



## USING @RILIV INSTAGRAM CONTENT TO EDUCATE ABOUT INTERGENERATIONAL TRAUMA

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### ABSTRACT

The transition from traditional to digital media has brought forth significant developments in the field of education, particularly in parenting. Instagram is one of the digital platforms that has been effectively used as a teaching tool, particularly in this study that examines the issue of intergenerational trauma. The effects of intergenerational trauma on parenting styles that provide care for future generations are harmful that they have given rise to a new term, toxic parenting. Through Instagram, the @Riliv account educates parents on prior traumas that affect parenting styles. Furthermore, it is expected that parents would gain more knowledge about parenting from Instagram media. This research uses a qualitative content analysis method based on Toxic parenting theory, and intergenerational trauma theory to analyze Instagram media content in order to address the community's educational needs. The object of the research itself is Instagram @Riliv

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visual content about the Intergenerational Trauma phenomenon in posts on September 26, 2021, May 9, 2022, and June 20, 2022. The research findings are the unresolved childhood trauma that can be handed down through generations. As the solution, being more aware and faster in handling breaking the trauma chain can lead up to a harmonious family. This research can be expanded into other fields of media research.

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## INTRODUCTION

Based on user data, social media as a communication tool has reached more than 3800 billion people by 2020. Accordingly, by the year 2020, there were 160 million social media users in Indonesia. According to research conducted by social media marketing agencies, such as We are Social, and Hootsuite, the most widely used social media platform in Indonesia by 2020 was Instagram, with 79% of the country's population using it. Additionally, We Are statistics from the Dataindonesia article wrote instagram as the popular media with 1.45 billion users as of April 2022 (Hapsari et al., 2020).

Media has been a popular resource for the general public to obtain information, particularly for the general public, who can easily access whatever information they require. Numerous initiatives based on information technology have emerged as a result of the development of information technology, including e-government, e-commerce, e-education, and others (Gumilar & Zulfan, 2014) The two primary functions of using mass media for communication are frequently used by industry sectors, particularly to disseminate information and conduct promotions about their own industries (Gumilar & Zulfan, 2014). Some communities or organizations use this technology to not only share information, but also for learning. Utilizing Instagram as a source of educational content is a relatively new phenomenon in the world of social media use (Pittman & Reich, 2016)

Instagram for educational source can be used for parenting education needs.

To raise children and to inform them about their rights and responsibilities, adults must ensure that children have this knowledge (Yang et al., 2016). However, in reality, not every adult has knowledge and understanding about how to take care of children. The little understanding and education that an adult has regarding parenting might spur a child's call (Baker et al., 2017). The phenomenon of social media being used by parents to educate themselves does not lag behind the advancements in technology brought on by the emergence of the internet.

However, Parenting education information is currently experiencing a decline in popularity, not just with conventional media but also with social media platforms. Parenting information is currently not being affected by time or space. Receiving specific information and advice is the primary reason why people should use social media for the purpose of raising children (Sari & Basit, 2020). Young parents exchange information online to help them to express themselves, seek supportive comments, or learn through the experiences of other young parents (Pratiwi et al., 2020).

The phenomenon of parents in the past educating their children in the old style cultural background pattern is now considered wrong. Because the emergence of various mental health problems nowadays is caused by a poor parenting pattern or the environment in which they live. Parenting education is desperately needed in today's parenting. Every child has different needs, and the needs of children should not be the same. Because the same parenting pattern frequently makes children feel pressured by their parents' attitude. Previously, it was considered sufficient for parents to live by imitating their parents in the past in order to undergo parenting in the future. However, as time passes, parenthood becomes more difficult (Lestari, 2018).

There is a promising business Instagram accounts with content about mental health, named Riliv. It is an Indonesian startup company that provides mental health services. Riliv was chosen because the consistency of uploads from Riliv's account is superior to competitors' accounts, namely *ibunda.id* and *get.kalm*. According to its official website, Riliv is the number one mental health app in Indonesia. Riliv is now a comprehensive solution for measuring, unifying, and improving mental health. Riliv has an Instagram business account with the handle (@Riliv). As of July 2022, the account had 326,000 followers and between 1000 and 25,000 likes. Riliv's social media team was able to package the account's visual content in an interesting way.

The large number of users of the @riliv account as the basis of the search becomes the basis of this text's research, demonstrating how Instagram media is educational media about generational trauma. The findings of this study can be used by parents as a source of information and education via digital media. So from the emergence of this phenomenon, researchers can formulate the problem of what is the influence of generational trauma on the relationship between children and parents through the content of @Riliv Instagram? with the aim of analyzing @Riliv Instagram media content in providing education about generational trauma

### **Theoretical Framework**

A pattern is an attitude that parents demonstrate to their children to create an emotional climate that surrounds parent-child interactions. Parenting research is divided into two approaches: typology or parenting style and social interaction approach or Parent-child system (Lestari, 2012). In determining parenting patterns for children, there are two schools of thought: some argue that parental attitudes influence children's behavior (parent effect model), for example within the parent-child interactions, parental characteristics determine how parents treat children, which shapes children's character. Another opinion holds that parents' attitudes are determined by their children's behavior (child effect model), in which parents are seen as more adaptable and their behavior toward children is a reaction to the child's behavior.

However, the same parenting pattern does not produce the same personality. In this case, the nurturing work process does not proceed in a linear fashion. Then a new viewpoint emerges, claiming that the parent-child relationship is interactional, meaning that the parents' behavior affects the child's behavior and vice versa, the child's behavior affects his parents' response. Psychologists refer to this model as the transactional model (Shaffer, 2007). Belsky (1984) developed a process model of the determinants of parenting, it is based on an etiological study of child maltreatment, which states that parenting is directly influenced by parents' personality, child characteristics, and context. The social aspects of the parent-child relationship.

New media such as YouTube, Instagram, TikTok, and a variety of other platforms aid and encourage changes in people's thinking. These media serve as a

medium for not only interacting but also for educating new insights. One of the emergencies functions is used as a parenting education medium, as a forum for parents to share their experiences, also as solutions to parenting problems, particularly in child upbringing.

This form of media is known as Parenting Educational Media, a digital media about parenting education. It can be accessed anywhere, at any time, and by anyone. Parenting Education Media makes it simple for people to quickly and efficiently find the information they need. Some millennial mothers see this as a benefit in learning how to provide the best and most appropriate parenting way for their children. Lots of young mothers have eventually entered the virtual public space, adding a new dimension to the exchange of parenting information.

Instagram is one of the mediums used for educational information. It is a relatively new reality in the world of social media. Instagram is a massive media space, a photo-sharing software that allows users to take photos, apply digital filters, and share them via various social networking services. Users can use Instagram as a medium of information to meet their needs.

The emergence of generational trauma or intergenerational trauma is another new phenomenon in the parenting and psychology world. According to Sophie Isobel (2019) intergenerational trauma is a trauma that is passed down rationally across generations. Generational trauma / intergenerational trauma results from the trauma process that involves parents who have not resolved their own trauma, allowing the trauma to be transmitted to their children through specific patterns of interaction. Generational Trauma is a traumatic attachment that occurs in the past (particularly about a person's life history or past). If, during the parenting process, the parents are unable to anticipate the child's trauma, such as violent behavior, frequent anger, depression, or neglect, then without realizing it, those attitudes can be passed down to their children, and when the children become parents, the same thing can happen again. This pattern is also known as "Toxic Parenting".

Toxic parenting is defined as an unsuitable parenting style that has a negative impact on child development. Toxic parenting is a term used to describe parents who used to practice it. Toxic Parents believe that their decisions are always correct and best for their child, and they prioritize their own desires over the child's. Toxic

parenting is typically the result of prior inappropriate parenting patterns. This parenting style frequently leads to children being "Self-destructive" or attempting to self-destruct. In the family setting, children often feel worthless and uneasy. This has a negative impact on the relationship between parents and children. On the one hand, parents want their children to do whatever they want, but children also have the right to live their own lives.

Toxic parenting will remain a link in the chain if no side of the party attempts to break the chain by solving the problem and finding a solution to what occurred. Toxic parents are the result of prior trauma, whether from a broken home or from a family in which children feel silenced about their personal opinions due to a lack of communication intensity. Then, to be labeled as a good child, children must forego the opportunity to follow their parents' wishes.

The trauma grew and continued to take root in subsequent generations, so that the old parenting pattern never ended, resulting in hatred for their parents. There are four types of toxic parents, according to Forward: Inadequate parents, are those who continue to force their children to meet their parents' needs while denying children's rights. Children should not be different from their parents and should, of course, be limited to their parents' wishes. Parents who are alcoholics or use illegal drugs are the most toxic type of people because the effects of alcohol and other drugs can harm children. Violent parents, parents who enjoy using physical violence on their children, punishing or disciplining them harshly.

## **METHODS**

This is a qualitative study using the content analysis method, using the Family Communication Patterns Theory (FCPT). Qualitative methods are a set of techniques for analyzing and comprehending the significance of some individuals or groups who are considered humanitarian or social problems Creswell (2015). According to Eriyanto, content analysis is a scientific method that is used or intended to be used to systematically determine the content of the displayed communication (Eriyanto, 2011). Content analysis is a methodical and repeatable test of communication symbols in which these symbols are given numerical values based on reliable measurements, and analysis uses statistical techniques to characterize the content of the

communication, draw conclusions, and provide context, including both. production and consumption. The theory of media education, the theory of intergenerational Trauma, and the theory of parenting all showed support in this study. The researcher analyzes and investigates Ig @Riliv's media content to educate about Intergenerational Trauma. Documentation, books, scholarly articles, pertinent periodicals, and databases used for library research are the sources employed. The information is then gathered, examined, and drawn to draw a conclusion on the phenomena of international trauma as a contributing factor to the development of toxic parenting.

## RESULT AND DISCUSSIONS

According to its official website, Riliv is the number one mental health app in Indonesia. Riliv is now a full-service solution for measuring, monitoring, and improving mental health. Riliv has an Instagram business account with the handle (@Riliv). As of July 2022, the account had 326,000 followers and between 1000 and 25,000 likes. Using design theory, Riliv's social media team was able to package the account's visual content in an interesting and informative manner. Consumer feedback was also found on the account (@Riliv) in the form of comments on the upload. Riliv uses Instagram to communicate with his followers in real time.

Figure 1.1 Profile Instagram @Riliv





According to Riliv, the motivation of followers in using the @Riliv Instagram account is to serve as a reference and reference for followers, particularly in matters relating to mental health and parenting education. The author sees Riliv's Instagram content as being related to mental health issues that are widely discussed in the community, one of which is the phenomenon of Intergenerational Trauma. The Instagram feed displayed by the @Riliv account provides a clear explanation of the visual meaning, factors, causes, and solutions. In one year, @Riliv's account has posted three times about intergenerational Trauma. This assists the community in gathering information, so the community chooses Instagram @Riliv media as a medium for providing information and education in assisting Intergenerational Trauma. Media consumers play an active role in selecting and utilizing media. Typically, media users select a medium based on their psychological and social needs (Haslam et al., 2017).

The image above shows some examples of posts from the @Riliv Instagram account that contain parenting advice. Ownership posts are not only photos, but admins frequently post videos with visuals and audio that are very useful for followers in the application of practice on the topic being discussed. Furthermore, the administrator frequently hosts live interactive talk broadcasts with parenting experts. The admin displays an interactive talk directly through one of Instagram's facilities called 'live,' then followers can provide questions that will be answered directly by the resource person related to the theme being discussed.

The @Riliv account provides information on parenting education in various forms of posting via the various facilities provided by Instagram social media. It is hoped that by reading these posts, followers who are young mothers in parenting education will be able to provide a cognitive response. According to interviews with resource persons who follow the Instagram account @Riliv, they believe it is simple to obtain information about parenting education to use as a reference or reference in nurturing and caring for their children (Asiodu IV, Waters CM, Dailey DE, Lee KA, n.d.)

According to the data analysis on the @Riliv Instagram account posted on September 26, 2021, there are facts and phenomena concerning Intergenerational Trauma. Where there is a mismatch between parental and child patterns and expectations. Complex interpersonal trauma is thought to be best handled in a



multimodal (Allen, 2013) trans-theoretical (Courtois, 2004) manner based on the underlying assumption that helplessness, meaninglessness, and separation are at the heart of the interpersonal trauma experience. This interpersonal trauma that parents have experienced is a legacy that children can pass on through poor parenting habits. Intergenerational trauma is a distinct process and type of psychological trauma that is passed down through families and societies. Intergenerational trauma (intergenerational trauma) can be passed down through attachment relationships between parents and children. (Isobel et al., 2019).

Figure 1.2 Intergenerational Trauma



One of the stages that couples who have children go through is becoming parents. The transition period to becoming a parent at the time of the first child's birth can cause problems in the couple's relationship and is perceived to lower the quality of marriage. Psychological research also indicates that women have a more difficult transition than men (John, S. E. & Belsky, 2008). Children grow and develop in the context of their environment and relationships (Thompson, 2006). Relationships, according to Thompson, become a catalyst for development and a pathway for increasing knowledge and information, mastering skills and competencies, emotional support and a variety of other influences from a young age.

The attachment theory (attachment theory) proposed by John Bowlby 1969 identifies the influence of parenting behavior as a key factor in the early development of parent-child relationships. Children will form strong emotional bonds with adults

who have cared for them since the beginning of their lives on Earth. Attachment is defined as a mutual relationship between the child's attachment system and the parenting system (Turner, 2005). Mercer (2006) defines attachment as an emotional bond that occurs between humans and guides feelings and behavior.

The Parental Acceptance-Rejection Theory approach also explains the parent-child interaction in addition to attachment theory. Parenting styles have a warmth dimension (warmth dimension), which takes the shape of an affectionate character between parents and children, which includes acceptance and rejection of parents (Ronald P. Rohner, Abdul Khaleque, 2012). Different emotions and actions that convey warmth, affection, care, comfort, concern, support, and love are indicative of the acceptance process. The absence stage of the rejection process, on the other hand, is defined by the withdrawal of a range of emotions or actions, such as those that cause psychological and physical harm (disrespect, neglect, apathy, verbal abuse, and torture). Children's impressions of their parents' acceptance or rejection, or those of other influential people, will have an impact on how their personalities develop, claim Rohner et al. Chen, 2009 indicates the warmth, security, trust, positive affect, responsiveness, and other aspects of the quality of parent-child relationships

Relationships take on a sense of security because of regular interactions that display attentiveness, sensitivity, and response. Children who feel secure in their surroundings and with others tend to have more self-confidence. Children who feel safe will also be more daring in their exploration, which is good for the growth of competence. As stated by Hinde (1976), the parent-child connection is based on several fundamental ideas, including: Communication. A relationship is formed because of interaction between the parent and child. These encounters create anticipation for next interactions as well as recollections of previous interactions. Mutual assistance. Both parents and kids play a part in how they engage with one another and how they relate to one another. Individuality. Every parent-child connection is special since it involves two people and cannot be imitated by other parent-child relationships or by relationships between children. A faded hope. The two develop expectations for parent-child relationships. Parents will be able to predict how their child will behave in each setting based on experience and observation. Parents to their children, and vice versa. Make preparations for the future. Every generation

of parents and children builds on the expectations they establish for one another.

Figure 1.3 Post The Characteristics Of Intergenerational Trauma



Incompatible parent-child connections cause family disputes without our being aware of it. Squabbles, disagreements, and quarrels are linguistic synonyms for conflict. Conflict is characterized by one side thwarting or attempting to impede the objectives of the other. (Thomas, 1992). Conflict, according to McCollum (2009), is activity that runs counter to the ideas, emotions, and conduct of others. Conflict can be broadly characterized as a social occurrence involving antagonism or disagreement (Shantz,1987).

Sibling conflict, parent-child conflict, and spouse conflict are the three types of family conflict that are most common (Sillars, A., Canary, D. J., & Tafoya, 2004). When the author's romantic relationship is betrayed, whether through adultery or the sexual exploitation of a kid, the resulting resentment can be just as intense as the love that existed before the betrayal. A child who continues to prefer to live with an abusive parent over one who is not shows that the benefits of the emotional connection exceed the pain caused by conflict.

Relationships with family members last forever. Both parents and kids will always be parents. Parents automatically view their children as an integral part of their

lives and will work hard to ensure their happiness and wellbeing. However, the parent-child relationship frequently reflects a perspective of authority and power. There is a demand aspect that reflects the parents' expectations for the child's attitudes and conduct in addition to the responsiveness aspect of meeting the child's needs. The disparity between the child's perspective and the parent's perspective is the primary cause of parent-child conflict

According to various research, parent-child conflict occurs anywhere between 3.5 and 15 times each hour (Dix, 1991). Conflicts that arise between parents and children are not always related to socialization's goals. Everyday disagreements between parents and children about facts or when parents are unable or unwilling to carry out their child's requests are examples of parent-child conflicts (Laible, D., Eye, J., & Carlo, 2008). Conflict between parents and children usually follow a hierarchy and are tied to duties (Adams, R., & Laursen, 2001). Children are considered as having duties to parents, who are in a superior position and must be obeyed. Coercive behavior, which combines unfavorable attachment, tyrannical resolution, and unequal punishments for each conflict, is another response to parent-child conflict. Many believe that teenagers who rebel against their parents are to blame for parent-child conflict.

Perspectives on disputes and confrontations between parents and children frequently diverge. Parents always view things from the perspective of societal order and parental authority. When parents and kids argue, they frequently use social norms or parental power to support their position. The information given above aids in the analysis of the causes of intergenerational trauma. One of them is the unresolved parent-child conflict, which truly causes trauma to the child's psychology. However, this is also inextricably linked to the way in which parents and kids have been handled, thus treating them similarly is necessary. Intergenerational trauma is described as the process by which parents who have unresolved trauma transmit this to their children through specific patterns of interaction, leading to the effects of the trauma being experienced without the original traumatic experience or event (Hesse, E., & Main, 2000).

While Kellerman (2001) argues that transmission is a useful concept for understanding the discrete nature of intergenerational trauma as opposed to others. Albeck (1992) suggests that discussions of intergenerational trauma should focus on

the intergenerational aspect of trauma rather than transmission. effects of indirect trauma exposure that are secondary or typical. The debates over whether the traumas conveyed are copies of first-generation traumas, responses to those traumas, or vulnerability to certain trauma entities are also reflected in these conceptualization distinctions (Isobel et al., 2019).

When the teenager has concurred and followed the parents' advice, the parents consider the disagreement to be resolved. As a result, parents generally believe that their relationship with their kids is good. However, from the perspective of the adolescent, adhering to or following the advice of parents after there have been disagreements, differences, or conflicts does not always resolve the conflict. Conflict between parents and their offspring is common for those who have problems with their own parents. Unconsciously venting on the parenting style in the aftermath of a hidden conflict causes this to occur.

Figure 1.4 Definition Of Intergenerational Trauma



Trauma is passed down from parents; the events that happened to us may be things that our parents have already gone through. This phenomenon is known as intergenerational trauma, which is a trauma that is passed down to the next generation, starting with one individual and going through multiple family members, from those who directly experienced the painful incident. Trauma may take the shape of physical or mental violence.

Mansour interprets violence (violence) linguistically as an assault or intrusion on a person's bodily and mental integrity. Meanwhile, according to Galtung, the word "violence" is derived from the Latin verb vis vis, which can indicate "power or strength

to carry," as well as the verb *latus*, which can mean "to carry." Violence is described as purposeful or unintentional (verbal and nonverbal) action that causes harm to another person, whether through physical, mental, social, or economic attacks that violate their rights and go against accepted values and conventions. - The effects of psychological trauma on the victim are influenced by societal norms. These following types of violence are frequently used, according to (Subhan, 2004):

- a. Physical violence, such as touching, unwanted pokes, beatings, molestation, and rape.
- b. Non-Physical Violence, such as greets, whistles, or other types of unwelcome attention, humiliation, always being viewed as incompetent, cursing, or sexual harassment

The practice of yelling, belittling, or using other forms of verbal abuse is regarded as an example of a factor that can cause intergenerational trauma. It's possible that the parents who inherited the trauma were parents who experienced the same parenting style when they were children, causing them to experience wounds that had not yet healed and were resolved. As a result, they use their parenting style as an example for the younger generation. Children who have up to this point grown up and coexisted with intergenerational trauma frequently place the blame on themselves because they are unable to live up to the demands and expectations of their parents and are raised in a strict parental environment where parents employ strict parenting techniques, numerous rules and restrictions, and a tendency to be rigid in how they interact with their kids

The self-blame bad habit is more commonly referred to as the "Guilt Complex," when a person enjoys placing the blame on himself even though he is not the one who feels guilty in this situation. A "guilt complex" can cause someone to be harsh with themselves. Simply because you made a tiny error, you may become humble or even be scared to try something new out of fear of making a mistake. This terrible habit may be brought on by early trauma, such as being chastised frequently or constantly, as well as the belief that one should be born perfect. Worse yet, it may result in extreme anxiety, sadness, and trauma. (Reber & Emiliy, 2010) guilt is an emotional state brought on by the realization that one has transgressed.

We are social beings that have a great level of empathy and constantly strive

to satisfy others, regardless of our ability, because we were born ordinary individuals with various lives. People Pleasure is a person who, in specific situations and with specific individuals, tends to make others happy. Some kids decide to be people who take joy in living up to their parents' expectations; as a result, all they know how to do is please them, and they see it as essential. Although it is viewed as a non-issue, the diagnostic and statistical manual of mental disorders, fifth edition (DSM-5), lists guilt complex as one of the stressors that can lead to post traumatic disorder (PTSD), which we unknowingly present and which is not visible but enough to upset the balance of life.

Figure 1.5 Factors of Intergenerational Trauma



It turns out that the trauma that a person is going through can be passed on to those who are closest to him or even passed down to future generations. In circumstances of contagious trauma, a person will feel anxious and depressed by what his loved ones are going through. A person who experiences STS, or secondary traumatic stress, will overreact to anything because of the bad emotions that are brought on. For instance, the intense focus of watching news about sexual harassment makes a person feel depressed and positions him as a victim, which frequently causes someone to feel anxious, afraid, and possibly reject things that are still considered to be normal but are depicted as being part of sexual harassment. Secondary traumatic stress (STS) can develop gradually or suddenly. "Vicarious Trauma" refers to STS that develops gradually. However, a person will suffer Burnout and Compassion Fatigue (fatigue) prior to the onset of STS, which prompts a person to assist others regardless



of their own capacities. Someone who feels burnout and compassion fatigue will also experience stress with the following signs and symptoms since they do not have excellent control: Always picture traumatic situations. Avoid anything or anyone that might cause you to experience trauma. 3. Excessive shock, irritability, difficulty concentrating, and trouble sleeping. The public, who are frequently good listeners to their closest friends or family, or workers who aid many people, such as doctors and psychiatrists, are more likely to experience this contagious trauma. Through his Instagram postings, which can be either aesthetically in the form of photographs, Rells films, or livestreams, Riliv uses the social media platform as a tool for instruction. Because Instagram has a feature that makes it simple for people to access, Riliv is more dedicated to giving the community the knowledge and information that it needs.

Being a media outlet with a psychology focus, Riliv always seeks to offer information about education in many fields, including parenting education. Therefore, it is not unexpected that both Instagram and the Riliv app are frequently used by both the public and other psychiatric specialists.

The intriguing information provided by Riliv relates to the psychiatric concept for intergenerational trauma, which is the legacy of parental trauma. Riliv posts articles about intergenerational trauma, which it seems like not many people are aware of, up to three times a year. The first post selected was the one dated September 26, 2021, which garnered 4,820 likes and 64 or so comments from users on social media. According to the information provided in Instagram's visual format, both the trauma experienced by their parents and the development of a trauma that gives youngsters a voice is explained. This is referred to as intergenerational, generational, or transgenerational trauma.

Figure 1.6 Post of Intergenerational trauma Intergenerational Trauma



The emergence of toxic parenting has in some cases been influenced by intergenerational trauma. The use of incorrect parenting techniques that may harm children is referred to as toxic parenting. Toxic Parents recognize that children have their own needs and that they cannot be fully cared for by their parents. The parents are hesitant to appreciate, make concessions, and provide for their children. Toxic Additionally, parents tend to believe that they are always right and just think about what they want for themselves without considering what they want for their kids. Without considering the long-term effects on the child, they can impose a variety of sanctions and actions if their child disobeys them.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA) (2014), psychological trauma can be caused by situations that are perceived as being physically, emotionally, or life-threatening and that have a long-lasting negative impact on wellbeing. The event(s), the person's experiences, and the results are all included in the definition of "trauma." Early childhood trauma that is chronically experienced alters neurobiological processing, including the brain's ability to integrate and process information, as well as the coping mechanisms for stressful stimuli and emotion regulation (Schore, 2009), Age (Van Der Kolk, 2005) is associated with a number of adult health issues that are linked to the coping mechanisms, tactics, and behaviors that kids use to shield themselves from adversity

Children who experience verbal or physical abuse from birth will consider this when determining how to educate future generations. Unbroken intergenerational

trauma poses a risk due to inheritance or ingrained family habits. Although there are no clear signs, the impact might cause a person to live their entire lives alongside pain. Intergenerational (or transgenerational) trauma is a distinct type of trauma that can emerge from trauma that is passed down through relationships directly or indirectly between generations. Intergenerational trauma is described as the process through which parents who have unresolved trauma transfer this to their children through specific patterns of interaction, leading to the repercussions of the trauma. (Hesse, E., & Main, 2000) According to a definition provided by the term, intergenerational trauma is the process through which parents who have unresolved trauma pass it on to their children through specific patterns of interaction, causing the symptoms of the trauma to be felt without the initial painful experience or incident. (Isobel et al., 2019). Intergenerational trauma is more widespread than only the effects of conflict. Most people and families need assistance with emotional problems, some type of trauma from inside the family or developed and nurtured by the social institutions in which they engage, according to work with residents and other practitioners in metropolitan areas and the public sector (Abrams, 1999).

Intergenerational trauma is thought to play a role in the development of toxic parenting because, in this parenting style, parents frequently follow the previous parenting style, which has lost its applicability to the following generation because of changing social and environmental circumstances. Lack of parenting education is another catalyst for intergenerational trauma because there is no quick fix for it. Because it is difficult and expensive to contact psychologists and psychiatrists, parents who are just starting out as parents are unable to receive the answers they need and instead turn to people closest to them for assistance.

An explanation of how trauma can be passed down from parents in a post from May 9, 2022, strengthens this analysis even further. To create the intergenerational transmission of attachment style, attachment will be passed down from parents to children. This will result in children developing both secure and hazardous attachments from their parents. The attachment will be handed down to the following generation once the child reaches adulthood and becomes a parent (McVay, 2012). Domestic violence can make it harder for parents to provide for their children's security needs. Children will acquire incorrect reasoning when looking to parents for safety and

comfort. Children will feel burdened by the unstable attachment that develops. Unsafe attachments will continue to be passed on from one generation to the next if there are no protective measures that lessen their effects. In fact, intergenerational transmission of violence is brought on by unstable relationships that are passed down from parent to child.

## **CONCLUSIONS**

Based on the findings of the study and the analysis of @Riliv's Instagram posts, it is evident that rapidly evolving communication and media technology has given rise to new platforms like Instagram, which enhance the media environment's overall advantages. However, while these advancements offer significant benefits, they also present unique challenges that warrant critical examination. One of the key issues highlighted by the study is the phenomenon of intergenerational trauma, which @Riliv addresses through its Instagram content. Intergenerational trauma, stemming from unresolved generational trauma, is a complex and pervasive issue. Dysfunctional parent-child relationships often characterize intergenerationally traumatized families, leading to a lack of harmony and ongoing pressure on children to meet parental expectations.

While @Riliv's use of Instagram to educate the public about intergenerational trauma is commendable, it is crucial to critically assess the effectiveness and limitations of this approach. Social media platforms, while accessible and far-reaching, may not always provide the depth and nuance required to fully address such complex psychological issues. There is a risk that the content may oversimplify the trauma's intricacies or fail to provide adequate support for those affected. Moreover, the reliance on social media for mental health education raises concerns about the potential for misinformation and the quality of the content being disseminated. It is essential for platforms like @Riliv to ensure that their content is evidence-based and created by qualified professionals to avoid perpetuating misconceptions or causing harm.

The study also underscores the importance of addressing the root causes of intergenerational trauma. While forgiveness and breaking the trauma chain are vital steps, they must be part of a broader, more comprehensive strategy that includes

professional therapy, community support, and systemic changes to address the underlying issues contributing to trauma. In conclusion, while the integration of new media like Instagram into mental health education offers promising opportunities, it is imperative to approach this integration with a critical and informed perspective. Ensuring the accuracy, depth, and ethical standards of the content is crucial for effectively addressing complex issues like intergenerational trauma. Future research should continue to explore these dynamics, focusing on both the potential benefits and the limitations of using social media for mental health education.

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