

THE INFLUENCE OF THE FIRST CHILD'S POSITION ON EFFECTIVE EMOTION MANAGEMENT ON PERSONALITY FORMATION

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Abstract. This study aims to determine the relationship of being the first child with emotional management in personality formation in adolescents in Kupang City. This study used a descriptive qualitative approach involving 15 participants, where data collection was obtained through distributing questionnaires distributed to adolescents as first children and using literature review. The findings show that there is a significant relationship between emotion management and adolescents' position as the first child, where they find it difficult to express their feelings and tend to suppress their emotions, because they face higher expectations and responsibilities, which have an impact on behavior.

Keywords: First child, Emotion Management, Family, Personality

INTRODUCTION

Development, is a complex process that every child goes through in life. This developmental process is a determinant of the creation of personality in children who become a fortress for them in running their lives. In this critical moment, children require the support of their parents, as the family is their primary environment for learning and guidance. Educating children properly is also a goal shared by all parents. Every parent would want their child's life to be successful and happy, but sometimes in reality it is not as easy as parents want.

In this process, parents often feel that they have challenges in parenting, especially the firstborn or the first child who is present in their lives. according to Adler (1931) firstborn children occupy a unique position of being an only child for some time and then experience a traumatic decline in position when a younger sibling is born. This event significantly alters the situation and the child's view of the world, leading to a lack of self-reliance in handling problems independently, or in other words, difficulty in managing their emotions. However, as we all know, emotions play a very important role in children's development. Emotion, which comes from the Latin *movere*, means to move or move, from the origin of the word emotion can be interpreted as an urge to act. Emotion refers to a feeling or its characteristic thoughts, a biological and psychological state and a series of tendencies to act. Emotions can be feelings of anger, fear, happiness, love, surprise, disgust and sadness (Goleman, 1995).

There are a number of factors that influence children's emotional development. These factors can come from within the individual, conflicts in the development process, and causes that come from the environment. Hurlock (1991) and Lazarus (1991), state that emotional development in children is influenced by two important factors, namely the maturation process and learning factors. However, of these two factors, Hurlock emphasizes the importance of the influence of learning for children's emotional development, because learning is a factor that can be controlled. Hurlock (1991), still sees the importance of maturity factors in childhood related to the critical period of development, namely the moments when children are ready to accept something from outside. The maturity that has been achieved can be optimized by providing the right stimuli (Patmonodewo,

1993). Although biological maturity provides the basis for the emergence of emotions, the learning process that occurs in the social environment, especially the family, plays a much more significant role. The family, as the first social environment for children, is very influential in shaping personality, including the way children express and manage emotions.

Parenting styles applied by parents, such as authoritarian, democratic or permissive, have different impacts on children's emotional development. A warm, communicative and loving parent-child relationship will create an emotional climate conducive for children to learn to manage their emotions. Conversely, a conflictual or inattentive relationship can inhibit healthy emotional development. Beaty (in Susanto, 2011) has identified some common emotions in early childhood, such as anger, affection, jealousy, fear, sadness, pleasure, and shame. These emotions emerge in response to various situations and experiences that children go through in daily life. Given the complexity of the factors that influence children's emotional development, this study aims to further examine the role of parents in managing children's first emotions.

With a focus on the first child, this research wants to find out how parents can help their firstborn develop good emotion regulation skills early on. In addition, according to Goleman in Wulandari and I Made (2016: 235) emotional management can help individuals to balance emotions so that they can be conveyed or expressed in the right way if in this situation parents do not explain well to their firstborn children, it will create a feeling that is stuck and cause difficulty controlling their emotions.

RESEARCH METHOD

This analysis uses qualitative methods. This type of research is descriptive research that describes the role of parents in effective emotion management in the formation of the first child's personality. Data Collection Methods Using a questionnaire to find out the first child's views on their parents who influence emotions and personality. The main purpose of conducting a research or research is to get data. The data collection technique that we do here is which data collection technique is the most appropriate, so that valid and reliable data is actually obtained. Using a questionnaire technique (questionnaire) by giving questions to the intended respondents. Based on the data collection techniques we use, we find qualitative data analysis techniques, by summarizing the data based on the reasons of each respondent from each question given and using joint researchers in getting maximum research results.

RESULT AND ANALYSIS

Generally, as the first child, they are often faced with higher expectations and responsibilities than their siblings. cited in Silaen (2016), firstborns tend to be made the ambitions and excessive expectations of fathers and mothers and then become victims of various demands given. Therefore, firstborns must be able to deal with various pressures and problems in their lives as well as overcome all obstacles because they carry a much greater and heavier burden of responsibility. Atkinson's explanation in Chandra (2015), states that firstborns generally have a high level of responsibility. This can trigger negative emotions, such as anxiety and fear of not being able to meet parents' expectations. We can see this from the respondents' answers, which indicate that they feel very burdened by the responsibilities that must be carried and often have to give in. The position as the first child also affects how they manage their emotions, where it is difficult for them to express their feelings and tend to suppress the emotions they feel.

The percentage of the data from the respondents' answers shows that there is a relationship between emotional management and the position as the first child. Adler (in Ansbacher & Ansbacher, 1955, pp. 377-379) suggests that firstborn children who are born as only children before the birth of the second child, are individuals who protect and enjoy helping others. In addition, firstborn children are accustomed to acting as a father or mother to their younger siblings, caring for their younger

siblings and feeling responsible for their younger siblings' welfare. The results of Damayanti's research (2017) state that good social development occurs in firstborn children. It is assumed that firstborns have the highest value in the family because of the great expectations and desires of parents for firstborns, therefore firstborns are encouraged to achieve high standards of achievement. Many respondents felt that their position as the first child had formed a personality that became more independent but on the other hand they also felt a lot of pressure that could trigger anxiety, stress, insecurity and feel unworthy. The influence of parents in shaping the personality and emotions of the first child is also very important. Praise and criticism from parents have a deep impact on the confidence and motivation of the first child. However, high expectations or unfair comparisons between siblings can trigger feelings of envy and jealousy.

Overall, the results of this study highlight the importance of paying special attention to the emotional needs of first children. They really need strong support from their parents as well as the surrounding environment in order to grow well and create a good personality. Regarding personality, there is a famous theory put forward by Lewis Goldberg, a psychologist with his theory, namely the "Big Five Personality Traits Model" or "Big Five Model" which is abbreviated as OCEAN which consists of (Simanullang.T., 2021):

1.1 Big Five Personality Traits Model

1.1.1 Openness to Experience (Open to New Things)

The Openness to Experience personality dimension is an individual who has an interest in something new and has a great desire to know and try something new. The advantages of this individual are that they tend to be more creative, imaginative, intellectual, curious and broad-minded. The opposite of this Openness to Experience trait is individuals who tend to be conventional and comfortable with existing things and will cause anxiety if given new challenges.

1.1.2 Conscientiousness

This personality dimension of Conscientiousness is an individual who is full of caution in carrying out an action or full of consideration in making a decision, they also have high self-discipline and can be trusted. The opposite of Conscientiousness is individuals who tend to be less responsible, rushed, disorganized and less reliable in doing a job.

1.1.3 Extraversion

This Extraversion Personality Dimension is a group of individuals who are always comfortable when interacting with others. The advantages of this dimension are that they like to hang out, socialize easily, live in groups and are assertive. The opposite of Extraversion is individuals who are shy, like to be alone, timid and quiet.

1.1.4 Agreeableness (Easy to get along or Easy to agree)

The Agreeableness personality dimension is an individual who tends to be more compliant with other individuals and has a personality that wants to avoid conflict. The strengths of this dimension are cooperative, trusting, kind, warm and soft-hearted and helpful. The opposite of Agreeableness is individuals who do not easily agree with other individuals because they like to oppose, are cold and unfriendly.

1.1.5 Neuroticism

The Neuroticism personality dimension is an individual who tends to be able to withstand pressure or stress. The advantages of this dimension are more stable emotions and tend to be calm when facing problems, confident, have a firm stance. The opposite of Neuroticism is individuals who are easily nervous, depressed, not confident and easily change their mind.

It is also important for parents to be able to understand that each child is unique with different needs so that the determination of parenting in accordance with the child's personality is needed in this case. By giving enough attention and creating a conducive environment, the first child can grow into an individual who has good emotional intelligence so that in the future he can become an independent, resilient and successful individual.

CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that the position as the first child in the family has a significant influence on the emotional and psychological development of individuals. Firstborns are often faced with high expectations and heavy responsibilities, triggering a variety of negative emotions such as anxiety, fear, and feelings of inadequacy.

This research shows that firstborns tend to have high levels of independence and responsibility. However, on the other hand, they are also prone to experiencing pressure and difficulties in managing emotions due to excessive demands from parents and the surrounding environment. The close relationship between emotion management and being the firstborn indicates the importance of paying special attention to the emotional needs of firstborns. Parents need to create a conducive environment and provide sufficient support so that firstborn children can grow into individuals who have good emotional intelligence. Overall, this study highlights the importance of proper parenting in raising first-born children. By understanding the unique characteristics and needs of firstborns, parents can help them grow into independent, resilient and successful individuals.

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