

Parental Understanding to Overcome Tantrums in Early Childhood in Ummul Habibah Kindergarten Kelambir Village V Medan

Munisa

Lecturer at Early Childhood Islamic Education Study Program, Islamic and Humanities Faculty Universitas Pembangunan Panca Budi, Medan, Indonesia, 20122

ABSTRACT

Tempering tantrum is behavior in the form of overflow that can be physical (hit, bite, encourage), or verbal (crying, screaming, whining) or continuously sulking who can hurt themselves or others. Generally tantrum is a natural behavior that occurs in children because it is a phase of the physical, cognitive, and emotional development of children. On the other hand, tantrum can also be a problem of its own when it comes with frequency, intensity, and in a time relative to more than the one that usually happens to the child. As a parent should know what is tantrum and how the attitude that parents should do to handle or reduce the behavior of the tantrum. Not very few parents ignore the behavior of tantrum children especially in early childhood. In the present time many parents give gadgets to stop the tantrum children and not very few who fulfill the willingness of the child of his son should shout to have something. The purpose of this devotion is to increase parents' understanding of tantrum children at an early age and how to overcome it. Based on the above, it is necessary to do activities to overcome the problem through devotion about understanding parents to overcome tantrum in early childhood in TK Ummul Habibah Desa Kelambir V Medan.

Keywords: Tantrums, Parents, Early Childhood Education

INTRODUCTION

Early childhood is a time when children learn to identify feelings of good feelings of disappointment, anger, sadness, pleasure and so on. These feelings are natural feelings that are often experienced

by a person especially in early childhood. Parents are often unable to identify what feelings their child is experiencing so the response given is often incompatible with the child's feelings. Parents who have a toddler (under five years old) may have experienced a time when the child wanted to buy something or wanted to have something and the request was not followed so unexpectedly, the child cried out loud even until it rolled on the floor. Parents are certainly becoming irritated, but the child is increasingly crying. The child often vents emotions with his actions that are dangerous and inflict injuries on both himself and others.

Developmental aspects in children that need to be stimulated include aspects of moral religious values, language, emotional social, cognitive and physical. If these five aspects are not stimulated optimally then the child will experience an obstacle in his development. The environment is very influential in the achievement of children's development. Children who do not adapt to their environment will experience their own stresses. Therefore, the child tends to do things that are beyond his control. In a sense, the child is no longer able to control the emotions in him or her.

This almost hysterical angry expression is known as temper tantrum (more commonly called tantrum). Tantrums can appear anytime and anywhere. No matter at home, on the way or in the middle of the crowd. It's not like this is blinding to "decent" parents in the fog. Tantrums are

explosive and uncontrollable emotional overflows. The manifestations of this tantrum vary, ranging from (just) whining and squealing, screaming, rolling around on the floor, kicking, punching, clawing, even being there until it holds its breath.

Tantrum is generally a natural behavior that occurs in children because it is the physical, cognitive, and emotional developmental phase of the child. On the other hand, tantrums can also be a problem when they appear with frequency, intensity, and in a relatively more time than they usually do in children their age. For that as a parent should know what tantrums are and how attitudes parents should take to deal with or reduce the behavior of such tantrums. If the frequency and intensity of the tantrum is not excessive then the behavior will disappear by itself with age or 3 children's ability to control their emotions. However, tantrum behavior should not be allowed when the intensity and frequency is high in the child because it will result in the child being unable to control and overflow the emotions naturally.

Parents when encountering a child who is unable to express feelings should be able to direct the child in excretion behavior because it can give rise to various perceptions of others. Good emotional expression in a child can lead to pleasant social judgment (positive), while bad emotional expression can lead to negative social judgment or so-called tantrums. Children who behave in tantrums will be shunned by friends, judged as whiny, grumpy, or other epithets. The assessment obtained by the child from his environment can form a negative self-concept, and in the end the child cannot adjust to his environment. Temper tantrum is one of the many abnormalities in a child's habits in an attempt to impose his will on the parents, who usually appear to be in the form of screaming, screaming and crying even hitting, rolling around on the floor and so on.

The consequences that can result from this act of tantrum temper can harm

the child or others. For example, a child venting his anger by rolling around on a hard floor can cause the child to become injured, hit his friend, pinch even a child banging his head against a wall and so on. With the tantrum behavior, many parents who obey their child's wishes because they feel ashamed of seeing others or fear of injury to their child or others, but that is not a good solution because it will cause tantrum habits in the child. The problems found are low parental understanding of what tantrum means and how to overcome tantrums that occur in early childhood. In reality the child will do the tantrum if his wish is not fulfilled by his parents. Usually the child uses tantrum as a trick to get something from the parent. As a parent should be able to give understanding to the child if not all the desires he wants can be immediately realized.

Communication failure between the child and his or her parents makes one of the causative factors that can increase the intensity of the tantrum. Parents' understanding of tantrums is what needs to be better understood in order for the child's emotions to be well channeled. With some problems that arise, it is necessary to give parents understanding of the problem of temper tantrum early childhood and know how to overcome tantrum behavior in children especially in Ummul Habibah.

METHOD

The approach methods used in implementation are lectures and q&A. The lecture material is presented through a slide to the participants followed by a question and answer. The implementation of the service program was held on May 18, 2019 at Ummul Habibah Kindergarten in Kelambir V Medan Village. The working procedure is to conduct field observation to the community, presentation of lectures on parents' understanding of tantrums and how to overcome them by equipped with video screening of tantrums of early childhood so that parents better understand the concept of tantrums in early childhood, then

discussions and q&A with participants and covers and photos together.

RESULT AND DISCUSSION

Result

Counseling of parents to overcome tantrums in early childhood was carried out on May 18, 2019 at 10.00 WIB in Ummul Habibah Kelambir V Village. This counseling went smoothly and it appears that participants are enthusiastic because this is new to them so the information obtained is very useful.

The observations showed that there were several tantrum children in Ummul Habibah kindergarten with behaviors namely: 1) crying, 2) kicking, 3) punching, 4) screaming, and 5) throwing objects. Children can perform tantrum behavior more than once a day. The causative factors are: 1) the unfulfillment of what is desired, 2) feeling disappointed, 3) scrambling for toys, 4) being bullied by friends and 5) if scolded by teachers. The efforts made by teachers to overcome tantrum behavior are: 1) give praise, 2) advise with the story, 3) rebuke, 4) give reward, 5) teach responsibility, 6) distract the child and 7) ask other friends not to bother him. The efforts made by parents tend to be non-existent, there is an indifferent attitude and labeling "bad boy". Through this counseling it is expected that parents begin to understand the problem of the child's tantrum and how to solve it.

DISCUSSION

Counseling conducted in Ummul Habibah kelambir V village on Saturday, May 18, 2019 starting from 10.00 – 11.00 WIB went smoothly and well. Parents are given time to understand what is conveyed by flashback to what they are doing to their child. This counseling is done based on data obtained from kindergarten teachers that there are still many early childhood children who attend Ummul Habibah kindergarten have tantrums. Temper tantrum is a behavior in the form of overflow that can be physical (hitting, biting, pushing), or verbal

(crying, shouting, whining) or continuously sulking that is capable of injuring yourself or others.

Early childhood is generally more emotional than adults because at this age the child is relatively young and has not been able to control his emotions. At the age of 2-4 years the child does not care about the consequences of his actions, whether to harm others or not. In addition, at this age the child is more egocentric. Tantrum tempers are destructive behaviors in the form of overflows that can be physical (hitting, biting, pushing), or verbal (crying, shouting, whining) or constantly sulking.

The consequences that can result from this act of tantrum temper can harm the child or others. For example, a child venting his anger by rolling around on a hard floor can cause the child to become injured, hit his friend, pinch even a child banging his head against a wall and so on. With the perilaku tantrum, many parents who obey their child's wishes because they feel ashamed of seeing others or afraid of injury to their child or others, even in zama now easily give the parents a smartphone to distract the child, but it is not a good solution because it will cause tantrum habits in the child. The purpose of this counseling is to improve parents' understanding of temper tantrum problems in early childhood, know how to overcome tantrum behavior in children, and parents know the forms of temper tantrum behavior in children.

Parents are expected to be able to understand the emotions issued by the child and how to serve those emotions. Parents should stay calm, try to keep their own emotions calm, not ignore the child's tantrums (ignore). If the minute-to-minute tantrum behavior gets worse and doesn't finish, as long as the child doesn't beat you up, hug the child with love. But if it feels like you can't hug a child with love (because you yourself feel ashamed and irritated by the child's behavior), at least you sit or stand close to him. When the child's tantrum has stopped, no matter how severe, detonate his emotions that have occurred, do not be

followed by punishment, counsel, reprimand, or innuendo. Give your child a sense of love and security. After the tantrum ends, parents need to evaluate why there is a tantrum. If the child is deemed wrong, the parent needs to think to teach the child new values or ways so that the child does not repeat his or her mistakes.

CONCLUSION

The activities carried out by Ummul Habibah Kelambir V Village, have several summations, namely:

1. Parents have an understanding of tantrums and how to cope with tantrums to their children.
2. Parents have more insight into how to limit the use of gadgets in diverting tantrums of today's children.

3. Parental knowledge is increased after following this counseling.

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