

## THE ROLE OF QUALITY TIME IN BUILDING FAMILY HARMONY: A QUALITATIVE STUDY OF PARENT-CHILD RELATIONSHIPS

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### Abstract

Social changes and increasing work demands in modern families have led to a decrease in the intensity of interaction between parents and children, making quality time an important strategy for maintaining family harmony. This study aims to analyze the perspectives of parents and children regarding family harmony, the forms and roles of quality time in maintaining family relationships, as well as the challenges and efforts families make in dealing with disharmony. The method used is a qualitative approach with a phenomenological design. Data collection was conducted through in-depth interviews with three informants consisting of a father, a mother, and a child. Data analysis was performed using the Miles and Huberman model through the stages of data reduction, data presentation, and drawing conclusions. The research results indicate that family harmony is understood as a relationship filled with love, good communication, mutual respect, and emotional closeness among family members. The forms of quality time practiced by the family include eating together, going for walks, having casual conversations, and sharing stories about daily activities. Quality time plays a crucial role in strengthening emotional bonds, fostering more open interpersonal communication, and maintaining harmonious relationships between parents and children. However, this study also identified obstacles such as work demands, gadget use, and communication barriers that affect family interactions. Therefore, efforts are needed to raise families' awareness of the importance of open communication, balanced time management, and reducing excessive gadget use so that harmony and emotional closeness within the family can be maintained.

**Keyword:** Family Communication, Family Harmony, Parent-Child Relationships, Quality Time, Structural Functionalism.

### A. INTRODUCTION

The family is the smallest social unit in society and plays an important role in the process of shaping an individual's personality, values, and behavior (Rufaedah, 2020). In social life, the family does not only function as a place for fulfilling biological needs, but also as the main space for building emotional relationships, affection, and the socialization process between parents and children. Family harmony is one of the important aspects in maintaining stable

relationships among family members, because a harmonious family can create a comfortable, safe, and supportive atmosphere for children's emotional development (Aminah et al., 2024).

However, social changes in the modern era have also influenced the dynamics of relationships within the family. Work demands, economic pressures, and the development of communication technology have reduced the intensity of interaction among family members. The phenomenon of dual-earner families is increasingly common in society. This condition often limits the amount of time parents and children spend together, causing family communication to become less optimal. In fact, good communication is one of the important factors in creating family harmony. Research conducted by Yulianti et al. (2023) shows that family communication patterns have a major influence on building closeness, openness, and a harmonious atmosphere among family members.

Amid limited time caused by the busy schedules of each family member, quality time becomes one of the efforts made to maintain emotional relationships within the family. Quality time does not always mean luxurious activities or major recreational events, but can take the form of simple activities such as eating together, having conversations, or sharing stories with one another. The presence of quality time allows more open communication between parents and children, making family relationships closer and more harmonious. Research conducted by Kussanti (2022) explains that family communication among working parents still plays an important role in maintaining emotional closeness and forming good relationships between parents and children.

On the other hand, technological development and gadget use also influence family relationships. The presence of gadgets can indeed support long-distance communication, especially for parents who work or are located in different places. However, excessive gadget use can also reduce direct interaction among family members. This situation causes family members to become absorbed in their own worlds even when they are in the same house. Such conditions have the potential to create emotional distance between parents and children if they are not balanced with good communication and quality time (Putranto & Awani, 2024).

From the perspective of Talcott Parsons' structural functional theory, the family is viewed as a social system consisting of interconnected parts, each of which has its own function in maintaining social balance. According to Parsons, each family member has roles and functions that must be carried out so that the family system can run properly. In structural functional theory, Parsons proposed the AGIL concept, consisting of Adaptation, Goal Attainment, Integration, and Latency or Pattern Maintenance. Family harmony can be achieved when each family member performs their role properly through communication, cooperation, affection, and responsibility. Conversely, when these functions do not operate optimally, disharmony may arise within the family (Hidayatullah & Rozak, 2024).

This study is important because the phenomenon of limited family time due to work demands is increasingly common, particularly among families in which both parents work. Nevertheless, every family still has its own way of maintaining a harmonious relationship with children, one of which is through quality time. Therefore, this study focuses on how parents and children perceive family harmony, the forms and roles of quality time in maintaining parent-child relationships, and the obstacles and efforts made by families in dealing with disharmony.

## **B. LITERATURE REVIEW**

To support this study, the author uses relevant previous studies on family harmony, family communication, time management, and quality time in parent-child relationships. The first study was conducted by Oktavia, Izzah, Wulandari, and Firmansyah (2023), entitled “The Role of Communication in Building Family Harmony.” This study aimed to analyze the importance of communication in creating harmonious family relationships. The method used was a qualitative approach, with data collected through literature study and social observation. The study employed the concept of family communication as the basis of analysis. The results showed that open communication, mutual respect, and emotional openness among family members are the main factors in building family harmony. In addition, good communication can create comfort, emotional closeness, and help resolve conflicts within the family more effectively.

The second study was conducted by Febriyani and Achdiani (2026), entitled “Time Management in the Family as an Effort to Improve the Balance of Roles Between Parents and Children.” This study aimed to determine how time management within the family can help create a balanced relationship between parents and children. The research method used was a descriptive qualitative approach with interview and observation techniques. This study used the concept of family time management to examine patterns of interaction among family members. The results showed that good time management allows families to have opportunities to gather, communicate, and carry out activities together, thereby strengthening emotional relationships. The study also explained that work demands often become a major obstacle in building family closeness, so parents need to make conscious efforts to provide time with their children in order to maintain family harmony.

The next study was conducted by Dymas (2025), entitled “Family Communication in Building a Harmonious Family in South Lampung.” This study aimed to understand how family communication plays a role in creating harmonious relationships between parents and children. The method used was a qualitative approach with in-depth interviews involving several families. This study applied the perspective of interpersonal communication within the family. The results showed that intensive and open communication can create mutual understanding, strengthen emotional bonds, and increase trust among family members. In addition, routine communication through shared activities also serves as an important means of maintaining close family relationships amid the busy routines of each family member.

These previous studies show that communication, time management, and interaction within the family play an important role in creating harmonious relationships between parents and children. However, most studies still focus on family communication in general and time management within the family, and have not examined in depth how quality time is interpreted, practiced, and directly experienced by family members as a form of emotional interaction in everyday life. In addition, previous studies have not widely discussed the perspectives of parents and children regarding family harmony, the forms of quality time practiced, and the obstacles and efforts made by families to maintain harmonious relationships amid work demands and gadget use. This indicates a research gap that needs to be examined further, particularly in understanding how quality time contributes to building, maintaining, and

strengthening family harmony through interactions between parents and children in everyday life. Therefore, this study focuses on the role of quality time in building family harmony from the direct perspectives of parents and children. This study also seeks to examine the forms of quality time practiced by families, their benefits in maintaining harmonious relationships, as well as the obstacles and efforts made by families in dealing with disharmony.

As its theoretical foundation, this study uses Talcott Parsons' structural functional perspective. According to Parsons, the family is one of the social institutions that has an important function in maintaining social balance and order (Usman, 2025). Within the family, each member has roles and functions that are interconnected in creating family harmony and stability. Family harmony can be achieved when there is cooperation, good communication, role distribution, and balanced interaction among family members. In this perspective, quality time is viewed as a form of social interaction that functions to strengthen solidarity, emotional closeness, and integration among family members. Activities such as eating together, discussing, going out, or simply having conversations become important means of maintaining social relationships within the family so that they remain harmonious. Conversely, when family communication and interaction decrease due to work demands or excessive gadget use, the family's function in creating emotional closeness may be disrupted and may trigger disharmony within the family. Thus, the structural functional perspective is relevant for understanding how quality time plays a role in maintaining balance, harmony, and continuity in family relationships.

### **C. RESEARCH METHODOLOGY**

The research methodology in the study entitled "The Role of Quality Time in Building Family Harmony" uses a qualitative approach with a phenomenological design. A qualitative approach is used because this study aims to understand the experiences and meanings perceived by family members regarding the practice of togetherness in everyday life. Through a phenomenological approach, the researcher seeks to explore individuals' subjective experiences and how they interpret those experiences within the context of their social life. This approach enables the researcher to obtain a deeper understanding of how quality time is practiced within the family and how such togetherness is perceived by each family member as part of efforts to build harmonious relationships. In qualitative research, phenomenology is used to understand individuals' lived experiences directly so that the meaning of a social phenomenon can be explained more comprehensively based on participants' experiences (Agusta, 2003).

The type of data used in this study is qualitative data in the form of experiences, views, and interpretations of informants regarding the practice of family togetherness. The main data sources were obtained from three informants selected using purposive sampling, namely the selection of informants based on certain criteria relevant to the research objectives. The informants consisted of a mother with busy activities or work, a father who also had work responsibilities, and a child who was already attending school and was able to understand the dynamics of interaction within the family. These criteria were selected based on the consideration that families with busy activities often experience limited time together, making the practice of quality time an important aspect in maintaining emotional relationships among

family members. In addition, the involvement of the child as an informant provides a more comprehensive perspective on how family togetherness is experienced by different family members. In qualitative research, purposive sampling aims to obtain participants who have direct experience with the phenomenon being studied, so that the data obtained are more relevant and in-depth (Agusta, 2003).

The data collection technique used in this study is in-depth interviews. This technique was chosen because it allows the researcher to explore informants' experiences in greater detail regarding how family members manage time together amid their respective busy activities. The interviews were conducted in a semi-structured manner using an interview guide so that the discussion remained aligned with the research focus while still giving informants room to explain their experiences more broadly. The interview results were then transcribed completely based on recorded conversations so that every piece of information conveyed by the informants could be analyzed systematically. In-depth interviews are one of the main techniques in qualitative research because they can produce rich data about participants' experiences and views on the phenomenon being studied (Rachmawati, 2007). In addition, data collection techniques in qualitative research essentially aim to obtain in-depth data so that researchers can understand a phenomenon more comprehensively through informants' experiences (Putri & Murhayati, 2025).

The data analysis technique in this study uses the qualitative data analysis model proposed by Miles and Huberman, which consists of three main stages: data reduction, data display, and conclusion drawing. Data reduction is the process of selecting and focusing interview data by identifying information related to the practice of quality time and family relationships. The next stage is data display, which involves organizing the selected data into narrative descriptions so that the relationships among informants' experiences can be understood more clearly. The final stage is conclusion drawing, namely the process of interpreting the meaning of the analyzed data to explain how family togetherness can strengthen emotional closeness and build harmony within the family. This analytical model helps researchers organize data systematically so that the conclusions produced are based on findings that emerge from field data (Rijali, 2019). Theoretical studies on qualitative data analysis also show that the Miles and Huberman analysis model is widely used because it provides clear analytical stages in processing qualitative data (Qomaruddin & Sa'diyah, 2024; Ahmad & Muslimah, 2021).

By using a phenomenological approach, in-depth interview techniques, and the Miles and Huberman data analysis model, the methodology of this study is considered appropriate for understanding the experiences of family members and explaining the role of quality time in building family harmony in greater depth.

## **D. RESULT AND DISCUSSION**

### **Parents' and Children's Views on Harmony in the Family**

Based on the interviews conducted with the father, mother, and child, it was found that family harmony is understood as a condition of family relationships filled with affection, good communication, mutual respect, and emotional closeness among family members. Harmony is not only understood as a family condition free from conflict, but also as the family's ability to maintain warm and mutually supportive relationships amid differences and the busy lives of

each family member. A harmonious relationship between parents and children is an important part of maintaining family stability as a social system. When each family member is able to carry out their role properly, balance within the family can be created (Yulianti & Astuti, 2023).

Parents' views on family harmony show that communication is the main element in maintaining family relationships. The father interprets a harmonious family as a family that is able to foster affection, maintain open communication, respect one another, and work together in facing the joys and difficulties of life. Meanwhile, the mother views family harmony as a relationship built through good and open communication, as well as the habit of discussing problems together without blaming one another. These findings indicate that parents see family harmony as a form of relationship built through healthy social interaction and emotional openness among family members. From a structural-functional perspective, such communication functions as a mechanism of social integration within the family. Communication helps create mutual understanding among family members so that relationships remain stable and orderly (Abrori & Rofiq, 2026).

In addition to communication, parents also view quality time as an important part of maintaining family harmony. This can be seen from the efforts made by parents to spend time together with the family through activities such as eating together, going out, having picnics, or simply having casual conversations at home. These activities are seen as a means of strengthening emotional bonds between parents and children. For parents, quality time is not only a time for gathering, but also an opportunity to understand the child's condition, listen to the child's stories, and build deeper closeness amid work-related busyness. From a structural-functional perspective, these activities reflect the affective function of the family, namely the family's function in providing a sense of security, attention, and emotional support to each family member (Clara & Wardani, 2020). Through quality time, the family not only performs a recreational function, but also strengthens social solidarity within the family so that relationships among members are well maintained.

On the other hand, the child also has a similar view of family harmony. The child defines a harmonious family as a family in which there is affection, responsibility, fair role distribution, and good communication among all family members. For the child, harmony is not only determined by the physical presence of parents, but also by the emotional attention given to the child. The child feels comfortable when their opinions are appreciated, when they are given space to share stories, and when they receive attention from both parents. This shows that, for the child, family harmony is closely related to emotional needs and a sense of acceptance within the family environment. From the perspective of structural functionalism, this condition indicates that the family has successfully carried out its socialization function and emotional protection function. Children who receive attention and good communication from their families tend to have a stronger sense of security and emotional closeness with their parents.

The interview results also show that communication is the most influential factor in strengthening the closeness of the relationship between parents and children. The child stated that the most enjoyable moments with the family are when they can talk and share stories with their parents. Through such communication, the child feels more understood and emotionally closer to the family. Interestingly, the child also realizes that a lack of communication can create distance in family relationships, especially with the father who works out of town. This

condition makes interaction limited, so emotional closeness is more strongly established with the mother than with the father.

Furthermore, the findings show that family harmony does not always mean the absence of conflict. Both parents and the child acknowledged that differences of opinion and small conflicts still occur within the family. However, such conflicts are viewed as normal as long as they can be resolved through good communication and discussion. Parents tend to solve problems calmly and through joint discussion, while the child admitted that they often remain silent first before eventually discussing the problem with their parents. These findings indicate that the family's ability to resolve conflicts openly is one of the important factors in maintaining family harmony.

Amid technological development and work-related busyness, this study also found several challenges in maintaining family harmony. Work demands limit the time available for family gatherings, while gadget use reduces direct interaction among family members. The child even described a situation in which family members are in the same house but are busy with their own gadgets, causing communication to become increasingly rare. Nevertheless, the family continues to make efforts to maintain harmonious relationships by using the available time to gather, talk, or spend quality time together.

Based on these findings, it can be understood that family harmony, according to parents and children, is built through open communication, affection, emotional attention, and quality time spent together. Harmony is not merely about living together in the same house, but about how family members are able to create relationships based on mutual understanding, mutual support, and emotional closeness amid the various challenges of modern life (Wibowo, 2025). Therefore, quality time and communication become the main foundations for creating harmonious and stable family relationships.

### **Forms and Roles of Quality Time in Family Life in Maintaining Harmonious Relationships Between Parents and Children**

The research findings regarding the forms and roles of quality time in family life were obtained through in-depth interviews with three informants consisting of the father, mother, and child. The data obtained were then analyzed to identify the forms of quality time activities, the frequency of their implementation, the role of these activities in family relationships, and the obstacles faced in carrying them out. This analysis was conducted to understand how family interactions in daily life can contribute to maintaining harmonious relationships between parents and children. To facilitate understanding of the research findings, the interview results are summarized in the following table.

Table 1. Forms and Roles of Quality Time in the Family

<b>Informant</b>	<b>Quality Time</b>	<b>Frequency</b>	<b>Role</b>	<b>Constraint</b>
Father	Eating together, going for walks with the family, shopping for family necessities	Done when you have free time	Being a means of sharing stories and understanding the child's condition	Busy work

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Mother	Family picnics, casual conversations at home	Not routine	Mempererat hubungan emosional antara orang tua dan anak	Busy work and home activities
Child	Chatting with parents, sharing stories about daily activities, going for walks together	More often with mom	Creating a closer relationship with parents	Parents' busy schedules and gadget use

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Source: Processed from research interview data, 2026.

Based on the interview results, it can be understood that the form of quality time practiced by the informants' families is mostly realized through simple activities involving direct interaction between parents and children. These activities include eating together, going out with the family, shopping for family needs, and having casual conversations at home. Although these activities appear simple, they play an important role in building more open communication between parents and children.

The father informant stated that the forms of quality time usually carried out with the family include eating together, shopping together, and going to places preferred by the child and wife. These activities are used as opportunities to gather and enjoy time together amid work-related busyness. Activities such as eating together or going out serve as a means to strengthen family relationships while also providing space for family members to interact more casually.

Meanwhile, the mother informant viewed quality time as time specifically used to gather with the family without being disturbed by each person's activities. In her view, quality time provides important benefits in building emotional closeness between parents and children. The mother stated that through quality time, her relationship with her child becomes closer because the child is more open in sharing various experiences. Thus, parents do not only act as authority figures in the family, but can also become companions with whom children share stories.

A similar view was also expressed by the child informant, who interpreted quality time as time to interact with parents, either through activities such as going out together or simply having conversations at home. The child informant mentioned that the most enjoyable activity when being with parents is talking or sharing stories about daily experiences. Through such activities, the child can understand the conditions experienced by the parents while also sharing experiences from college life or everyday activities.

The interview results also show that quality time has a positive impact on the closeness of relationships among family members. The child informant stated that togetherness with parents made them feel closer because there was space to understand one another. Such togetherness also provides an opportunity for the child to receive advice or perspectives from both parents.

Therefore, quality time becomes a medium of interaction that enables more intensive communication between parents and children.

In general, the research findings show that quality time in the family can take the form of recreational activities such as picnics, eating together, or shopping, as well as simple activities such as having conversations at home. These activities provide space for communication, story exchange, and emotional interaction that strengthen the relationship between parents and children. The findings also indicate that quality time plays an important role in maintaining family harmony through togetherness activities that allow more intensive interpersonal communication between parents and children.

The forms of quality time found in this study include eating together, going out, shopping together, and having casual conversations at home. These activities serve as a means for family members to share experiences, understand each other's conditions, and strengthen emotional closeness. Through such togetherness, parents and children can build a more open relationship, creating a warm, supportive, and harmonious family atmosphere.

From the perspective of Talcott Parsons' structural functional theory, the family is viewed as a social system consisting of several members who have specific roles and functions to maintain stability and balance within the family. Each family member has complementary functions, thereby creating order and harmony in family life (Clara & Wardani, 2020). In this context, quality time can be understood as one mechanism of interaction that allows family members to carry out the affective function, namely providing emotional support, affection, and attention to other family members.

Furthermore, structural functional theory explains that family harmony can be achieved when each family member is able to carry out their role in a balanced manner and support one another. The presence of quality time in the family functions as an interaction space that strengthens solidarity and emotional attachment among family members (Hidayatullah & Rozak, 2024). This is reflected in the interview results, which show that through quality time, parents can better understand the child's condition, while the child feels more comfortable sharing various experiences or problems they face.

The findings of this study also show that communication is the main element in the implementation of quality time. Simple activities such as talking together appear to have a significant impact on the closeness of family relationships. This is in line with the study by Aminah et al. (2024), which states that interpersonal communication in the family is an important foundation for building harmonious relationships among family members. Open communication enables the exchange of information, feelings, and emotional support that strengthens family relationships.

In addition, the findings of this study are also similar to the research by Kussanti (2022), which shows that families with working parents can still maintain harmonious relationships if they are able to build effective communication with their children. In such situations, quality time becomes one strategy that can be used to maintain relational closeness despite time limitations caused by work commitments. Through togetherness that is used optimally, the relationship between parents and children can remain well established.

However, this study also reveals different dynamics in the relationship between the child and each parent. The child informant stated that closeness with the mother is more intense than

with the father due to the father's workplace being located outside the city. This condition shows that physical presence in the family also affects the intensity of interaction. In such situations, communication and quality time become important means to maintain emotional closeness despite limitations of time or distance.

Thus, the findings of this study confirm that quality time does not only function as an activity of togetherness, but also as a social mechanism that strengthens the family's function in building harmonious relationships. Through simple activities such as talking, eating together, or family recreation, family members can strengthen communication, increase emotional closeness, and maintain stability in family relationships.

The novelty of this study indicates that quality time in the family does not always have to take the form of recreational activities or specially planned events, but can also be realized through simple interactions such as daily conversations at home that allow intensive interpersonal communication between parents and children. This shows that emotional closeness in the family can be built through routine and open communication in everyday life. These findings also strengthen the view that communication within the family is an important factor in maintaining harmonious family relationships (Oktavia et al., 2023).

In addition, this study also shows that quality time plays an important role in bridging the time limitations experienced by families with working parents. Under such conditions, the quality of interaction becomes more important than the quantity of time spent together as a family. This finding is in line with the study by Anjassari (2022), which shows that families with parents who have dual roles can still maintain harmony through effective communication and proper management of family time.

This study also provides an additional perspective that quality time can serve as a means to reduce communication gaps between generations within the family. Interactions that occur during quality time allow parents and children to understand each other's perspectives, thereby making family relationships more harmonious (Lestari et al., 2025). Thus, this study emphasizes that quality time is not merely an activity of togetherness, but also a family communication strategy that plays an important role in maintaining harmonious relationships between parents and children.

### **Three Family Obstacles and Efforts in Facing Disharmony**

Based on the interviews conducted, several obstacles were found to affect the harmony of relationships between parents and children in the family. These obstacles include parents' work busyness, gadget use, limited communication, and differences of opinion within the family. Nevertheless, the family continues to make various efforts to maintain harmonious relationships through communication, discussion, and quality time together.

### **Obstacles Affecting the Harmony of Relationships Between Parents and Children in the Family**

#### **Work Demands as an Obstacle to Family Harmony**

One of the main obstacles found in this study is parents' work demands, which reduce the intensity of interaction within the family. The child informant stated that both parents work, making the time available for gathering and talking together limited. This can be seen from the following statement by the informant: "Because both of my parents work. So, we rarely have time to talk together; we usually can only talk when both of them have come home from work."

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This statement indicates that work demands limit family communication. This condition is also reinforced by the father informant, who stated: “Work takes so much time, so I cannot accompany my child in their daily life.” Meanwhile, the mother informant also stated that work makes family time limited: “Yes, because when I am busy with work, sometimes the time at home becomes limited.”

Based on the interview results, it can be understood that families in which both parents work, or dual-earner families, face challenges in balancing work and family time. Work demands reduce the intensity of communication and togetherness, so the emotional relationship between parents and children may become less close.

This finding is in line with Kussanti’s (2022) study, which explains that parents’ work demands can affect the quality of family communication if they are not balanced with openness and intensive interaction among family members. Suboptimal communication may cause emotional relationships between parents and children to become distant. From the perspective of Talcott Parsons’ structural functional theory, this condition relates to the adaptation function in the AGIL concept. Parsons explains that the family, as a social system, must be able to adapt to social changes and economic demands, including the condition in which both parents work. The family in this study attempts to adapt by still making time together despite having demanding work activities.

### **The Influence of Gadgets on Family Relationships**

In addition to work demands, gadget use is also an obstacle to maintaining family harmony. The child informant revealed that mobile phone use often causes family members to become occupied with their own activities even though they are in the same house. *“Sometimes even when we are all at home, we are busy with our own gadgets, scrolling through TikTok or playing on our phones. So even though we are in the same house, it feels like each of us has our own world.”* A similar statement was also conveyed by the mother informant: *“Sometimes we rarely talk because everyone is busy with their gadgets. It looks like we are close, but actually there is less communication.”*

The interview results show that gadgets can reduce the quality of face-to-face communication within the family. Family members become more focused on the digital world than on building direct interaction with family members at home.

This phenomenon is in line with the study by Hayati et al. (2024), which explains that excessive gadget use can reduce interpersonal communication within the family, thereby decreasing emotional closeness among family members. In Parsons’ theory, this condition relates to the integration function, namely how the family maintains relationships and bonds among family members so that harmony can be preserved. When direct communication begins to decline due to gadget use, the process of integration within the family may also be disrupted. Therefore, efforts are needed to maintain direct communication and interaction so that family balance can be sustained.

### **Differences of Opinion and Conflict within the Family**

Another obstacle found in this study is the presence of differences of opinion among family members, which can trigger conflict or disharmony. The child informant revealed that they often choose to remain silent when problems arise with their parents. *“When there is a problem, honestly, I personally tend to stay silent and give the silent treatment.”* Meanwhile, the mother

*informant stated that conflict in the family usually occurs because of disagreement over certain matters. "Usually it is just because of differences of opinion, for example, when someone disagrees about something." The father informant also explained that family conflict often comes from small issues that are exaggerated. "Small things that are made into big problems."*

Based on the interview results, conflict within the family generally arises due to a lack of communication and differences in perspectives among family members. Although conflict is a normal part of family life, if it is not resolved properly, it can affect the emotional relationship between parents and children. According to Parsons, conflict that arises within the family can disrupt the balance of the social system if it is not handled properly. Therefore, the family needs to maintain the integration function so that relationships among family members can remain harmonious through communication and cooperation.

### **Family Efforts in Facing Disharmony**

Although facing various obstacles, the family continues to make efforts to maintain harmony in the relationship between parents and children. One of the main efforts made is building communication and resolving problems through joint discussion.

The child informant explained that after the situation began to calm down, the problem was usually discussed again with the parents. *"Usually, if I stay silent for a day, then the next day I talk with my mother or father about what the problem was."* The mother informant also stated that conflicts are resolved through proper communication. *"Usually, it is resolved through discussion. We talk calmly about what the problem is, then look for a solution together."* Meanwhile, the father informant stated: *"Stay calm and explain based on the existing facts."*

In addition to communication, another effort made by the family is maintaining quality time together, such as eating together, going out, having casual conversations, and maintaining communication despite distance and work demands.

From the perspective of Parsons' structural functional theory, these efforts indicate the presence of the latency or pattern maintenance function, namely the family's effort to maintain values, affection, attention, and emotional relationships among family members so that the family system remains stable. The presence of quality time, communication, and parental attention serves as a form of pattern maintenance within the family, allowing harmony to be preserved. This is also supported by the study of Hidayatullah and Rozak (2024), which explains that the family as a social system requires communication, cooperation, and proper role distribution so that family balance and harmony can be maintained.

## **E. CONCLUSION**

Based on the findings of the study on the role of quality time in building family harmony, it can be concluded that quality time has significant value as a means of strengthening emotional relationships, improving interpersonal communication, and maintaining the stability of relationships between parents and children within the family. Family harmony in this study is understood as a relationship characterized by affection, open communication, mutual respect, and emotional closeness among family members. The main value of the findings indicates that togetherness, although carried out through simple activities, can have a significant impact on the creation of harmonious family relationships.

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The research findings and discussion show that the forms of quality time practiced by families do not always involve major activities, but can be carried out through simple activities such as eating together, taking walks, having casual conversations, and sharing stories about daily activities. These activities have been shown to strengthen emotional closeness between parents and children and create more open communication within the family. However, this study also found several obstacles that affect the intensity of family togetherness, such as work demands, excessive gadget use, and limited time for direct interaction.

The implications of this study show that efforts to maintain family harmony do not depend solely on the amount of time available, but rather on how families are able to use limited time in a meaningful and quality manner. Specifically, this study implies that families need to build awareness of the importance of creating open communication spaces, managing time together in a balanced way, and reducing excessive use of technology so that interaction among family members can be maintained. In general, this study also strengthens the understanding that the family, as a social unit, plays an important role in maintaining social and emotional balance among its members.

This study has several limitations that need to be acknowledged by the researcher. First, the limited number of informants, involving only three participants consisting of a father, a mother, and a child, means that the findings cannot yet represent broader family dynamics. Second, this study focuses on the subjective experiences of the informants, so the findings emphasize individual interpretations of quality time experiences within the family.

Considering these limitations, future research has the opportunity to examine similar topics with a broader and more diverse range of informants, for example by involving various types of families, different socioeconomic backgrounds, or families with diverse work conditions. Future studies may also develop different methodological approaches, such as combining qualitative and quantitative methods, to obtain a more comprehensive understanding of the relationship between quality time and family harmony.

Based on the findings of this study, several recommendations can be proposed. For families, it is important to consciously provide quality time together as an effort to maintain communication and emotional closeness among family members. For educational institutions and social organizations, the findings of this study can serve as a basis for providing education on the importance of family communication and time management within modern families. Meanwhile, for future researchers, the findings of this study can be used as an initial reference to develop deeper studies on the dynamics of family relationships and the role of social interaction in building family harmony.

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