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Exploring the Implementation and Impact of Mindful Parenting in Indonesia: A Scoping Review

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Abstract. *The implementation of mindful parenting in Indonesia is increasingly gaining attention in the context of child development and family well-being. This research aims to provide a comprehensive overview of mindful parenting practices in Indonesia, along with their impacts. The method employed in this study was a scoping review. Several steps were undertaken in this scoping process following the PRISMA-ScR guidelines (PRISMA Extension for Scoping Reviews). The literature search was conducted on Portal Garuda, SINTA, DOAJ, Google Scholar and Semantic Scholar. Inclusion criteria consisted in this research, and 16 articles were selected for full review. Those 16 journal articles were categorized into four characteristics: 1) the implementation of mindful parenting; 2) the effects of mindful parenting; 3) mindful parenting related to parenting children with special needs; and 4) the relationship between mindful parenting and other variables in various context. The results of the scoping review indicate that Mindful Parenting: 1) reduces anxiety, parenting stress, and psychological burden for mothers; 2) improves subjective well-being, self-esteem, and cognitive abilities in parents; 3) is associated with Baumrind's parenting styles; 4) creates two key dimensions in parenting—being present and disciplining with awareness; 5) promotes children's independence and moral behavior; and 6) increases father involvement. The grand theories used in most of these articles are primarily based on Duncan and Bögels' theories. This scoping review demonstrates the significant benefits of developing and implementing mindful parenting tailored to the characteristics of Indonesians, making it possible to be implemented broadly.*

Keywords: *Mindful parenting; Indonesia; children with special need; scoping review.*

INTRODUCTION

Researchers are paying increasing attention to implementing mindful parenting in Indonesia in the context of child development and family well-being. Mindful parenting is an approach that involves parents bringing focused, non-judgmental awareness to their interactions with their children, thereby fostering empathetic, attuned responses and promoting healthy family relationships. This approach aims to improve the quality of parent-child interactions, promote positive emotional and behavioral development in children, and reduce parental stress (Pakdaman, 2014).

In Indonesia, awareness of mindful parenting is growing along with changes in family dynamics and the increasingly complex demands of the times. A scoping review is an appropriate

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method to describe and explore the scope and characteristics of mindful parenting implementation in Indonesia and the resulting impacts. A scoping review is a form of knowledge synthesis that combines various study designs to summarize and synthesize evidence comprehensively to inform practice, programs, and policies and provide direction for future research priorities (Westphaln et al., 2021).

Scoping review research on the implementation and impact of mindful parenting in Indonesia has never been conducted. A scoping review aims to map the literature on a topic area. Scoping reviews present an overview of a potentially large and diverse body of literature on a broad topic. In this study, the concept of mindful parenting used in the research literature in Indonesia comes from Western culture. However, its application in Indonesia faces unique challenges and dynamics, which can form further suggestions for developing a typical Indonesian mindful parenting concept.

Recent research (Chang et al., 2015) shows that mindful parenting can positively impact various cultural contexts, including Asian countries, highlighting the need for local adjustments. In Indonesia, effective implementation requires a deep understanding of local values, culture, and social dynamics that shape parent-child interactions, as cultural values, family norms, and local interpretations of mindfulness influence how parents accept and implement this practice (Acet & Oliver, 2024). These findings prove that adapting and contextualizing mindful parenting is crucial for success across diverse cultures.

Based on the same research method, namely meta-analysis, it can be found that mindful parenting interventions affect: 1) the well-being of children and adolescents while also showing the importance of cultural factors consisting of views on parental authority, traditional family structures, and communication within the family (Dunning et al., 2019) and 2) the quality of parent-child relationships/interactions, because parents who can manage their emotions appropriately can reduce stress in the family, increase empathy and responsiveness to their children, can develop themselves and improve the well-being of their children (Burgdorf et al., 2019).

In different cultural contexts, as Smith and Jones (2023) noted, implementation strategies and techniques should be adapted to dominant cultural values and social norms, with community support playing a crucial role in helping parents apply these practices consistently. These studies confirm that mindful parenting is a powerful tool for strengthening family relationships and enhancing children's well-being. By embracing cultural differences and values, mindful parenting improves the overall quality of family life. It fosters positive developmental changes in children and adolescents, underscoring its importance as a global parenting strategy. Mindful parenting is an increasingly popular approach to modern parenting. It emphasizes parents' awareness and mental presence in interactions with their children. This practice can potentially improve the parent-child relationship and positively impact children and adolescents' emotional and social development across cultures. Recent research has highlighted various aspects of mindful parenting, including its implementation methods in many countries and the outcomes it produces.

Cowling and Van Gordon (2022) investigated the impact of mindfulness practices on parental behavior and their relationship with child development. The results highlighted that these practices were significantly associated with increased positive engagement between parents and decreased over-responsiveness or unresponsiveness towards their children. These findings suggest that mindful parenting can improve the quality of family interactions, which is essential for children's development across different cultural contexts.

A meta-analysis by Dai et al. (2022) reviewed the effectiveness of mindfulness-based interventions for children and adolescents. This meta-analysis confirmed that mindfulness-based

interventions consistently enhance the psychological well-being of children and adolescents by reducing anxiety and depression symptoms and improving emotional regulation, drawing on data from various countries to underscore the effectiveness of mindful parenting in diverse cultural settings. Then, this meta-analysis method, aims to develop a conclusion regarding mindful parenting research data that has greater statistical power. While this research uses the scoping review method of the results of studies on the application of mindful parenting in Indonesia, not all data are presented in detailed statistical methods, even though some are the results of the application of the mindful parenting concept in the form of community service that is carried out.

Similarly, Shorey and Debby (2021) found that mindful parenting interventions not only increased mindful parenting scores among parents of typically developing children compared to controls but also led to improvements in positive parenting behaviors, parental well-being, and the quality of parent-child and partner relationships, along with positive behavioral changes in children. Together, these studies demonstrate that mindful parenting practices yield significant benefits for children and their families, reinforcing its value as an effective approach across different cultural contexts. Related research has also identified key factors in the success of mindful parenting practices. For instance, Smith and Jones (2023), in their book "Global Perspectives on Mindful Parenting: Applications and Outcomes," outlined that several factors, such as social support, family stress levels, and mindfulness concepts, can influence the outcomes of these interventions. This research provides valuable insights for practitioners and researchers in child and family development through a holistic and integrated approach.

Overall, studies indicate that mindful parenting is a powerful tool for enhancing family relationships and promoting the well-being of children and adolescents across cultures. It can stimulate significant positive changes in global family life when tailored to specific cultural contexts. While research shows that mindful parenting practices have spread worldwide, in Indonesia, this approach has only been explored in several studies over the past five years, and a comprehensive review of its processes and impacts on Indonesian families is still lacking.

This study aimed to provide a comprehensive overview of mindful parenting practices in Indonesia, highlighting the challenges, potential, and contributions to the overall well-being of children and families. With a clear mapping, the research aimed to provide an overview and lay the groundwork for developing more effective intervention strategies and approaches to enhance awareness-centered parenting in Indonesia.

This literature review begins by explaining the fundamental concept of Mindful Parenting and its global and local relevance, particularly within the Indonesian context. It then examines recent studies that explore the implementation of Mindful Parenting across various cultural settings, with a specific focus on Southeast Asian countries, including Indonesia. Additionally, it explores the contextual factors influencing the practice of Mindful Parenting in Indonesia, such as cultural values, traditional family structures, and the impact of modernization and urbanization.

This review also identifies gaps in the existing research and provides recommendations for future studies to enrich our understanding of Mindful Parenting practices in Indonesia. Thus, this review not only offers an in-depth view of the current status of Mindful Parenting in Indonesia but also provides practical guidance for practitioners, researchers, and policymakers to enhance child and family well-being. From the overall description above, the research question is, how is mindful parenting implemented in Indonesia? Moreover, what are its impacts and dynamics in various family contexts? Then, the objective of this study was to analyze empirical research findings related to the application of mindful parenting in Indonesia using a scoping review method.

METHOD

The method employed in this study was a scoping review, a technique used to comprehensively identify relevant literature from various sources and research methods related to the topic of study (Arksey & O'Malley, 2005). A scoping review aims to answer predetermined research questions by grouping and synthesizing articles with similar themes.

Several steps were undertaken in this scoping process following the PRISMA-ScR guidelines (PRISMA Extension for Scoping Reviews). These steps included: 1) defining the research topic and objectives; 2) reviewing the combination of keywords and inclusion/exclusion criteria for selecting articles by examining titles, abstracts, and study outcomes from selected databases; 3) filtering relevant studies to address the research questions; 4) summarizing the identified data by constructing a table that reviewed the content of the articles, including author names, study titles, objectives, methods, sample sizes, findings, and future research directions; and 5) further examining the data through descriptive analysis.

Research Procedure and Data Source

To identify relevant articles, a combination of keywords was formulated to focus on the research questions. The keywords used included "mindful parenting" AND "Indonesia" OR "pengasuhan berkesadaran" AND "Indonesia," OR "mindfulness dalam pengasuhan" AND "Indonesia", and "manfaat mindful parenting" AND "Indonesia". The literature search was conducted on Portal Garuda, SINTA, DOAJ, Google Scholar, and Semantic Scholar. Inclusion criteria comprised research articles published within the last ten years (2015- 2024), written in English or Indonesian, focusing on psychology, full-text availability, and discussing mindful parenting and its application in Indonesia.

The data extracted from the articles included the article title, publication year, journal name, sample size, methods used, research design, and findings. Articles were only included if their titles and content explicitly addressed the implementation of mindful parenting by parents in Indonesia to minimize bias in the data selected for analysis. No restrictions were placed on participant characteristics or demographic data. The data were analyzed using descriptive narrative analysis. This review was conducted to answer the research questions.

An initial search across three databases identified 123 articles. After removing duplicates and those not meeting the study's criteria, 88 articles were excluded. The remaining 35 articles underwent further screening, focusing on the review's objectives, with titles and abstracts reviewed, excluding 11 additional articles. Finally, after filtering the articles based on their relevance to the research objectives, 16 articles were selected for full review (Figure 1).

Participants

The scoping review identified participants involved in the research. Those participants were mothers or parents with children aged 2–18 who exhibited various characteristics, including gender, parental age, occupation, and the presence of children with special needs.

RESULTS AND DISCUSSION

Characteristics of Article

In this scoping review, 16 journal articles were categorized into four characteristics: 1) the implementation of mindful parenting [6 articles]; 2) the effects of mindful parenting [11 articles];

3) mindful parenting related to parenting children with special needs [13 articles]; and 4) the relationship between mindful parenting and other variables in various contexts [6 articles]. It is important to note that an article may contain more than one characteristic.

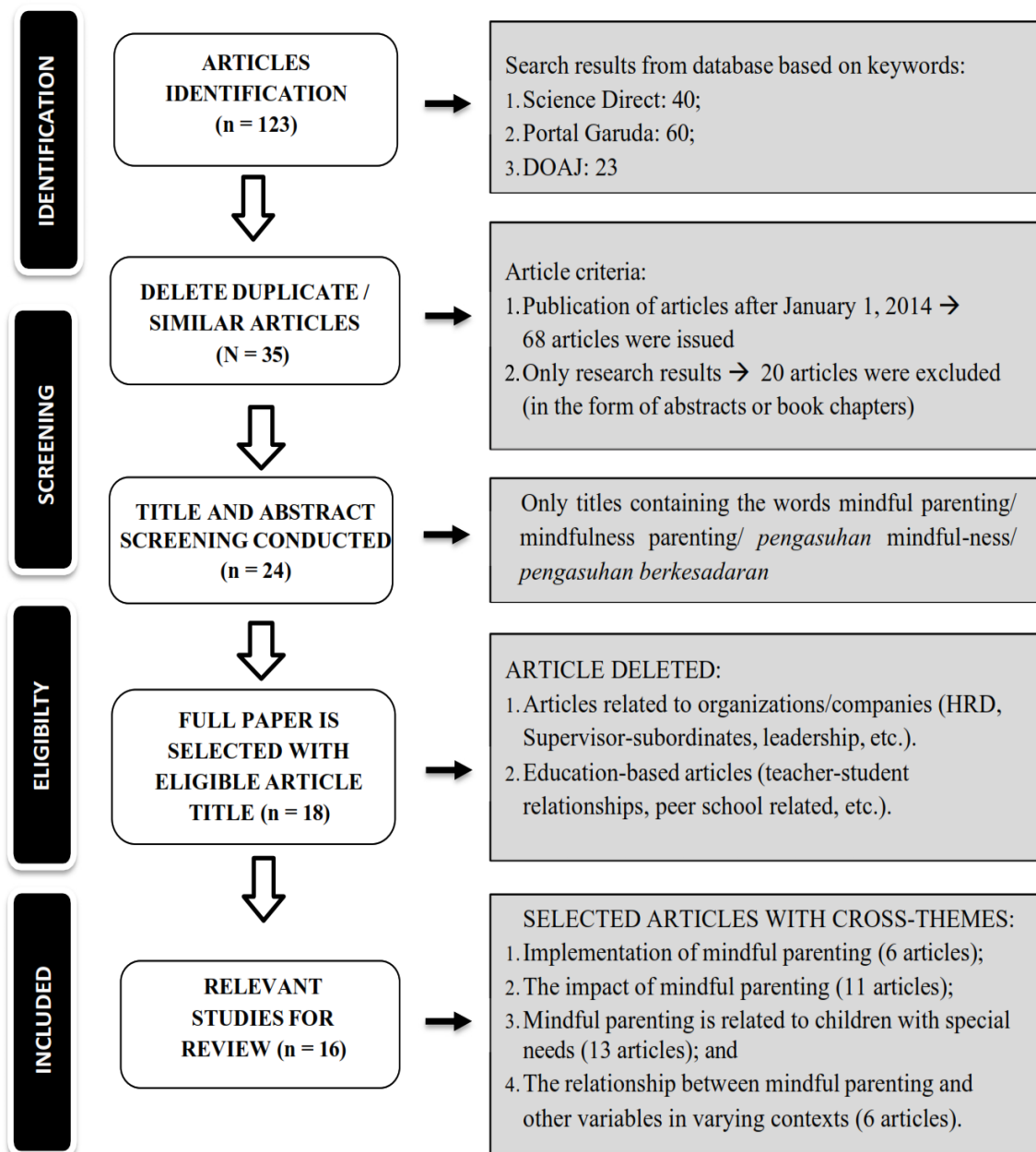


Figure 1.

PRISMA Chart in Literature Search (Moher et al., 2014)

Results of Mindful Parenting Journal Review

Based on the 16 selected articles, a data charting process was conducted to extract key points from each article, as shown in Table 1. This study was to analyze empirical research on the implementation of mindful parenting in Indonesia using a scoping review approach. After conducting a comprehensive literature search across multiple journal databases, 16 articles were identified following PRISMA guidelines. These comprised 14 quantitative studies and two qualitative ones. From mapping the scoping review, several key findings were identified, which are discussed below.

Table 1.
Mindful Parenting Data Charting

No.	Title (Author)	Result	Method	Theorist
1.	Program mindful parenting untuk menurunkan kecemasan pada caregiver ABK (Sari, 2021)	There was a significant reduction in anxiety before and after the intervention (Mindful Parenting program).	Quasi-experiment / $Z = -2.760$ with $p = 0.004$	Pakdaman (2014)
2.	Hubungan antara Mindful Parenting dengan Kecemasan Masa Depan Anak, pada Orangtua ABK di SLB Grobogan Purwodadi (Fadhila, 2023)	A correlation was found between the variables. The contribution of mindful parenting (R square) was 0.43, or 43%, to children's future anxiety.	Correlational / $r = -0.208$ with a significance level of 0.025 ($p < 0.05$)	Duncan et al. (2009)
3.	Efek Program "Mindful Parenting" terhadap perubahan Stres Pengasuhan Orang Tua Tunggal yang Memiliki Anak dengan Disabilitas Ganda (Nurhamidah & Retnowati, 2018)	The Mindful parenting program had an impact on reducing parenting stress, although this effect was temporary.	Single-case experiment, A-B-A model	Pakdaman (2014)
4.	Hubungan Mindful Parenting dengan Stres Pengasuhan Ibu yang memiliki Anak Retardasi mental di Sekolah Luar Biasa (SLB-C) TPA Kabupaten Jember (Alfianti, 2018)	A correlation was found between mindful parenting and parenting stress in mothers of children with intellectual disabilities.	Correlational / $r = -0.341$ with a p-value of 0.029	de Bruin et al. (2014)
5.	Be Mindful, Less Stress: Studi Tentang Mindful Parenting dan Stres Pengasuhan pada Ibu dari Anak Usia Middle Childhood Di Jakarta (Gani & Kumalasari, 2019)	A correlation was found between the variables, with mindful parenting negatively influencing parenting stress by 39.7%.	Correlational / R square = 0.397; $F = 71.223$, $p < 0.05$	McCaffrey et al. (2017)
6.	Peran Mindful Parenting terhadap Parenting Stress pada Ibu yang Bekerja (Srifianti et al., 2022)	There is a significant negative influence between mindful parenting and parenting stress. The role of mindful parenting on parenting stress in working mothers is 8.4%.	Correlational / $F = 10.152$, $p < 0.02$; $Y = 43.781 - 0.208X$; $R = 0.291$; R Square = 0.084	Duncan et al. (2009)
7.	Pengaruh Terapi Kelompok Berbasis Mindful Parenting terhadap Beban Psikologis Ibu yang Memiliki Anak dengan Cerebral Palsy (Hardika & Widiawati, 2021)	A correlation was found between the variables. A coefficient of 0.63 indicates that the Mindful Parenting program had a 63% effect on reducing psychological burden.	Quasi-experiment / $Z = -2.201$ ($p = 0.028$; $p < 0.05$); $r = 0.63$ (63%)	Bogels et al. (2014)
8.	Kontribusi Mindful Parenting Terhadap Self-esteem Orang Tua (Kristiyani, 2022)	A correlation was found between the variables. This study shows that the influence of mindful parenting on self-esteem was 7.5%.	Correlational / $R = 0.273$; R square = 0.075	McCaffrey et al. (2017)

No.	Title (Author)	Result	Method	Theorist
9.	Efektivitas Pelatihan Mindful Parenting untuk Meningkatkan Kesejahteraan Subjektif Orangtua yang Memiliki Anak Autisme di Kota Makassar (Auliyana et al., 2022)	Mindful parenting training was effective in improving the subjective well-being of parents with children diagnosed with autism.	Quasi-experiment / p = 0.018	Pakdaman (2014)
10.	Hubungan antara Mindful Parenting dengan Gaya Pengasuhan pada Ibu yang Memiliki Anak Usia 3-6 Tahun (Febriani et al., 2019)	There were differences in the strength of correlations across various parenting styles. Mindful Parenting (authoritative type) showed a positive and strong correlation. In contrast, mindful parenting demonstrated a negative and weak correlation with the authoritarian parenting style. Mindful Parenting showed no correlation with the permissive parenting style.	Correlational / Authoritative (r = 0.608, p = 0.000 < 0.05); Authoritarian (r = -0.278, p = 0.005 < 0.05); Permissive (r = - 0.171, p = 0.087 > 0.05)	Kabat-Zinn and Kabat Zinn in (McCaffrey et al., 2017)
11.	Pelatihan Mindful Parenting bagi Ibu dengan Balita di Cempaka Putih (Febriani et al., 2019)	Psychoeducation and mindful parenting training was found to improve participants' knowledge of mindful parenting and enhance their mindfulness skills when interacting with their children.	Experimental / Z = 1.683 and p = 0.101	Brown, A. P., Marquis, A., and Guiffrida (2013)
12.	Evaluasi Kepuasan Program mindful Parenting dalam Pemahaman Orang Tua dan Guru tentang Pengasuhan (Fitroh et al., 2022)	Participants of the mindful parenting training program (including both parents and teachers) reported satisfaction with the training, citing its ease of implementation.	Qualitative / Improving the understanding of parents and teacher.	Kiong (2015)
13.	Strategi Mindful Parenting pada Dual Careers Family (R. Sari et al., 2023)	For parents with dual careers, the implementation of mindful parenting played a significant role in two dimensions: being in the moment (57%) and mindful discipline (49%).	Descriptive quantitative / Mean = 83 and SD = 10.6	McCaffrey et al. (2017)
14.	Analisis Mindful Parenting dalam Meningkatkan Kemandirian Anak di Gampong Alai Kecamatan Kluet Timur (Khairina, 2023)	The practice of mindful parenting Gampong Alai focuses on providing greater attention to children, promoting good communication, and avoiding violence in parenting. Factors that influenced the practice of mindful parenting included economics, occupation, and living environment. With the support of these factors, the practice of mindful parenting was carried out effectively and had a positive impact on children's independence.	Qualitative descriptive	Kiong (2015)

No.	Title (Author)	Result	Method	Theorist
15.	Hubungan antara Mindful Parenting dan Bimbingan Orang Tua terhadap Perilaku Moral Siswa Sekolah Dasar selama Pembelajaran Daring (Arifin & Yanti, 2022)	There was a significant relationship between Mindful Parenting and students' moral behavior. Mindful parenting and parental guidance influenced 14.5% of student's moral development.	Correlational / R Square = 0.145	Duncan et al. (2009)
16.	Peran Mindful Parenting terhadap Keterlibatan Ayah dalam Pengasuhan (Fajriati & Kumalasari, 2021)	Mindful Parenting was significantly positively correlated with fathers' involvement in caregiving.	Correlation (Non-experimental Association) / $r = 0.637, p < 0.05;$ R Square = 0.406; F = 85.406	McCaffrey et al. (2017)

Several Indonesian researchers have introduced mindful parenting intervention programs for parents of children with special needs. The results indicate that these interventions significantly reduce parental anxiety. For instance, Sari (2021) discovered a notable decrease in anxiety levels before and after the implementation of the mindful parenting program. Similarly, (Fadhila, 2023) reported that mindful parenting helped ease parents' concerns about the future of their children with special needs. These outcomes are consistent with the findings of Leyland et al. (2023), who conducted a longitudinal study on mothers in the perinatal period and found that mindfulness practices significantly reduced anxiety levels.

Research has shown that implementing a mindful parenting program for parents of children with disabilities can significantly reduce parental stress, especially for single mothers of children with multiple disabilities. However, this stress reduction tends to be temporary (Nurhamidah & Retnowati, 2018) and is also seen in mothers of children with intellectual disabilities (Alfianti, 2018). Mindful parenting has also effectively relieved stress among working mothers with children in middle childhood (Gani & Kumalasari, 2019; Srifianti et al., 2022). Studies on parents of children with disabilities and toddlers consistently identify parental stress as a common issue, often due to the child's condition, characteristics, parental capabilities, and lack of social support (Cachia et al., 2016; Johnson et al., 2011; Sari & Sulistiyansih, 2023). This stress reduction is frequently observed in mindfulness research, particularly among those vulnerable to stress; for example, experimental studies show that mindfulness programs can significantly lower stress levels in adolescents (Johnstone et al., 2016).

Mindful parenting programs for parents of children with disabilities have also been shown to reduce psychological burden by 63% among mothers of children with Cerebral Palsy (Hardika & Widiawati, 2021). Additional studies indicate that mindful parenting positively impacts the subjective well-being of parents with autistic children (Auliyana et al., 2022) and boosts self-esteem (Kristiyani, 2022). Reducing psychological burdens and enhancing self-esteem and well-being are crucial for optimizing child development, which can be fostered through a close parent-child relationship, particularly between mothers and their children. The finding aligns with research showing that mindfulness skills in mothers of infants promote greater affective sensitivity and effective control during caregiving, enhancing maternal-infant attachment (del Hoyo-Bilbao & Orue, 2024). Other studies have demonstrated that mindfulness can improve full awareness and focus in task execution, leading to better outcomes (Müller et al., 2021). The finding includes its application among parents during caregiving, fostering confidence and self-worth in their caregiver roles (Trecca et al., 2022).

Mindful parenting influences parenting styles. Studies have demonstrated that mindful parenting is positively associated with an authoritative parenting style, negatively associated with an authoritarian style, and shows no correlation with a permissive style (Febriani et al., 2019). According to Baumrind (1971), the authoritative parenting style is ideal. Research indicates that mindful parenting enhances parents' awareness, enabling them to provide optimal care for their children through an authoritative approach (Saraswati & Febriani, 2018). Darling (2014) elaborates that the parenting style practiced by parents has a profound impact on the child and family, particularly in terms of the parent-child relationship (Moreira et al., 2018), the optimization of child development, and teenage identity formation (Muttaqin et al., 2022), and the psychological well-being of family members (Desiningrum & Kurniawati, 2023).

The positive effects of mindful parenting on positive parenting styles are further corroborated by findings that suggest mindful parenting can improve parents' cognitive abilities (Febriani et al., 2019; Fitroh et al., 2022). In a community service program, mindful parenting training was provided to mothers, resulting in increased knowledge about mindful parenting. Considering the extensive literature highlighting the benefits of mindful parenting for parents, children, and families, it is important to disseminate mindful parenting training across various regions. It has been observed that parents often lack awareness of their need for mindful parenting to support their child's development (Quinn, 2017).

Mindful parenting, developed by scientists, has shown significant benefits for child development and family well-being. Various theorists have identified several key aspects of mindful parenting, including: 1) Listening attentively; 2) Non-judgmental acceptance of self and child; 3) Awareness of self and child's emotions; 4) Self-regulation in the parenting relationship; and 5) Compassion for self and child (Duncan et al., 2009). Additionally, a study on the implementation of mindful parenting among dual-career mothers identified two critical dimensions: being mindfully present during interactions with the child and disciplining the child according to mindfulness principles (Sari et al., 2023).

The application of mindful parenting not only shapes a child's personal qualities by fostering independence (Khairina, 2023) and moral behavior (Arifin & Yanti, 2022) through an awareness-based rather than strict disciplinary approach, but it also enhances the role of fathers in the family. This approach—recognizing a child's presence, capacities, and competencies—leads to more relevant discipline, reflecting the principle of accepting the child's state without judgment (Duncan et al., 2009). Moreover, mindful parenting has been linked to increased paternal involvement (Fajriati & Kumalasari, 2021), which, along with the crucial role of fathers as primary caregivers (Darling, 2014) who help shape the child's personality and disciplined mental attitudes (Flouri, 2005; Garfield et al., 2014), reinforces its significance in promoting holistic child development.

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The concept of mindful parenting used by several researchers in this literature review incorporates not only (Duncan et al., 2009) theory but also other models that outline various stages. These stages include: 1) becoming aware of mindful parenting practices; 2) observing and fostering a closer connection with the child; 3) recognizing bodily sensations and stress responses while parenting; 4) reflecting on the parenting responses; 5) acknowledging parent-child conflicts; and 6) balancing compassion and setting boundaries (Pakdaman, 2014). Moreover, tools such as the Dutch version of the Interpersonal Mindful in Parenting Scale (IM-P) (de Bruin et al., 2014) and the Mindfulness in Parenting Questionnaire (MIPQ) (McCaffrey et al., 2017) have been applied in research.

This scoping review focuses on implementing mindful parenting in Indonesia and its impacts by summarizing insights from articles published in various journals, conference proceedings, and student theses. Future research could expand this review by conducting a more systematic study, including more specific methods and detailed subject characteristics, to provide better information for this field and enhance the practical application of mindful parenting in subsequent studies.

The findings of the scoping review literature study show the importance of implementing mindful parenting for families with toddlers or families with specific characteristics, such as having children with special needs, single parents, or families with certain cultural variations, can still improve family welfare, parental self-esteem, and optimal child growth and development. Therefore, the implications of these findings can be developed by other scientists to create mindful parenting-based interventions. They can also be recommended to government agencies such as National Population and Family Planning Agency (BKKBN) to develop intervention programs and apply them to various regions in Indonesia.

CONCLUSION

The results of the scoping review indicate that Mindful Parenting: 1) reduces anxiety, parenting stress, and psychological burden for mothers; 2) improves subjective well-being, self-esteem, and cognitive abilities in parents; 3) is associated with Baumrind's parenting styles; 4) creates two key dimensions in parenting being present and disciplining with awareness; 5) promotes children's independence and moral behavior; and increases father involvement. These findings support the value of developing and applying mindful parenting approaches tailored to the cultural context of Indonesia, ensuring more effective implementation. In Indonesia, when parents practice mindful parenting, they develop open communication, a better understanding of their children's needs, and improved self-regulation of emotions to support their children's emotional maturity. Overall, mindful parenting has proven to be a positive and beneficial approach in family life, especially for parents of children with special needs, working mothers, and parents in general.

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