

## THE ROLE OF PARENTS IN EARLY CHILDHOOD SELF-CONTROL SKILLS

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**Abstract.** One of the important aspects that an individual must have for his survival is the ability of self-control. This ability of self-control can be familiarized starting from the individual at an early age. This study aims to describe and analyze the role of parents in the habituation of early childhood self-control. This research is a qualitative descriptive research with the type of field research (field research). Data collection uses observation, interview, and documentation techniques. Data analysis uses techniques of reduction, data presentation, verification, and drawing conclusions. The results of this study show that the role of parents in early childhood self-control ability includes providing understanding of needs and desires, understanding and accepting children's feelings, making and maintaining mutual agreements and giving appreciation.

**Keywords:** the role of parents, self-control, early childhood.

### INTRODUCTION

Cases of violence against children in Indonesia are still widely found. The Indonesian Child Protection Commission (KPAI) reported that there were 2,010 cases of children needing protection throughout the January-June 2022 period. The details are that 1,444 cases came from public complaints and as many as 566 cases from media complaints. (Kusnandar, 2022) Child abusers can be committed by adults or by children. Violence with child offenders is often overlooked. Violence is often considered a natural joke by children. In fact, for the meaning of jokes, there is always a limit. Meanwhile, through data from the Online Information System for the Protection of Women and Children (PPA Symphony) report of the Ministry of Women and Child Protection (KemenPPPA) stated that child victims who received sexual violence totaled 797 children throughout January 2022. (SIMFONI PPA, 2020) Acts of violence can be experienced by different walks of life, from adults to children. Violent acts fall into the category of bullying. Bullying is a pattern of behavior that occurs repeatedly with the aim of hurting and is carried out intentionally. (Unicef, n.d.) Bullying can be done directly with physical contact, verbal contact, direct and indirect non-verbal behavior, cyber bullying and sexual harassment. (Yuliani, 2013). Cases of bullying often occur in the environment of children. Bullying is not only done by adults but also by fellow children. According to Olweus (in Dey Putri) Aggressive behavior that is carried out repeatedly as a negative action is said to be an act of bullying. (Dey Putri et al., 2020)

Violent acts that occur can be caused because children do not have the ability to control themselves (self-control) from an early age. The ability of self-control or self-control is the ability of individuals to control thoughts and actions in order to withstand impulses from within and from the outside so that they can act correctly. (M, 2008) The ability to self-control has a positive impact on the continuation of life to come. If a person has a good self-concept, both in the process of its formation and its application, then things that are necessary for self-development will arise such as an optimistic attitude, confident self-management of emotions and so on. Self-control can also be said to be the ability to compile, guide, regulate and direct forms of behavior that can lead towards positive consequences and is one of the potentials that individuals can develop and use during the process of the process in life, including in dealing with the conditions contained in the surrounding

environment.(Dwi Marsela & Supriatna, 2019) Child control ability is not just possible. Requires a process of consistent habituation and mentoring by parents. As the first place of education for children, parents have an important role in self-control skills for children. The consistency that parents do with self-control for children will have a positive impact.

Similar research has been carried out, including research conducted by Hadiqoh Asmuni entitled *The Role of the Social Environment on Millennial Self-Control*, the results of his research explain that the role of the environment as a place of daily association in society as a determinant of a person's personal development in a society full of diversity and the factors underlying the interaction of self-control can be as an adaptation of individuals in their context. (Asmuni, 2019) Another study conducted by Azizah Ummu Syaroh entitled *Self-Control Factors in the Use of Gadgets (Smartphones) in Students*, his research explained that the factors that most influence self-control in the use of gadgets (smartphones) are the interest factor of 71.2% while the lowest factor is self-motivation and extracurricular by 47.8%. So  $H_0$  is accepted, which means that there is a self-control factor in the use of gadgets (smartphones).(Syaroh, 2019) Research conducted by Hilary Relita, her research explains that traditional game modules for cultivating self-control characters of children aged 6-8 years were developed based on the steps in ADDIE, namely Analyze, Design, Develop, Implement, and Evaluate; 2) The overall quality of the traditional game module is "excellent" with a score of 3.98 (scale 1-4) with the recommendation "No revision needed"; and 3) The application of traditional game modules affects the child's self-control character. The significance test results showed  $t(5) = 3.929$ ;  $p < 0.05$ . The magnitude of the influence is  $r = 0.87$  which is in the category of "large effect" or equivalent to 75.50%. That is, the traditional game module can explain 75.50% of the variant changes in self-control characters. The level of effectiveness is indicated by an N-gain score of 66.07% which is in the "moderate" category.(Sekarningrum et al., 2021)..

## RESEARCH METHOD

This research is a qualitative research with descriptive qualitative methods and is carried out with a phenomenological approach. Research conducted directly (field research) by coming and meeting in person to obtain the necessary information data. This research will explain, describe and analyze an event, namely the role of parents in early childhood self-control. The results of this study will be reviewed and presented in the form of words or narratives to describe the data of the research results.(J. Moleong, 2016) The subjects of this study were Mr. (FN) and Mrs. (LA) as parents who applied self-control habituation to their children. The object in this study is the self-control ability possessed by the children of Mr. (FN) and Mrs. (LA). The identities of sources and informants are disguised according to requests. Researchers collected data through observation, which is to observe the treatment of parents given to their children related to self-control abilities in early childhood. Then the observation data is recorded and contextualized with the results of the researcher's interview with parents related to the habituation of children's self-control in the family. Researchers analyze data findings by: reducing data specifically by sorting out what is needed and what is not needed related in the study. After reducing, the data produced is data that is already valid and relevant and can be identified as a whole related to the role of parents in early childhood self-control.

## RESULT AND ANALYSIS

### 1.1. Providing an Understanding of Needs and Wants

Necessity is everything that is needed for the survival of living beings. Meanwhile, desire is a feeling of wanting to have without paying attention to the urgency of time and urgent matters. Needs and wants are something different. Parents as the first place where the child obtains education should provide an understanding related to needs and desires. The understanding

between needs and desires will be very useful for the next life. Providing an understanding of needs and desires can be done from an early age. This understanding will make the child know the things that are needs and the things that are desires.

In the families studied, (LA) as mother and (FN) as father agreed to provide an understanding of needs and desires from an early age. Providing an understanding of these needs and desires is believed to be a habituation for children in controlling self-desires. The provision of understanding is adjusted to the understanding and condition of the child. The language used is adjusted to the child's language. When the child has begun to understand about desires and can express them, (LA) and (FN) as parents have begun to provide an understanding of needs and desires. What things include needs and what things include desires. This is done when the child is 2 years old, the child has begun to be able to be invited to communicate both ways.

An understanding of the needs and desires of early childhood can make children understand what is a priority or what comes first in their lives. The child will dare to make decisions about what he will do, the child already understands what his needs are and what he wants.

### **1.2. Accepting and Understanding The Child's Feelings**

Feelings are the state felt by a person and the turmoil that occurs in a person. Feelings can also be interpreted as a person's perspective on something. Early childhood is often referred to as miniature adults. This can be interpreted to mean that children also have feelings that are felt like adults. Feelings are invisible and can be realized through words, treatment and attitudes. Children's limitations are often unable to realize and convey the feelings they experience. This sometimes makes it difficult for adults to understand. As a parent, you must be able to accept and understand the feelings of the child. Parents should be able to be an opening door for children to convey their feelings. The presence of parents is very important for the child to accept and understand feelings. This can start from parents who accept and understand the child's feelings.

As a parent (LA) and (FA) strive to be able to understand and accept the feelings of the child. In the first way, children are introduced to various types of feelings, such as sadness, joy, anger, disappointment and other feelings. This introduction is carried out from the moment the child is 6 months old. Although the child has not been able to express what he feels, parents try to provide understanding so that the child understands what he feels. After the child understands the various kinds of feelings, the child will also understand and know what response to do. Parents have an important role in the child's self-control. When the child feels feelings, the parents are tasked with validating and convincing the child that what he feels is a natural thing for humans to have. Parental assistance to children makes children accustomed to being able to control themselves.

### **1.3. Make and Keep Mutual Agreements**

An agreement is the confluence of common desires, expectations, and goals between two or more parties to be able to carry out a common goal. The agreement is born out of the relief of each party because they feel that they have or will get things according to their wishes and goals. Mutual agreements are usually carried out on the basis of their respective benefits. Individuals will not enter into a collective agreement without the benefits obtained.

Mutual agreement can already be done by individuals from an early age. Children have egocentric characteristics and want to win on their own so parents must have a way for children to stay in control. As in the families studied, (LA) and (FN) agreed not to give everything the child asked for. They have to select what is a need and what is just a desire. One of them is by giving a mutual agreement. These parents believe that mutual agreement will make children understand that not everything must be done and obtained now. Children will understand that as an individual must also be able to control themselves to be able to get what they want. One example is (LA) and (FN) giving a special date each month to buy toys and buy favorite foods. Apart from the agreed date with children, it is forbidden to buy let alone whine. If the children fail in that one month, then the next month the child will not get anything. As parents (LA) and (FN) believe that that way children will be able to control themselves from their desires. Children will understand what will be a need and what will be a desire. Parents must be able to be consistent in applying it so that children are not confused and disobedient.

Mutual agreement can make children understand their needs and desires. Anak-children will get used to being able to control themselves. This habituation will have a good impact on the next life. These children will be born as non-consumptive individuals and can control themselves in their lives.

#### 1.4. Giving Appreciation

Appreciation is an award given after an individual has done good or has received achievements. Appreciation is given in order to appreciate what the individual does. Giving appreciation can be done in various forms, verbal, non-verbal, actions, or gifts. Giving appreciation can be done and accepted by anyone children or adults. Giving appreciation also has a good impact and pleasure for the individual who gives and who receives it.

As is done by (LA) and (FN). After the children are successfully able to exercise self-control or do a mutual agreement, they will be appreciated. The appreciation given is not always in the form of goods or other objects. At certain times parents only give appreciation in the form of words such as "Wow, thank you, brother. Today the great brother can already control the anger of the older brother without having to say harsh words to the younger brother" a simple phrase that will make the child happy and feel valued. (LA) and (FN) believe that this appreciation can make children understand that what they are doing is the right thing. This can make the child have self-control so that they can still do the appropriate things. Appreciation can also make children more confident in performing actions and behaviors.

Giving appreciation to children should be a natural thing for parents to do. Parents who often give appreciation will be able to build attachment between parents and children. Appreciation can also give children confidence and understanding of self-control. From appreciation the child will understand which things are good and which things are good and should not be done.

## CONCLUSION

The presence of parents has an important role for children to have self-control abilities in their lives. Self-control does not appear out of thin air, it must be applied and habituated from an early age in order to be embedded in the individual. The role of parents in early childhood self-control ability can be done in the first way, providing an understanding of needs and desires, secondly accepting and understanding the child's feelings, thirdly making and keeping mutual agreements, and fourthly giving appreciation.

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