



THE INFLUENCE OF PARENTING PATTERNS ON INDEPENDENCE AND EMOTIONS IN EARLY CHILDREN

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Abstract

This research aims to determine the influence of parenting styles on the independence and emotions of young children. This type of research is quantitative research using data collection carried out in natural conditions, accurate sources and data using interviews and documentation to obtain data in the research. The research results show that one way is to develop aspects of independence, because this will make children responsible for their needs and foster self-confidence. Supervision is very strict and limited because early childhood is still relatively small. If the child does not want to follow what his parents say. Where every parent has a different type of educating their children, especially when it comes to punishing their children. One example of a child parenting style is democratic. One of the factors is the parenting style applied by parents. With a good parenting style, you can develop the character of independence in young children, namely with a democratic parenting style. Children who are raised by their parents with a democratic parenting style are children who are independent with encouragement from family members so that the role of parents is very influential in early childhood development.

Keywords : Emotions, Independence, Parenting styles

Introduction

In general, every family has a pattern, every family has cultural differences, as family members have different educational methods that are applied in family life. Parents play an important role in the upbringing, care and education of children. Family life will basically influence the example parents have for their children, so that families have different parenting styles. In general, parenting can be understood as a model of interaction between parents and children. This parenting style includes the parents' attitudes or behavior when dealing with their children. Supervision is very strict and limited because early childhood is still relatively small. If the child does not want to follow what his parents say. Where every parent has a different type of educating their children, especially when it comes to punishing their children. One example of a child parenting style is democratic. This parenting style is shown in the child's goals and aspirations so that the child can develop according to his wishes while still receiving guidance with close supervision without being too restrictive on the child (Prasetyo, 2018). Independence is the ability or skill that a child has to do everything independently, both independently and in daily activities, without depending on other people. Early childhood independence in carrying out special procedures is the ability to carry out simple daily activities such as eating without having to be breastfed, independently wearing socks and clothes, defecating independently, and wearing clothes, etc. Children's independence is the ability to think, feel, and children are able to do things for themselves and are able to organize themselves according to their obligations in daily life without the help of others. Children who have independence are characterized by self-

confidence, high intrinsic motivation, have the ability and courage to make their own choices, creativity and innovation, accept responsibility for the consequences that arise, adapt to the environment and are not responsible for other people. Based on psychology, it can develop well if given the opportunity to develop through continuous training carried out by young children (Haeriah, 2018). In general, parenting can be understood as a model of interaction between parents and children. This parenting style includes the parents' attitudes or behavior when dealing with their children. According to Hoghuni (2004), parenting style is a model of interaction between children and parents, which includes not only physical satisfaction or feelings (eating, drinking, dressing, etc.) and psychological (eating, drinking, dressing, etc.) etc). Emotion is an emotional term in English. In the English dictionary, according to John M. Echols and Hassan Shadily, emotion means a feeling or emotion that touches the heart. According to Goleman, emotion is any intense or excessive activity or fluctuation of thoughts, feelings, passion, mental states. Another definition put forward by Soegarda Poerbakawatja is a response to a stimulus that causes physiological changes accompanied by strong sensations and often contains the possibility of an outbreak. This response occurs to both external and internal stimuli (Wijayanto, 2020). The emotional atmosphere in the family can stimulate the growth and development of a child's brain and develop their intellectual abilities, but it can also slow down brain development. Joan Beck said that many long-term studies show that children's intelligence will develop at a higher level if the family's attitude towards children is warm and democratic rather than cold and authoritarian. Therefore, the role of parents also has a big influence and plays an important role in shape children's personalities, especially children's emotional intelligence (Chandri et al., 2020). Bar-On explains that emotional intelligence is a series of abilities or a set of personal, emotional and social skills that influence a person's ability to successfully cope with environmental demands and pressures. In addition, Patton (2000) argues that emotional intelligence is the power behind intellectual abilities, the basis for the formation of emotions, including the skills of controlling impulses, optimism, and transmitting strong emotions in a positive, effective way, and maintaining a good mood. These two opinions are very clear and show that emotional intelligence is very important so parents should consider it as the main responsibility in caring for preschool children (Purnomo, 2013).

Research Methodology

Writing research findings is based on a systematic literature search and review. Structured articles consist of several components. This research process is based on a systematic literature review regarding the influence of parenting styles on the independence and emotions of early childhood.

Result & Discussion

Characteristics of Independent Behavior according to Suharman (2012) are as follows (Zamrodah, 2016):

Taking the Initiative to Act

Independent people tend to take their own initiative by thinking about something and taking action without first needing orders, instructions, reminders or suggestions from other people. In other words, an independent person achieves something important along with his duties and responsibilities, then carries it out according to his wishes, without being restrained or waiting someone else's order. For example, if given the opportunity to complete a task, an independent person will carry it out without being told first by someone else or without receiving orders. Independent students will study hard if the exam time is estimated.

Controlling Activities Performed

Apart from being proactive, independent people also have the ability to control their own thoughts, actions and activities without being forced or pressured by other people. For example, the ability to regulate oneself between academic activities and play, between carrying out work tasks and family matters, or between starting, continuing and stopping work and the point at which work must be continued until the work is completed. He did all these things himself without being reminded or forced by others. Additionally, an independent person is not responsible to anyone else.

Empowering your abilities

Independent people tend to trust and use their abilities to the maximum to complete tasks, make decisions, or solve problems without much hope for help or help from others. For example, when completing a task, an independent person will try (attempt) to be able to do it himself seriously first. Apart from that, when faced with obstacles in carrying out their functions, independent people will try to overcome them themselves. After trying and failing, he was forced to ask others for help.

Appreciate your own work or work

Independent people certainly enjoy or feel satisfied with what they do or create, even simple tasks. This is because the person has improved some of the abilities he has in his abilities forms of energy and thoughts, even some materials without involving the help of other people in the work process. Psychologically, it can be said that a person's satisfaction with the results of their work or work is directly proportional to the effort they put in. The greater the effort and the more difficult the task or work, the greater the level of satisfaction that results afterwards.

The process of controlling emotions can be called emotional regulation. Emotion regulation is how individuals determine which emotions to feel, when to feel these emotions, and how to express and recognize these emotions. According to Havighurst, he differentiates independence into four aspects, namely (Rahmatika & Damayanti, 2023): (1) Emotional aspect, namely the ability to control one's own emotions and not depend on the emotional needs of parents (2) Economic aspect, namely the ability to manage one's own economy and not depend on the economic needs of one's parents (3) Social aspect, namely the ability to interact with other people and not depend on the actions of other people (4) Intellectual aspect, namely the ability to organize the various problems being faced in such a way. Democratic parenting tends to be more independent, even when the child is only 4 years old, parents give the child freedom, support the child's independence by giving the child the opportunity to be independent, sometimes it even has to be like that to help, but the child is ready to try to do it himself. . That's because society gives children the opportunity to try, gives them freedom and gives them the freedom to make choices (Amaliana & Afrianti, 2022). Permissive and indulgent parenting: Parents tend to let their children go without implementing special rules. Parents let their children do what they want. Children with this kind of upbringing tend to be independent, but without a diet, they will be free to do anything and lose control, such as children who are disruptive at school or in the play environment, going in and out of class while studying, and even eating in class while studying. Just like the careless parenting model in this research, this type of parenting model is very rare, only a few people have it, and from the research results, children with this type of parenting model tend to be carefree and often play around. class, chatting and even causing problems while studying. This is because parents never ask or control how their children go to school, so there is no warning or advice from parents to let their children freely do anything (Fitriyani, 2015). Children will be role models for good behavior from their parents, both at home and outside. A child's good behavior will make it easier for him to get along with his peers. In addition, bad behavior that children rarely see from their parents will keep them away from problems with their peers. Children tend to imitate their parents' habits more than they imitate other family members who live in the same house, such as grandparents, siblings or servants. Indeed, the presence of parents becomes a figure whose intensity brings them closer together (Hidayah et al., 2013).

Conclusion

Parents must direct their children in regulating emotions, starting from the simplest things, namely how parents help their children recognize the emotions or feelings their children feel. In understanding children's feelings, they need to be given an understanding of the various emotions that can arise within them. It is hoped that after the child knows, the child will be able to express what he is feeling. Parents must also teach their children about controlling emotional reactions that arise, so that emotional regulation occurs inside the child can walk well. The role of parents is as caregivers, and the parenting model applied by parents is a democratic parenting model. By implementing this democratic parenting model, parents will be able to encourage their children's behavior to feel confident, polite, friendly, willing to work together, highly curious, and oriented towards efficiency. The role of parents is to be a motivator and motivator, parents motivate their children by rewarding their children's achievements by giving gifts and praise. With the role of parents as role models, children directly obtain a realistic picture of the pros and cons of attitudes and actions that are inappropriate and inconsistent with the surrounding environment.

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