

## THE IMPACT OF INFORMAL FAMILY EDUCATION ON CHILDREN'S SOCIAL AND EMOTIONAL SKILLS

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### **Abstract**

This study aims to examine the impact of informal education provided by families on children's social and emotional skills. Informal education includes daily interactions, guidance and support provided by parents and other family members. The results show that informal education in the family environment has a significant influence on children's social development, including communication, cooperation and conflict resolution skills. Children learn social norms and interpersonal skills through the example set by family members, which helps them establish harmonious and effective relationships. In addition to social aspects, informal education also plays an important role in children's emotional development. The emotional support and care provided by the family helps children feel safe and valued, which is important for their emotional health. Through parental guidance, children learn to recognize, express and manage their emotions. The family's role in encouraging children to explore their interests and talents also enhances children's self-confidence and self-esteem. Overall, this study underscores that informal education within the family provides a strong foundation for children's social and emotional development, better preparing them to face the challenges of life.

**Keywords:** Informal Family Education, Social, Emotional Skills of Children

### **Introduction**

Informal family education plays a very important role in children's development, especially in social and emotional skills. In the family environment, children learn through daily interactions with family members, which gives them the opportunity to understand values such as honesty, responsibility, hard work and empathy. (Aslan, 2017). As this informal education is continuous and unstructured, it allows children to learn in a comfortable and familiar environment, which makes it easier to accept and practice these values. In addition, parents and other family members can provide role models that children can emulate, which is very effective in the learning process. (Aslan, 2019).

In addition, informal education in the family also helps children develop emotionally and socially. Children who receive emotional support from their families

tend to develop high self-confidence and better social skills. For example, when children experience difficulties or failures, support and guidance from the family can help children overcome these challenges in a positive way. (Manning, 2020). Family interactions also provide children with opportunities to practice communication skills and learn how to interact with others in a respectful manner. All of this provides a strong foundation for children to succeed in life beyond their family environment. (Hasan et al., 2023).

Hence, the importance of education in the family because it includes daily interactions, values taught, and behavior modeled by parents and other family members. These are the main foundations that shape a child's character and personality from an early age. (Lin, 2021).

Children learn a lot from their family environment. They observe and imitate the behavior of their parents and other family members. Through this process, children learn about empathy, cooperation, communication and other important social skills. In addition, the emotional support provided by the family also greatly influences children's emotional development, helping them manage their feelings and face challenges (Plucker & Dilley, 2021). (Plucker & Dilley, 2021).

Formal education received at school is often not enough to develop children's social and emotional skills. Schools focus on academic aspects, while social and emotional skills are often neglected. Therefore, informal family education is becoming increasingly important to fill this gap (Minty, 2021). However, not all families have the same ability or knowledge to provide effective informal education. There are various factors that influence this, such as parents' educational background, economic conditions and family dynamics (Jen, 2020). (Jen, 2020).

Families that provide children with a good education and strong emotional support have better social skills and are better able to deal with stress and pressure. They also tend to have higher levels of self-confidence and healthier interpersonal relationships. Conversely, children who do not receive support or experience emotional instability in the family are likely to face a variety of social and emotional problems. (Hapsari et al., 2023)..

Therefore, this study aims to understand how family interactions and parenting patterns influence children's development in these aspects. It also aims to identify factors that support or hinder effective informal family education.

## **Research Methods**

The study in this research uses the literature research method, which is an approach used to collect, review, and analyze information that already exists in the literature relevant to the research topic. This method is often used to build a theoretical foundation, identify research gaps, and develop research questions. (Firman, 2018); (Suyitno, 2021); (Jelahut, 2022).

## **Results and Discussion**

### **Definition and Concept of Informal Education**

Informal education is a learning process that takes place outside the formal and non-formal education structure, where individuals acquire knowledge, skills and values through daily experiences and interactions with the surrounding environment. (L., 2021). This education can occur through family, community, friends, or mass media activities, and is not bound by a standardized curriculum or teaching methods. Informal education is often considered a flexible and natural way to learn, as it allows individuals to learn in a context relevant to their personal interests and needs. (Yuliwarto & Satiningsih, 2023)..

Elements of informal education in the family include unstructured but effective learning practices in the home environment. Daily interactions between family members, such as discussions, storytelling and shared activities, play an important role in the formation of values, norms and life skills. (Benner, 2020). Parents and other family members often serve as role models, modeling good behavior, ethics, and ways of thinking. Emotional support and encouragement from the family also facilitate the development of children's self-confidence and independence. In addition, families often introduce children to activities that can enrich their knowledge and skills, such as shared reading, educational games, hobbies, and participation in family or community events. (Coughlin, 2023).

Formal education is a well-structured and organized type of education, usually held in educational institutions such as schools and universities. This education follows a curriculum that has been set by the government or certain educational institutions, has a consistent schedule, and involves evaluation through formal examinations or assessments. (Abdullah et al., 2020). Formal education focuses on providing academic knowledge, technical skills, and official qualifications recognized by the state or accreditation bodies. Examples of formal education include primary, secondary, and higher education (Marín-López & Zych, 2023)..

Non-formal education, on the other hand, is more flexible and usually takes place outside the formal education system. This type of education includes training programs, courses or workshops designed to meet specific skill or professional development needs. (Aprianto et al., 2023).. Non-formal education does not always follow a rigid curriculum and is often tailored to the needs of participants. This allows participants to learn at a more flexible time and place. Examples of non-formal education include job skills training, language courses, leadership development programs and community classes. (Hanim et al., 2021).

Informal education is a learning process that occurs naturally in everyday life without a formal structure or curriculum. It is more lifelong and often unplanned, occurring through everyday interactions with family, friends and the surrounding

environment. Informal education includes the cultivation of cultural values, ethics and life skills through direct experience, observation and conversation. (Przybysz, 2022). For example, a child learns about social and moral behavior from parents or learns practical skills such as cooking from family members. Informal education is the most flexible of these three types of education and plays an important role in shaping an individual's character and personality (Wu et al., 2023). (Wu et al., 2023).

In conclusion, formal, non-formal and informal education have complementary roles in shaping an individual's knowledge, skills and character. Formal education provides a clear structure and official qualifications through educational institutions such as schools and universities. Non-formal education offers flexibility and adaptability with courses and training tailored to participants' specific needs, often outside of rigid time and place frames. Meanwhile, informal education occurs naturally in daily life through interactions and experiences, playing an important role in the formation of values and basic life skills. These three types of education together form a comprehensive education ecosystem, allowing individuals to continue learning and developing throughout their lives in a variety of contexts and ways.

### **Children's Social Skills**

Children's social skills are a set of skills that enable children to interact effectively and positively with others in a variety of social contexts. These abilities include aspects such as verbal and non-verbal communication, empathy, cooperation, conflict resolution ability, and listening and sharing skills. (Kochubei, 2023). Children who have good social skills are able to build healthy and meaningful relationships with peers, family members and other adults. They also tend to adjust more easily to new social environments and have higher confidence in interacting with others. (Takizawa et al., 2023)..

Developing social skills in children is important for their emotional and psychological growth. These skills help children to understand and respond to the feelings and perspectives of others, which in turn supports the development of empathy and respect. (Desiningrum, 2022). Children with good social skills tend to have higher levels of life satisfaction, better academic performance, and higher quality relationships in the future. Parents, educators and the environment play a key role in helping children develop these social skills through modeling, guidance and opportunities to practice in a variety of social situations. (Irvan et al., 2022)..

A child's social skills are influenced by various interrelated factors that shape their social experiences and skills. One of the main factors is the family environment. Interactions between children and their family members, especially parents and siblings, provide the initial foundation for social learning. (Brînzea, 2022). Parenting style, communication within the family, as well as behavioral examples provided by parents play an important role in shaping children's social skills. For example, parents

who provide a supportive environment, give attention, and teach social skills directly or indirectly, can help children develop better social skills (Bowe et al., 2021). (Bowe et al., 2021).

In addition to the family environment, other factors such as the school environment, peers and the media also have a significant influence. Schools provide a place where children can interact with a variety of individuals from different backgrounds, which can help enrich their social experiences. Peers are often a major source of social support and learning of social skills, such as cooperation, compromise, and managing conflict (Tsantefski et al. (Tsantefski et al., 2020).. Media, such as television, internet and social media, also have influences, both positive and negative, depending on the content children consume. Adult supervision and guidance are essential in helping children navigate media influences in a healthy way (Burns et al., 2021). (Burns et al., 2021).

### **Children's Emotional Ability**

Children's emotional capability refers to their capacity to understand, manage and express their emotions in a healthy and adaptive manner. This includes various aspects, such as self-awareness of one's own emotions, the ability to recognize and understand the emotions of others (empathy), and the ability to control emotions in different situations. (Rachman et al., 2023).. Children who have good emotional skills are able to respond to daily challenges in constructive ways, reduce stressful situations, and maintain positive interpersonal relationships. They are also better prepared to deal with mental and emotional stress, whether at home, at school, or in other social environments. (Hess, 2021).

The development of emotional skills in children plays an important role in their psychological and social well-being. Through these skills, children can learn how to express their feelings in appropriate ways, such as talking about their emotions rather than acting impulsively or aggressively. In addition, understanding and managing emotions helps children to deal with and resolve conflicts and improve adaptability in various situations. (Suharsiwi & Pandia, 2020). The role of parents, educators, and a supportive environment is crucial in this process, as with the right support and example, children can develop the emotional skills they need to become balanced and resilient individuals (Giorgis, 2023). (Giorgis, 2023).

Children's emotional abilities are influenced by various interrelated factors and their contribution to children's emotional development. One of the main factors is parenting and family relationships. Affectionate parenting, empathy, and open communication between parents and children can help children develop emotional awareness and emotional regulation skills. (Hébert, 2021). Parents who often talk about emotions, listen to children's feelings, and model how to manage emotions in a healthy way, provide a strong foundation for children to develop emotional abilities. In addition,

secure and stable relationships with parents and siblings also provide a sense of emotional security that is important for children's development. (Farber, 2021).

In addition to the family environment, other factors such as the school environment, social experiences and media also play a significant role. A supportive school environment where children feel valued and heard helps in the development of emotional abilities. Teachers who are sensitive to students' emotional needs and who teach social and emotional skills explicitly also contribute positively. (Yuliwarto & Satiningsih, 2023). Interaction with peers is also important, as it helps children learn about empathy, cooperation and how to resolve conflicts. Media, such as books, television and interactive games, can also be learning tools, provided the content supports positive emotional development. Support from these various environments contributes to helping children develop healthy and balanced emotional skills. (Treat, 2021).

### **The Role of the Family in Informal Education**

The influence of parents in the development of children's emotional skills is crucial. Responsive and loving parents can create a safe and supportive environment for children to explore and express their emotions. (Wu & Zhang, 2024). When parents demonstrate empathy, the ability to listen, and healthy ways to manage their own emotions, children will imitate these behaviors and learn important emotional skills. In addition, parents who talk openly about feelings and teach children to identify, understand, and express their emotions, provide a strong foundation for children to develop emotional intelligence. (Rahm, 2021).

Siblings also play an important role in a child's emotional abilities. Daily interactions with siblings offer opportunities for children to learn to share, cooperate and resolve conflicts. Through these relationships, children learn about empathy, tolerance, and how to express and manage emotions in the context of a close and ongoing relationship. In addition, siblings are often the place where children share their feelings and get emotional support (Roque, 2023). Conflicts that arise between siblings, if managed with parental guidance, can become valuable lessons in conflict resolution and emotional control.

The general family environment also affects a child's emotional development. A harmonious family, where there is strong emotional support and healthy communication, helps children feel safe and accepted. Conversely, a family environment that is full of conflict or lacks emotional support can affect children's ability to manage and express their emotions. (Benitez-Lopez & Ramos-Loyo, 2022).. Consistent family structures and routines also provide an important sense of stability for children. In addition, family engagement in shared activities such as playing, talking and sharing positive experiences can strengthen emotional bonds and provide children

with multiple opportunities to learn social and emotional skills in a supportive and positive context (Wong et al., 2024). (Wong et al., 2024).

The role of parents in children's development cannot be separated from their role as first and foremost educators. Parents teach basic values, social norms, and ethical behaviors that will shape children's character throughout their lives. Through daily interactions, parents guide children on how to behave well, show empathy, and deal with challenges and failures. (TOK, 2023). Parents also provide direct examples of how to behave in various situations. As children observe their parents' behavior and responses to the world around them, they learn about the importance of honesty, responsibility, and kindness. (Ma, 2022).

In addition to being educators, parents also serve as key supporters in children's emotional development. When parents provide emotional support, children feel safe and accepted, which is an important foundation for building self-confidence. (Khoshimov, 2024). Open communication between parents and children helps children to express their feelings honestly and develop healthy emotional skills. Parents who are actively involved in their children's emotional lives are able to help them deal with disappointment, stress, and other challenges in a constructive way. (Liem & Chua, 2021).

On the other hand, parents also play a role in providing opportunities and environments that support children's physical and intellectual development. When parents create a loving home environment, support learning activities, and encourage children to explore their interests and talents, children feel motivated and have high curiosity. (Olszewski-Kubilius, 2021).. Parents who provide support in terms of education, such as helping children with homework, reading together, or facilitating various creative and physical activities, help children develop important cognitive and motor skills. Thus, parents serve not only as supportive figures, but also as key facilitators of children's holistic development (MacFarlane & Honeck, 2021). (MacFarlane & Honeck, 2022)..

### **The Relationship between Informal Education and Social and Emotional Development**

Informal education plays an important role in children's social and emotional development. Informal education encompasses a wide range of interactions and experiences that occur outside of formal environments such as schools, including the home, neighborhood and community. Through informal education, children learn many things from their parents, siblings, friends and even the media (Afni et al., 2024). (Afni et al., 2024).. This learning includes social skills such as communicating, cooperating, and resolving conflicts, all of which are essential for functioning in society. (Akaroğlu, 2022).

Daily interactions with family and friends give children the opportunity to learn about various social aspects naturally and without pressure. For example, when children play with their friends, they learn about sharing, compromise and empathy. They learn to understand other people's perspectives and develop the ability to establish healthy

and cooperative relationships. This informal education also often involves guidance or correction from parents or other adults, which helps children understand and apply prevailing social norms. (Xia, 2024).

In addition to social aspects, informal education plays a significant role in children's emotional development. Children who receive emotional support from their environment tend to feel more secure and valued. This support helps children learn to recognize, express and manage their emotions. (Ulfadhilah & Munastiwi, 2021). For example, parents who talk openly with children about their feelings and offer support when children face challenges, help children develop strong emotion management skills. The child learns that their feelings are valid and that they have constructive ways to cope with these feelings. (Davidson, 2020).

Furthermore, informal education rich in positive experiences and emotional support can help build a child's self-confidence and healthy sense of self-worth. When children feel valued and supported in exploring their interests and talents, they are more likely to feel capable of facing challenges and feel more confident in themselves. (Panyan & Changbo, 2023).. This support comes not only from the family but also from the community which provides various opportunities for children to engage in activities such as sports, arts or other social activities. Thus, informal education becomes a solid stepping stone in children's social and emotional development, helping them grow into balanced individuals who are able to adapt well in the wider society (Burns et al., 2021). (Burns et al., 2021).

## **Conclusion**

Informal education provided by the family has a significant impact on children's social and emotional abilities. Through daily interactions with family members, children learn social skills such as communication, cooperation and conflict resolution. In addition, children also gain an understanding of social norms and develop the ability to establish healthy and cooperative relationships. Guidance and correction from parents or other adults in the family environment help children understand and apply this knowledge in practical and relevant ways in everyday life.

On the emotional side, the support and care provided by the family helps the child feel safe and valued, which is an important foundation for healthy emotional development. Children learn to recognize, express and manage their emotions with guidance from parents or caregivers. By feeling supported in exploring their interests and talents, these children develop confidence and a high sense of self-worth. Overall, informal education in the family provides a strong foundation for children to grow into balanced, adaptable individuals who are ready to face various challenges in their social and emotional lives.

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