Analysis of the Impact of Lies on Children's Trust in Adults

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Article Information:	ABSTRACT
	Trust is an important aspect of early childhood social and emotional development, which is formed through interactions with authority figures such as parents and educators. However, lies told by adults, whether with protective or disciplinary intentions, can affect children's trust. This study analyzes the impact of lies on early childhood trust in adults through a literature review. Using literature analysis from various sources, this study found that lies, especially if repeated, can damage children's trust, hinder the formation of healthy emotional relationships, and affect children's ability to distinguish between honesty and lies. In addition, the type of lie has different impacts; lies with good intentions can produce milder effects than lies for personal gain. Long-term impacts include the tendency for children to imitate lying behavior and impaired social development. This study recommends the importance of honest communication by parents and educators to build strong children's trust, as well as the need for further studies to explore other factors, such as culture and parenting, that can moderate the relationship between lies and trust. These findings are expected to contribute to developmental psychology and become practical guidelines in supporting the formation of children's trust without using lies. **Keywords**: *Children's trust, lying, social development, child-adult relationships*

INTRODUCTION

Trust is fundamental elements in development social and emotional child age early. At the stage this, child start build significant relationship with adults, especially parents, who function as source support and nurturing. Trust give base for child For feel

safe , possible exploration environment and interaction social. Children who have strong belief tend develop skills social, manage emotion with more good, and form identity positive self (Berk, 2007) . In the context of family and education, belief between child with figure authority such as parents and educators own impact significant to formation healthy and meaningful relationships (Fabiani & Krisnani, 2020) .

However, in practice everyday, phenomenon lie often become part from interaction social, including in connection between adults and children (Millum, 2024) . Lies can appear in various form, start from lie white For protect feeling child until lie For to discipline (Ariyati & Misykah Zaidah, 2024) . Phenomenon This cause question important about the impact to trust child towards adults. Studies show that action lies, especially If done in a way repeat, can damage trust child, influence ability they in differentiate honesty and lies, and impact on their moral development in the future (Meilana et al., 2024) .

A number of study previously highlight impact lie to trust children. (Heyman et al., 2009) show that children tend lost trust towards adults who have ever known lie, even though in purposeful situation good. Research this also found that frequency lie relate direct with level decline trust child. Apart from that, (Talwar & Lee, 2011) show that lie can influence ability child in differentiate honesty and lies , and impact on their moral behavior. While that , (Zhao et al., 2023) observe that experience child with lie can influence social norms they , including trend copy behavior the in interaction social . In the context of parenting , (Ayuningtyas, 2021) mention that the lie used as tool discipline by parents can create doubt in connection between children and adults . Research This strengthen argument that honesty play role important in build a full relationship trust .

Development theory Erik Erikson's psychosocial theory provides framework relevant work For understand importance trust at stage beginning life . At the stage trust versus mistrust that occurs at the age of 0–18 months , children Study build trust through consistent and responsive interaction with caregiver (Berk, 2007) . If trust This disturbed, for example by lies , by children can experience difficulty in to form healthy relationship in the future (Meilana et al., 2024) . In addition , the theory learning Albert Bandura's social studies emphasizes importance observation and imitation in formation behavior children . Children tend copy behavior of adults around they , including habit lie (Bandura, 1990) . When children witness lie done by adults without consequence negative, they can internalize that lie is behavior that can accepted (Amsari et al., 2024) .

Study This focus on impact adult lies to level trust child age early . With use approach studies library , research This aiming For analyze dynamics between lies , trust, and relationships emotional child with figure authority . Understanding deep about impact lie to trust child expected can give contribution theoretical and practical for parents , educators , and psychologists development in build honest communication , support formation trust child in a way healthy , and mitigate impact negative from behavior No Honest .

RESEARCH METHODOLOGY

This study uses a library research method , which is carried out by collecting, reading, and analyzing various literatures relevant to the topic of white lies in parent-child relationships. This study was designed as a descriptive qualitative study that focuses on literature analysis to understand the impact of white lies on child development. The literature sources targeted by the study include journal articles, books, research reports, and other relevant documents. The literature was selected based on its validity and relevance to the research objectives.

The main instruments in this study were documents and literature that were analyzed. Data were collected through searches using keywords such as white lies, parental trust, child development, lying in parenting, and parent-child relationship . The search was conducted through academic databases such as Google Scholar, PubMed, and ResearchGate . The literature found was then evaluated and selected based on its quality and suitability.

The research procedure was carried out through several steps, namely topic identification, literature search and collection, source credibility evaluation, content analysis, and preparation of research reports. Data analysis was carried out qualitatively with a content analysis approach. This process includes identifying themes, interpreting data, and synthesizing information to build a comprehensive understanding. This study also refers to previous research theories and findings to support the interpretation of the analysis results. With this approach, the study seeks to provide in-depth and comprehensive theoretical insights regarding the impact of white lies on parent-child relationships.

RESULT AND DISCUSSION

Trust is very important element in development social and emotional child age early . As stated by (Rotter, 1967) , trust can understood as hope individual that other people will behave honest and fulfilling his obligation in connection social . In the context of parent - child relationship , trust This formed through consistent and responsive interactions . Children who have healthy trust tend feel safe in explore their world and be able to build skills social needs For interaction social . This is in line with view (Mayer et al., 1995) who defines trust as willingness somebody For depend on other parties with hope that party the will act in accordance with hope without must supervised . Therefore that , in context parent - child relationship , trust is formed give base for child For trust that parents they will act for the good they , without need supervision .

However , the phenomenon lie in parent - child relationship often become challenge in formation and maintenance trust This . Lies , whether intentional and also No intentionally , can influence level trust child towards parents they . (DePaulo et al., 1996) explain that lie covers all form purposeful communication For make recipient trust something that is not in accordance with reality , good through words, actions , and omission . In case This is the lie that parents tell , both For protect feeling child and also For avoid difficult situation , can grow uncertainty in children and damaging foundation trust they .

Temporary that , (Lundberg, 1982) define lie as manipulation communication that is carried out somebody with on purpose give incorrect information or hide fact For objective certain . For example , parents Possible lie For avoid feeling anxiety in children, such as say that injection No will sick , even though the reality different . In case this , although parents ' intentions For protect child Possible looks well , lies kind of This can damage connection trust term long . Even lie small even though , like an unfulfilled promise fulfilled , can reduce level trust child towards parents they , as suggested by (Hamidah, 2023) , which shows that lies that are done For cover error can make child feel betrayed .

Trust is built in parent - child relationship , as presented by Luarn and Lin (2010) in (Rizal, 2023) defines trust as a number of specific beliefs regarding the integrity, honesty of the trusted party, and the ability to keep promises , involving belief child to integrity and honesty of parents they , as well as parent 's ability For keep promise . When lies happened , integrity This disturbed and can cause more impact broad on children's moral development . (Fakhrudin, 2022) state that trust this is also related with hope to good behavior from other people. In case this , the lie that happened in family can influence hope child towards other people outside family , change perception they about honesty and healthy relationships .

along with influence negative from lies , the impact can also be felt in the development social child . According to Maharani (2010) in (Palandi et al., 2022) , trust is belief in reliability , durability , and integrity other party . Continuous lies done by parents can bother reliability connection and potentially change method child look at their future interpersonal relationships . As said by Anwar and Aprilia (2018) in (Romansyah & Amirulmukminin, 2023) , belief is component psychological factors influenced by psychological , experiential , and intuitive . Lies can obstruct development this , change method child Study about honesty and forming their moral values .

Trust is element key in development social and emotional child age early , which was built through consistent interaction with adults , especially parents (Andhika, 2021). Healthy trust give base for child For explore environment them and build skills social needs in interaction social . However , as has been explained Previously , lies were made by adults , both in a way on purpose and also No intentionally , can damage trust This . Lies told by adults For kindness child without intention hurt also known as white lie or lie white (Safitri & Samatan, 2022) . According to (Bryant, 2008) , white lies considered as lie altruistic purpose guard feeling or protect someone , especially in context social or interpersonal. For example is say to child that " later his toys will purchased ," even though parents No planning buy it .

In section this , will discussed in a way deep impact parents ' lies to trust good boy from aspect positive and also negative , and How lie This influence development children's social , emotional and moral in term long . Discussion This will refers to various theory development and research previous For dig more in influence lie to formation trust child .

The forms of lies that parents often tell their children can be categorized based on specific goals or reasons. Here are some common types of lies:

1. Lie For Control Behavior

   Threat False : For example , saying "If you No eat , the monster will come !" aims make child obedient .

   Lie about Consequences : For example , "If you lie , your nose will long like Pinocchio ."

2. Lie For Protecting Children

   Hide Truth : As lie about death animal Pet with say animal it " goes away Far ."

   Avoid Child Fears : For example , saying injection doctor " no will sick ," even though the reality feel hurtful .

3. Lie For Making Children Happy

   Fantasy Story : Like story about Santa Claus , the tooth fairy , or fairytale other For create joy .

   Empty Promises : For example , " Tomorrow We Certain go to garden ," but No Once fulfilled .

4. Lie For Parental Interests

   Hide Error : For example , parents said , "We don't have money to that ," even though Actually only No want to buy requested item child .

   Avoid Difficult Discussion : Like lie about reason divorce or conflict family .

5. Indirect Lies

   Telling the Children to Follow Lying : For example , asking for child say to visitor that parents currently not at home .

   Exaggerating the Facts: Giving away exaggerated information For support parents ' opinion .

   Lies told by parents to child have impact positive and negative especially at the level trust child . Here is impact from lies told by parents to child :

1. Impact Positive

   White lies often used For protect child from information that has not been Ready they accept . For example , parents Possible lie For avoid child from excessive fear to things that have not been done they understand , such as procedure medical or situation difficult family . In case this is a lie small used For guard welfare emotional children and make sure communication walk more fluent without make child feel anxious . In addition , white lies can also make it easier communication between parents and children . For example , when child submit difficult question answered , parents Possible choose For give more answers simple or No direct , which helps avoid confusion without must give complicated and confusing explanation for child (Safitri & Samatan, 2022) .

2. Impact Negative

   Following is negative impact of lying to child in (Millum, 2024) and (Safitri & Samatan, 2022) :

   a. Disturbance Children's Trust in Parents

Lies that children are aware of can result in the disturbance trust towards parents . Children may feel betrayed , especially If lie the related with issues sensitive like condition health , family status , or another important aspect for they . Relationship close emotional between parents and children can disturbed , creating distance difficult emotions fixed .

b. Formation Habit Lying to Children

Children tend copy parental behavior . If the lie often done , child Possible consider that lie is actions that can be accepted in life daily . As a result , they potential develop habit lie in interaction social they , both at home or in a more diverse environment wide .

c. Parental Dependence on Lies

Parents who are too often use lies , especially white lies, to avoid situation difficult or conflict , can create pattern communication that is not healthy. This pattern can make child not enough exposed ways Healthy in face fact or finish conflict , so that they No Study skills the necessary emotions (Safitri & Samatan, 2022) .

d. Violation Trust Long- term

A touching lie identity or issue important life children , such as origin or relationship status family , can own impact term long . Children who feel betrayed by parents Possible experience poor relationship harmonious in the future , with potential impact negative on trust they towards others in a general (Millum, 2024) .

e. Inhibition Development Child Autonomy

Lie can obstruct children For Study make decision based on reality . When the child grow , they need honesty For understand the world with more good and developing their moral values alone . Parents ' lies can obscure this process , so hinder development autonomy and thinking critical child (Millum, 2024) .

f. Impact on Children's Social Behavior

Study show that children who often lied to by parents more tend show behavior cheating in the environment social they , as among Friend peers. Lies from parents can change perception child about social norms , so that they feel that dishonesty is parts that can accepted in social interaction (Millum, 2024) .

Impact Lie to the Children

Impact lie to child , as explained (Heyman et al., 2009) , includes a number of aspect important following :

1. Children's Understanding of Lies and Honesty : Children Study differentiate type lie based on context social , such as lie For polite polite (white lies) compared to lie in moral violation . If the child often accept lie from adults , they Possible become Confused about When honesty That important or precisely understand lie as matter normal in situation certain.

2. Influence to Children's Social and Moral Skills : Impact term long from lie to child can bother development skills social and understanding they about morality . Children who are lied to tend more difficulty in build healthy and more interpersonal relationships prone to to lies in the future.

In general overall , lies told by parents to child own complex impacts , both positive and also negative . Impact positive from lies , such as white lies , can helping parents protect child from information that has not been Ready they accept or avoid fear that is not need . Lies kind of this , if used with wise , able guard welfare emotional children and make it easier communication between parents and children .

However , the impact negative effects caused by parental lies can Far more big . Lies that are realized by the child can damage trust they towards parents and create distance emotional in connection them . In addition , children who often lied to tend copy behavior said , forming habit lie that can damage connection social them in the future . Lies can also hinder moral development and autonomy child , reduce ability they For make decision based on reality and building skills healthy social .

Impact term long from parents ' lies covers disturbance in understanding child about honesty and morality , as well as decline ability they For to weave healthy relationship . Repeated lies can influence perception child about social norms and values honesty , which can influence interaction they with other people outside family .

With however , even though lie sometimes done with intention okay , parents need consider impact term length that can occurs in development good boy in a way emotional, social , and moral. Balance between protect child through a wise and constructive lie a relationship based on honesty is very important For support development they in a way Healthy .

CONCLUSION

Trust is element fundamental in development social and emotional the awakened child through interaction consistent with parents . Lies told by parents , even though sometimes aiming protect child or simplify communication , have complex impacts . White lies or lie small can give benefit term short like protect child from afraid or confusion . However , the impact negative from lies , especially those revealed by children, are far more significant and can damage foundation trust between parents and children .

Lie can cause child lost trust in parents , forming habit lying , and hinder moral development , autonomy , and skills social child . In the long term long , lie can change perception child to values honesty , damaging interpersonal relationships , and interferes with formation healthy moral values .

Although lie small can help in situation certain , parents need realize potential the impact to development children . Prioritize appropriate honesty with age children and develop pattern open and responsive communication become step important For build solid trust . With Thus , parents can support development child in a way healthy , good in a way emotional , social and moral .

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