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Child Care Pattern Model: A Nursing Science and Islamic Education Perspective

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Abstract

Parenting plays an important role in shaping the character and health of children physically, mentally, and spiritually. This study aims to formulate a holistic parenting model by integrating nursing science and Islamic education approaches to address modern parenting challenges. This study used a qualitative method with a case study design, involving four participants, consisting of pediatric nurses and Islamic religious educators. Interviews showed that both nursing science and Islam emphasize the importance of meeting children's needs holistically through love (*asih*), physical care (*asuh*), and intellectual-social stimulation (*asah*). Meanwhile, Islam adds spiritual values and role modeling through prophetic parenting. The democratic parenting model is the most appropriate because it encourages two-way communication, empathy, and value-based discipline. Nurses play an important role in assisting parents through contextualized and collaborative education. The findings conclude that the integration of nursing and Islamic values in parenting can create a generation that is physically healthy, mentally strong, and noble. This research is expected to be a practical reference in local value-based parenting that is relevant to the context of Indonesian society.

Keywords: parenting model, pediatric nursing, holistic parenting, Islamic education, Prophetic parenting

Abstrak

Pola asuh orang tua memegang peran penting dalam membentuk karakter dan kesehatan anak secara fisik, mental, serta spiritual. Penelitian ini bertujuan merumuskan model pola asuh holistik dengan mengintegrasikan pendekatan ilmu keperawatan dan pendidikan Islam sebagai respon terhadap tantangan pengasuhan modern. Studi ini menggunakan metode kualitatif dengan desain

studi kasus, melibatkan empat partisipan yang terdiri dari perawat anak dan pendidik agama Islam. Hasil wawancara menunjukkan bahwa baik ilmu keperawatan maupun Islam menekankan pentingnya pemenuhan kebutuhan anak secara menyeluruh melalui kasih sayang (asih), perawatan fisik (asuh), dan stimulasi intelektual-sosial (asah). Sementara itu, Islam menambahkan nilai-nilai spiritual dan keteladanan melalui prophetic parenting. Model pola asuh demokratis dinilai paling sesuai karena mendorong komunikasi dua arah, empati, serta kedisiplinan berbasis nilai. Perawat berperan penting dalam mendampingi orang tua melalui edukasi yang kontekstual dan kolaboratif. Temuan ini menyimpulkan bahwa integrasi keperawatan dan nilai-nilai Islam dalam pola asuh mampu menciptakan generasi yang sehat secara jasmani, kuat mental, dan berakhlak mulia. Penelitian ini diharapkan menjadi acuan praktis dalam pengasuhan berbasis nilai lokal yang relevan dengan konteks masyarakat Indonesia.

Kata Kunci: model pola asuh, keperawatan anak, parenting holistik, pendidikan islam, prophetic parenting

Introduction

Parenting plays a crucial role in shaping a child's character, mental health, and spiritual well-being.¹ Ideally, parenting practices should integrate physical and psychosocial health with religious values that serve as a moral compass in life.² However, many parents today still adopt authoritarian or permissive parenting styles without considering spirituality or health-oriented approaches.³ This can lead to imbalanced child development, manifested in behavioral issues, mental health disorders, and even stunting.⁴ The lack of an integrated approach that combines Islamic education with nursing science may contribute to weak character development and poor health outcomes from an early age.⁵ As a result, younger generations tend to lack resilience, empathy, and both spiritual and physical discipline.⁶ To address this issue, there is a need for a

parenting model that synergizes nursing principles—such as promoting mental and physical health—with Islamic values, including *tawhid*, *akhlak*, and *adab*.⁷ This study is therefore significant, as it offers a meaningful contribution to the development of a holistic parenting model that aligns with Islamic values and addresses modern child health needs.^{8,9}

The study by Purnama et al.,⁹ Explored the influence of parenting styles and religious beliefs on children's behavior, with digital literacy as a mediating variable. Their findings revealed that religiosity was correlated with authoritarian parenting and negatively impacted children's digital literacy. However, their model did not incorporate aspects of nursing or Islamic education. In another study, Kong and Yasmin¹⁰ Examined the relationship between parenting style and early childhood learning outcomes, with parental

self-efficacy as a mediating factor. They concluded that authoritative parenting had a positive impact on children's academic achievement, yet their study did not address religious or health-related dimensions comprehensively. Meanwhile, research conducted by Rusuli, Fuady, and Daud¹¹ Highlighted the uniqueness of Islamic parenting values, but did not include interdisciplinary approaches such as nursing in their discussion. At the national level, Saimun, Hanafi, and Nuansari¹² Found that parenting grounded in Islamic values had a significant influence on children's social development in West Nusa Tenggara (NTB), although their work did not present an integrative, cross-disciplinary model. In response, this study offers an innovative approach by developing a parenting model based on the integration of nursing science and Islamic education. In contrast to Purnama et al.'s¹³ The study, which only highlighted the effect of religiosity on parenting styles and digital literacy, this study expands the scope by considering overall health aspects. Kong and Yasmin¹⁴ Research did discuss the relationship between parenting styles and children's learning outcomes, but did not link it to Islamic values. Meanwhile, Rusuli, Fuady, and Daud¹⁵ Were more conceptual and did not develop a practical model based on cross-disciplinary integration. Saimun et al.¹⁶ Have shown a significant

effect of Islamic parenting on children's social development, but have not touched on the comprehensive health aspects of nursing. Kong and Yasmin¹⁷ Research did discuss the relationship between parenting styles and children's learning outcomes, but did not link it to Islamic values. Meanwhile Rusuli, Fuady, and Daud¹⁸ The research was more conceptual and did not develop a practical model based on cross-disciplinary integration. Saimun, Hanafi, and Nuansari¹⁹ Have shown the significant influence of Islamic parenting on children's social development, but have not comprehensively touched on the health aspects of nursing. Thus, the main novelty of this study.

Method

This research uses a case study design method with a qualitative approach. Qualitative design is used to understand experiences, values, and parenting from the perspective of nursing science and Islamic education. The case study design was used to examine the parenting model from the perspective of Islamic education and nursing science. The participants in this study were 4 people, consisting of 1 pediatric nurse from the Cimalaka area health center, 1 pediatric nurse from the Bogor district health center, 1 ustadz from AN-NUUR Islamic boarding school (Sumedang), and 1 ustadzah from Salafiyah Miftahul Jannah Islamic boarding

school (Cimalaka). Primary data were obtained from interviews, while secondary data were obtained from a literature review of relevant articles. Data collection techniques by conducting semi-structured interview sessions conducted for one time for each resource person on April 16 to 23, 2025. For 2 clerics and 1 nurse, interviews were conducted directly, and for 1 nurse through Zoom. The instrument used in this research is a voice recorder as a sound recording device.

Result and Discussion

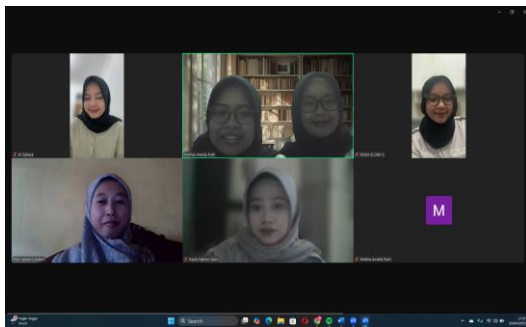


Figure 1. A Pediatric Nurse from the Bogor District Health Center



Figure 2. Pediatric Nurse from the Cimalaka Area Health Center



Figure 3. Ustadz from AN-NUUR Islamic Boarding School (Sumedang)



Figure 4. Ustadzah from Salafiyah Miftahul Jannah Islamic Boarding School (Cimalaka)

The Concept of Parenting in Nursing and Islamic Perspectives

The concept of parenting from the perspective of Islam and nursing science both emphasize the importance of a comprehensive and value-based approach to educating children from an early age. In Islam, the Qur'an and Hadith serve as the primary sources of guidance in shaping children's character and noble morals. One widely adopted approach is prophetic parenting, a parenting model inspired by the methods of the prophets in raising their children. This approach emphasizes compassion, exemplary conduct, and the instillation of tawhid (monotheistic values)

as the fundamental basis for moral and spiritual development.²⁰ Islamic parenting is manifested through the habituation of good behavior, consistent religious instruction, and the involvement of children in positive activities such as dakwah (religious outreach) and pengajian (Islamic study groups). These practices serve to strengthen children's spirituality and reinforce their social values.²¹ In the field of nursing, parenting is viewed as part of a holistic approach encompassing emotional (asih), physical (asuh), and intellectual-social (asah) aspects, all of which must be balanced to support the optimal growth and development of children.²² Holistic leadership in nursing, which integrates analytical, conceptual, emotional, and spiritual dimensions, also contributes to enhancing healthcare professionals' competence in supporting the parenting process. Furthermore, a humanistic approach reinforces parenting efforts by tailoring care to the child's developmental stage and individual needs.²³ Nurse 1 stated from the observation, “*The concept of parenting in nursing refers to the role of parents in guiding and educating their children by fulfilling three fundamental needs: affection (asih), care (asuh), and educational stimulation (asah).*” The concept of parenting in nursing focuses on how parents guide and educate their children by fulfilling their basic needs through the *asih*, *asuh*, and *asah* framework, which supports mental and

social development. In the context of child development, parenting includes meeting physical needs, such as providing adequate nutrition, as a primary responsibility of the parents. *Asih* refers to the fulfillment of emotional needs, including love and support, while *asah* involves parents' attentiveness to the child's social environment to foster their personal and social growth.

As conveyed by Ustadz in Figure 3, Islam views children as "blank paper", and it is the parents who shape them through the teaching of manners (adab) and moral values. As expressed: “*Al-'ilm fawqa al-adab*,” meaning “Knowledge is beneath manners.” Ustadzah 2 (refer to Figure 4) further added: “*العلم فوق الأدب*” “Knowledge is beneath manners”. Ustadzah 2 (refer to Figure 4) further added:

“*الأم مدرّسة الأولى، والأب مُديرُها...*”

Al-ummu madrasatul ula, wal abuu mudiiruha.

This means, "The mother is the first school, and the father is its principal."

Mothers and fathers have the primary role as the first teachers who impart values, norms, morals, manners, character, and mental development. Parenting in Islam includes providing good examples, advice, care, and supervision, as well as instilling positive morals and behaviors. Thus, the concept of parenting in both Islamic

perspectives and nursing emphasizes a holistic approach based on core values. Islam focuses on the education of manners, role modeling, and spirituality through prophetic parenting, while nursing highlights the balanced fulfillment of children's basic needs: *asib* (emotional), *asub* (physical), and *asab* (intellectual-social). Both perspectives regard parents as the primary figures in shaping children's character and development from an early age.

The Impact of Parenting Styles on Physical and Psychological Health

Parenting methods have a significant influence on children's mental health and development. Four commonly recognized parenting styles are democratic, authoritarian, permissive, and neglectful.²⁴ Among these styles, the democratic approach which emphasizes positive interaction and mutual respect between parents and children has been shown to offer substantial benefits for children's mental well-being.²⁵ Studies of adolescents have also found a strong link between parenting style and their mental health.²⁶ Studies on adolescents have also found a strong correlation between parenting styles and their mental health condition²⁷. Different parenting approaches have been shown to influence not only emotional aspects but also children's physical development and personality formation.²⁸

These findings indicate that the role of parents is not limited to fulfilling physical needs, but also plays a crucial part in shaping children's mental health and character in a holistic manner.

The nurse stated that several factors strongly influence parenting styles, particularly children's physical and mental health. She explained that the age of the parents also plays a significant role, noting that *"...if they are too young, they may not be ready, and this can affect the child's mental well-being."* In addition, parental involvement in childcare and the quality of the marital relationship are also key factors. She stated, *"...if parents are too stressed and too focused on work, it will affect the child's mental well-being."* Educational background and parenting experience are also crucial factors. As one nurse explained, *"...when we first have children and lack sufficient experience, we need to learn to become prepared parents."* Meanwhile, Nurse 2) emphasized the importance of emotional support from parents. She also highlighted the need for parental sensitivity in responding to children, stating, *"...if a child tries to share something and the parent is indifferent, it can harm the child's mental well-being."* These statements underline that emotional readiness, active involvement, and responsive communication are essential components in developing a parenting style that supports children's physical and mental health.

In a religious context, Ustadzah 2 (figure 4) emphasized the importance of balance: “Islam teaches compassion through acts of charity, and discipline through the observance of prayer times.” In relation to physical and mental health, Allah Subhanahu wa Ta’ala states in Surah An-Nisa [4]:9:

وَلْيَخْشَ الَّذِينَ لَوْ تَرَكَوْا مِنْ خَلْفِهِمْ ذُرِّيَّةً ضِعَفًا خَافُوا
عَلَيْهِمْ ۚ فَلْيَتَّقُوا اللَّهَ وَلْيَقُولُوا قَوْلًا سَدِيدًا

And let those [executors and guardians] fear [injustice] as if they [themselves] had left weak offspring behind and feared for them. So let them fear Allah and speak words of appropriate justice.”
(Surah An-Nisa [4]:9)

This verse implicitly emphasizes that Islam places great importance on safeguarding future generations, including in terms of physical and mental health. When Allah mentions “*dzurriyyatan dhi’afan*” (weak offspring), it does not only refer to economic vulnerability, but also includes physical, mental, and spiritual weakness. Therefore, Islamic teachings encourage parents to raise their children in an environment that promotes both physical and spiritual well-being through proper nutrition, love and affection, balanced education, and honest, compassionate communication. Through *taqwa* (God-consciousness) and truthful speech, parents can build a nurturing environment that supports optimal child development. The

negative impacts of poor parenting can be observed in behaviors such as social withdrawal, low self-esteem, and excessive tantrums. Thus parenting practices have a profound effect on children's physical and mental health. Maintaining balance in parenting is essential to ensure a child's overall well-being. The Qur'an, in Surah An-Nisa [4]:9, reminds us not to leave behind a fragile generation economically, physically, or spiritually.

The Role of Nurses in Educating and Promoting Healthy Parenting Practices

Nurses serve a crucial role as educators by guiding parents in adopting parenting methods that promote their children's health. By fostering a collaborative relationship, nurses go beyond simply sharing information; they support parents in building knowledge and skills that align with the unique needs of each family.²⁹. In various healthcare settings, such as community clinics and hospitals, nurses cultivate a nurturing atmosphere that empowers parents to overcome parenting challenges while ensuring their children's health is optimally maintained.³⁰. Health education becomes a daily activity for nurses, especially when they actively identify the health needs and priorities of children and parents.³¹. However, nurses also face obstacles such as concerns about the confidentiality of information. The level of

education and work environment also influence how nurses carry out this role optimally.³² Ultimately, partnerships between nurses and parents are key to building evidence-based parenting strategies that have a positive impact on children's growth and health³³.

Nurse 1, as shown in Figure 1, stated that parents must start with themselves: “...*if you want good children, parents must first be good role models.*” The role of nurses is to encourage this transformation through relevant education. When education is delivered using religious and local value-based approaches, messages about healthy parenting are more easily accepted. This emphasis on role modeling becomes even stronger when education is provided through religious and cultural frameworks, making healthy parenting messages easier to understand and internalize. In practice, nurses do not merely convey health knowledge but also invite parents to self-reflect and improve themselves for the benefit of their children. This collaboration fosters parenting practices that support not only children's physical and mental health but also their character and spirituality in a holistic manner.

Nurses are also expected to adapt their educational strategies to fit the socio-economic conditions of the families they serve. As highlighted by Nurse 2 this

includes offering practical, low-cost solutions such as utilizing local ingredients to prepare healthy meals. These insights underline the strategic role of nurses in guiding parents toward healthy parenting through education that is contextually appropriate, collaborative, and impactful. In addition to providing health-related information, nurses encourage positive behavioral changes by promoting role modeling and integrating spiritual values. Combining nursing care with religious teachings and local cultural perspectives has proven to be a more effective approach in shaping parenting practices that holistically support children's physical, psychological, and spiritual development.

The Ideal Parenting Model According to Nursing and Islam

Both the perspective of nursing science and Islamic education tend to support the democratic parenting model as an ideal approach. Research conducted by Budiyanthi et al.³⁴ Where the democratic parenting model was chosen more by respondents because they realized that the best way to care for children today is to give children the opportunity to express creativity and make their own decisions, but still with supervision. Children raised with democratic parenting tend to be better able to manage their emotions and development during their growth and development stages.

The ideal parenting style applies a democratic approach but still upholds the principles of universal and absolute values, especially those related to Islamic religious education because they affect children's religious behavior.³⁵ This model provides space for two-way communication between parents and children, recognition of children's rights, and learning responsibility. This pattern creates a healthy parenting atmosphere and supports children's overall emotional, cognitive, and social development.³⁶

According to Nurse 1, *"Democratic parenting provides balanced rights and obligations so that children develop both mentally and socially."* Ustadz added in Figure 3, *"The most in line with the principles of Islamic education is democratic parenting, which provides space for children to express their wishes, while parents play a role in considering and determining the best choice."* Ustadzah 2 also emphasized: "of course, the democratic parenting model is more appropriate because this pattern emphasizes two-way communication, recognition of children's abilities and knowing limits". This is also supported by Ustadz (Figure 3) who emphasized: *"Speaking from the heart will reach the heart. Don't make the child an object of venting, but give him space to be heard."* This view reinforces that the democratic parenting model reflects Islamic teachings that emphasize the importance of justice and compassion.

The model of authoritarian and permissive parenting, although sometimes necessary in certain situations, can lead to imbalances in the growth of children if applied continuously. The Prophet (SAW) also modeled a gentle yet firm, fair yet loving parenting style. The hadith about Fatimah shows his justice: "Had Fatimah stolen, the Prophet himself would have cut off her hand." Thus, a democratic parenting model that emphasizes communication, morals, and boundaries is the model that is most in line with nursing and Islamic values.

Integration of Islamic Values and Nursing in the Challenges of Modern Parenting

Parenting in the modern era faces significant challenges, ranging from the influence of digital media to changes in social values, and shifts in parental roles³⁷. In this context, the incorporation of Islamic values and nursing approaches is crucial in shaping healthy and holistic parenting. The nursing perspective emphasizes the balance of children's physical, emotional, and social needs.³⁸ Meanwhile, the Islamic perspective focuses on developing children's emotional, intellectual, spiritual, moral, and social intelligence through the teachings of the Qur'an and exemplary behavior³⁹. Both are combined in a framework that strengthens each other in the face of various dynamics of modernization. The basic principle in

Islam that children are trusted is an important starting point for instilling character in children from an early age through certain approaches that are wise, disciplined, and loving.⁴⁰ As expressed in an Arabic proverb quoted by Ustadzah: "*Al-Ummu madrasatul ula, wal abu mudiiruha*" which means "Mother is the first school, and father is the principal". This emphasizes that ideal parenting requires collaboration of roles and noble values in the family.

The interview results show that Nurse 1 in Figure 1 emphasized the importance of understanding the age stages in parenting patterns divided into three stages: aged 0-7 years old children are treated lovingly like a king, aged 7-14 years old are directed with firmness, and at the age of 14-21 years old are given confidence to assume responsibility and develop independence. Pendekatan ini didukung oleh ustadzah yang mengutip prinsip Imam Ali bin Abi Thalib: "*Bermainlah dengan anakmu selama tujuh tahun pertama, didik dan disiplinkan selama tujuh tahun kedua, dan bersahabatlah selama tujuh tahun ketiga.*" . This approach is supported by ustadzah in Figure 4 who quotes Imam Ali bin Abi Talib's principle: "Play with your child for the first seven years, educate and discipline for the second seven years, and be friendly for the third seven years." In practice, modern nursing supports children's physical and psychosocial needs, as explained by Nurse 2

through education on healthy eating, emotional management, and establishing sleep routines. This integration is also reflected in the habituation of Islamic values such as prayer, reciting prayers, and loving and wise communication that shapes the child's personality.

The integration of Islamic values and nursing in parenting is the answer to the challenges of modernization without leaving the roots of spirituality and health. Nursing science equips parents with a scientific approach to child development, while Islam provides noble values such as love, discipline, and responsibility that must be instilled early. Ustadz 1 conveyed the Hadith of the Prophet SAW narrated by Abu Hurairah stating that "Every child is born in a state of fitrah; it is his parents who make it ..." emphasizing that the success of parenting is highly dependent on the active role and awareness of parents. In this context, the role of nurses as educators and mentors, as well as religion as a moral foundation, can synergize in creating a physically and mentally healthy generation amid challenging times.

Holistic parenting is a comprehensive process because it can improve children's well-being and prevent them from becoming victims of bullying.⁴¹ Holistic parenting is a type of parenting proposed by an Islamic educational figure,

Abdullah Nashih Ulwan, and later adapted by a researcher named Rahmawati in her scientific journal entitled "The Role of Holistic Education in Altruism and Bullying". Among various scholarly works that discuss parenting from an Islamic perspective, Ulwan's thoughts are considered the most comprehensive by most educators.⁴² In the holistic parenting approach, Ulwan emphasizes child education that focuses on two main aspects: strengthening the child's relationship with Islamic teachings and providing consistent advice and attention to the child. Based on findings from research conducted by Anisa et al.⁴³ Holistic parenting has an influence on parental self-confidence. The parenting pattern recommended by various groups to develop children's potential as a whole is a holistic parenting pattern. This holistic parenting approach is by the needs of parenting strategies and is important to be understood by parents who have early childhood.

The way of parenting applied by parents has an important contribution to the creation of a balance between children's physical and mental health. According to Gusti et al.⁴⁴, the type of parenting carried out by parents, be it authoritarian, democratic, or permissive, has a significant influence on children's emotional and mental development. Research by Fajar Amalia & Yani Syuhaimie Hamid,⁴⁵

Indicates that inappropriate parenting can increase the likelihood of mental health problems in children, such as anxiety and depression. In addition, other studies highlight that poor parenting, especially in terms of feeding and stimulation, can lead to physical health problems in children, such as stunting.⁴⁶ Furthermore, research by Oktariani,⁴⁷ revealed that toxic parenting can hurt children's growth and mental health. Therefore, the application of good and consistent parenting patterns is needed to support maximum child development, both physically and mentally

Nurses act as a link between health science and daily caregiving practices, especially in the context of family and children. As educators, nurses provide medical information and guide parents in applying the knowledge in daily routines, such as diet, physical activity, and growth monitoring⁴⁸. This role also includes providing motivation and emotional support to families, helping them understand the importance of holistic care that includes physical, emotional, and spiritual aspects⁴⁹. In addition, the nurse acts as a facilitator in improving the family's health literacy, enabling them to make informed decisions regarding the child's health. Thus, nurses not only act as health service providers but also as strategic partners in shaping a healthy and informative parenting environment. Democratic parenting is proven to be the

most effective approach in supporting the holistic growth and development of children, both from a nursing and Islamic perspective. In nursing, this parenting approach emphasizes a balance between the fulfillment of physical (nurture), emotional (asih), and intellectual-social (asah) needs, which is the main foundation for optimal child development.⁵⁰ This approach is in line with Islamic principles that emphasize love, modeling, and open communication between parents and children. Research by Kia & Murniarti,⁵¹ Shows that democratic parenting gives children the opportunity to express their wishes, while parents act as mentors who consider the best decisions. The advantage of democratic parenting lies in its ability to create a healthy nurturing environment that supports children's emotional, cognitive, and social development. In addition, it also encourages children's independence and creativity, as they are given the space to express themselves and make decisions, although still under parental supervision.

In the Islamic view, democratic parenting is closely aligned with the concept of prophetic parenting, which emulates the loving yet firm way of parenting of the Prophet Muhammad SAW. Handoko⁵² Argues that Islamic values such as honesty, discipline, and responsibility can be effectively instilled through a democratic approach because children are not only

ordered but also invited to dialogue and understand the reasons behind each rule. Democratic parenting also avoids the negative impact of authoritarian or permissive parenting. Authoritarian parenting, which is often associated with the use of violence and lack of affection, can cause children to lose confidence and have difficulty expressing themselves (Alivia Slsabila et al. 2024). Meanwhile, permissive parenting tends to make children lack discipline and have weak self-control⁵³. Sementara itu, pola asuh permisif cenderung membuat anak kurang disiplin dan memiliki kontrol diri yang lemah⁵⁴. In this case, democratic parenting offers a balanced solution by combining affection and discipline. Thus, democratic parenting not only supports children's physical and mental health but also shapes their character and spirituality.

Amid modern parenting challenges, the integration of nursing approaches and Islamic values is a strategic necessity to ensure parenting remains grounded in values, health, and spiritual resilience. The modern era brings various challenges, such as the influence of digital media, changing social values, and shifting parental roles. In this context, nursing science provides a scientific foundation to meet children's physical and psychosocial needs, while Islamic values provide a solid moral and spiritual foundation. This combination

ensures that children not only grow up physically healthy but also have strong spiritual strength. This integrated approach is very important in answering the challenges of modernization, which often weakens noble values in the family. Meanwhile, Islam emphasizes *adab* education, role modeling, and spirituality through the concept of prophetic parenting.⁵⁵ The collaboration between these two approaches allows parents to not only focus on their children's physical health but also on character-building and moral values. As the Hadith of the Prophet SAW narrated by Abu Hurairah states "Every child is born in a state of *fitrah*; it is his parents who make him...". This statement makes it clear that the role of parents is vital in shaping the character and development of children, and the integration of nursing and Islamic values can guide them in carrying out this role.

The integration of nursing and Islamic values also answers the need for adaptive parenting in changing times. Imam Ali ibn Abi Talib taught the principle of parenting based on age stages: "Play with your child for the first seven years, educate and discipline for the second seven years, and be friendly for the third seven years". This principle is in line with the nursing approach that adapts parenting to the child's developmental stage.⁵⁶ By uniting these two perspectives, parents can adopt adaptive parenting that is still based on Islamic

teachings, so that children can adapt to the times without leaving their spiritual identity. In the end, combining nursing principles and Islamic values in parenting is not only possible, but also a strategic step in shaping a generation that is healthy, strong in character, and resilient enough to face the challenges of the modern era.

Conclusion

Research proves that democratic parenting is the most ideal model, both according to nursing and Islamic views, because it can balance the physical, emotional, and social-intellectual needs of children. It prioritizes two-way communication, love, and discipline. This approach is considered effective in supporting children's overall development, while authoritarian and permissive parenting tends to hurt children's physical and mental health. Nurses play a strategic role as educators and facilitators in helping parents implement healthy parenting. Through a collaborative approach, nurses not only provide health science-based guidance but also integrate local and spiritual values to strengthen parenting. The integration of nursing and Islamic values provides a holistic solution to modern parenting challenges, such as the influence of digital media and changing social values. The nursing approach provides a scientific foundation for monitoring child

development, while Islam strengthens character building and spirituality through role modeling and moral values. As such, this research emphasizes the importance of a well-rounded and values-based parenting pattern, integrating nursing and Islamic education approaches as the key to forming a generation that is physically healthy, mentally strong, and noble. This collaboration not only fills a gap in the literature but also provides practical guidance for parents in Indonesia in dealing with the dynamics of parenting in the modern era.

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Endnotes

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