existence of Allah SWT. Through qiamullail, a person can draw closer to Allah SWT, reflect on the favors and favors given, and ask for forgiveness and guidance in life (Roslan, 2022). The importance of the practice of qiamullail by parents lies in the large impact it has on spiritual and religious development in the family (Zur Raffar, Nik Dahalan, et al., 2021). By involving children in this practice, parents not only form good worship habits, but also provide a strong example in improving the relationship with Allah SWT. Parents play an important role in providing lessons about the importance of qiamullail practices to their children. They do this through good examples, direct teaching, and providing

encouragement and praise to children who diligently practice the practice. The research findings show that some respondents agree that parents often perform qiamullail worship or night prayers. The mean score obtained was 3.10 indicating a relatively high level of agreement, but the percentage of agreement of 81.2% indicates that although many agree, there are still some respondents who disagree. The research findings show that parents have an important role in shaping qiamullail practices in families. With strong support from parents, children can understand and appreciate the importance and benefits of this practice and make it an important part of their lives.

Therefore, the role of parents in reminding children about Islamic holidays is important in strengthening religious identity and love for Islamic values among the younger generation. Holidays such as Hari Raya Aidilfitri, Hari Raya Aidiladha and Malam Nisfu Sya'ban are moments that have deep meaning in Islam, and knowledge about the specialness and wisdom behind each day needs to be conveyed perfectly to children. Parents have an important role in providing lessons about Islamic holidays to their children through various means. In the study conducted, it was found that almost all respondents agreed that parents play an important role in reminding them about Islamic holidays. The high mean score of 3.60 indicates strong support for the statement. Interestingly, the agreement value of 98.1% indicates a high level of agreement among respondents regarding the role of parents in conveying the values and meaning of religious days to children. The importance of teaching about Islamic holidays by parents lies in the formation of a deep understanding and appreciation of the values and traditions of Islam. By reminding children of the meaning and wisdom behind each big day, parents help children to understand the importance and foster a sense of attachment and appreciation for the Islamic religion and culture.

Parents play an important role in giving advice to their children through a loving and patient approach. This is done by listening carefully, understanding the child's needs and circumstances, and providing deep and authoritative insight. With a positive and persistent approach, children can accept advice better. In the study conducted, the findings showed that almost all respondents agreed that parents play an important role in giving them advice at the right time and in the right situation. The high mean score of 3.59 shows strong support for the statement. Interestingly, the agreement value of 97.3% shows a high consensus among respondents about the importance of the role of parents as advisors in their lives. The importance of advice given by parents at the right time and situation lies in its positive impact on the development of the child's personality and awareness. By giving the right advice at the right time, parents can ensure that children can appreciate and practice the values given (Al-Ghazali, 2000).

Moreover, parents need to build friendly and open relationships with their children through a discussion process before making decisions. This can be done by giving children space to voice their opinions, listening carefully and providing appropriate advice and guidance. By involving them in the discussion process, children can learn to make mature and responsible decisions and feel part of the process. In the study, it was found that the majority of respondents agreed that parents also discuss with them before making decisions. The high mean score of 3.40 indicates strong support for the statement. Interestingly, the agreement value of 93.1% indicates a high consensus among respondents regarding the importance of parental involvement in the decision-making process for children. The research findings show that parents play an important role in forming a culture of discussion in the family before making decisions. With strong support from parents, children can understand the importance of

involving themselves in the decision-making process and feel that their opinions and views are valued.

In addition, parents also play an important role in conveying the values of care and welfare to their children through the examples and advice given. By paying attention to the circumstances of others and providing appropriate assistance, children will understand that acts of kindness are an important aspect in establishing harmonious relationships with other human beings (Suharto, 2011). Advice given by parents helps children understand that helping others is a noble act that needs to be done as part of human responsibility. In the study conducted, the findings showed that almost all respondents agreed that parents play an important role in advising children to like helping people in need, with an agreement value of 99.8% and a high mean score of 3.74. Therefore, it is important for parents to advise their children to like helping people in need because it helps shape the character of children who are empathetic and sensitive to the needs of others. This caring attitude is important in building a more united society that cares about the common welfare.

The importance of parents guiding children to be tolerant, especially in the family because the family is the core unit in society. The attitude of tolerance that is taught and practiced in the family will be the foundation for the same attitude in society more broadly. This is important to strengthen the unity and harmony of society as a whole (Zur Raffar, Hamjah, et al., 2021). In addition, parents also need to set an example and educate their children about the values of tolerance. They can do this by talking openly about values such as respect, accepting differences and resolving conflicts in a good way. In addition, parents can also practice tolerance in daily interactions with family members. In the study conducted, it was found that almost all respondents agreed that parents play an important role in guiding children to be tolerant, especially towards family members. The

findings showed that respondents agreed that parents guide them to be tolerant, especially towards family members, by recording a high mean score of 3.74 and an agreement value of 99.8%. Therefore, parents play a very important role in guiding children to be tolerant, especially towards family members. With parental support, children can understand and practice the values of tolerance in their lives, as well as form harmonious and friendly family relationships.

Parents need to guide their children to do good and avoid bad because the moral values instilled in children will become the foundation of their personality and behavior when they are adults (Kaharuddin & A. Malek, 2014). In this context, the role of parents as role models and responsible educators is very important. They need to ensure that the moral values taught to children are not only spoken, but also practiced in everyday life. With a loving approach and good examples, parents can shape children who have high moral awareness and are responsible in every action. The research findings show that respondents agree that parents guide them to do good and avoid bad by recording a high average score of 3.80 and an agreement value of 99.8%. Therefore, parents play a very important role in guiding children to do good and avoid bad. With strong support from parents, children can understand and practice good moral and ethical values in their lives, as well as form an ethical and noble society.

Although the percentage of the results of this study proves that spiritual elements are practiced highly in families in Malaysia and Indonesia, social problems involving teenagers still continue to occur, it is possible that other factors are also involved such as social, environmental, emotional and intellectual factors that play an important role in overcoming the problems of teenagers today. This can be suggested to future researchers to focus on other aspects of research such as social, emotional and intellectual to produce quality teenagers.

CONCLUSION

The results of the study are expected to help parents to strengthen their knowledge of parenting skills in providing education to children while updating their own knowledge and skills to become better parents according to Islam. Knowledge of parenting skills practiced in the family can guide families towards prosperity when parents and all family members, everyone, work to fulfill their responsibilities. This study also contributes knowledge to parties responsible for managing child, adolescent and family care, such as the Ministry of Women, Family and Community Development (KPWKM), Ministry of Youth and Sports (KBS), Ministry of Population and National Family Development. The Board of Directors (LPPKN), Ministry of Social Welfare (JKM), Department of Islamic Development Malaysia (JAKIM) and related NGOs implement the research findings through parent self-development programs towards family welfare.

This is also to fulfill the government's desire through the National Family Policy (DKN) and the Malaysian People's Welfare Index (IKRM) especially under the social sub-composite to ensure that community welfare is maintained in line with the national agenda. creating inclusive and balanced sustainable development towards achieving the Shared Prosperity Vision 2030 and towards a prosperous in Indonesia. This study suggests that further research should be conducted on adolescent education through social, emotional, intellectual and physical aspects because these aspects are interconnected in building holistic development for quality adolescents.

Author Contributions

Conceptualization: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Data curation: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Formal analysis: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Funding acquisition: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.;

Investigation: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Methodology: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Project administration: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Resources: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Software: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Supervision: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Validation: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Visualization: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Writing – original draft: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.; Writing – review & editing: I.N.A.Z.R., M.R.A., W.N., & N.N.N.D.. All authors have read and agreed to the published version of the manuscript.

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Informed Consent Statement

Informed consent was obtained from the respondents before the interviews.

Data Availability Statement

The data presented in this study are available upon request from the corresponding author.

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Conflicts of Interest

The authors declare that they have no conflicts of interest.

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