

## The Relationship of Parenting Patterns to Temper Tantrum Behavior in Pre-School Age Children (3-6 Years) in Suka Damai Hamlet, Segedong District

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### Abstract

Temper tantrums are unpleasant behavior shown by children, are aggressive and severe, and do not fit the situation because the child feels frustrated over unwanted circumstances. This study aims to determine the relationship between parenting patterns and temper tantrum behavior in preschool children in Suka Damai Hamlet, Segedong District. Cross-sectional design with correlational research type. Sampling using total sampling technique with a sample of 59 respondents. The data was collected using a questionnaire consisting of parenting patterns measured by the Parenting Styles and Dimensions Questionnaire Short Version (PSDQ), and the behavior of temper tantrums was measured using a temper tantrum questionnaire. The statistical test used is the chi-square test. The results of statistical tests showed that the significance value or  $p = 0.000 > (0.05)$ , so it was concluded that there was a relationship between parenting patterns and temper tantrum behavior in pre-school-aged children (3-6 years) in Suka Damai Hamlet, Segedong District. The correlation coefficient value is 0.548, which means that the relationship's strength is moderate. Parents should be able to apply appropriate parenting following the situation and conditions in raising children. Parents should be able to act with attention, be gentle, and listen to children while still exercising appropriate control to affect children's emotional development positively.

**Keywords:** Parenting, Temper Tantrums, Pre-School Children

### Key Messages:

- The prevalence of Temper tantrums in preschool-age children in Suka Damai Hamlet, Segedong District, is 33.9%
- The application of the proper parenting given by parents will also have an impact on the low incidence of temper tantrums in preschool-age children

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### 1. Introduction

Tantrum behavior in children is a normal development process that children will go through. Children carry out this tantrum behavior as a form of emotional response and feelings expressed by children because they feel frustrated over unwanted circumstances. Generally, tantrum behavior occurs in toddler-age children because, at this age, the child cannot convey and explain what he wants through words or expressions, so the child's emotions

are not conveyed optimally(1). However, if the child's emotional outburst of tantrums occurs continuously, which is shown by the child, it will even continue at the next child's developmental age, disrupting the child's emotional development. If left unchecked and not given proper treatment, it will be dangerous for children and form antisocial behavior in children with tantrum behavior(1,2).

Temper tantrums are expected behaviors shown during childhood development because children are learning to control their emotions and try to gain freedom. Most occur at the age of 2 or 3 years, but the earliest at the age of 12 months or the latest at the age of 4 years (3). According to Schonbeck, the tantrums shown by children aged 3 and 4 years show that these children have not learned how to deal with frustration, which leads to temper tantrums (4).

Temper tantrum behavior most often occurs in persistent children who have abundant energy, and it can also be because children are hungry or tired, bored or uncomfortable. Children change their emotional expression to cater to personal needs and exaggerate feelings of anger and distress to get attention (5). Therefore, children's emotions become out of control, have difficulty controlling themselves, and lead to aggressive behavior. Aggressive behavior displayed makes children unable to socialize, challenging to adjust, and tend to be unable to face problems and make decisions on their own (6).

A study by Carlson et al. (7) shows that there is still a lack of literature or research that discusses angry outbursts or tantrums that occur in school-age children. This is surprising because previous research has shown that outbursts of anger in children are one of the main reasons parents seek psychiatric help (8). In the research of Carlson et al. (7) with a clinical sample of 229 children aged 6 years who were referred consecutively from 2005 to 2014 at the Child and Adolescent Psychiatry Clinic, Stony Brook University School of Medicine, the results showed that almost half (45.9%) of the children in the pediatric psychiatry clinic had tantrums were severe, and only 23.8% of the children were said to be irritable (7).

Another study at Northwestern Feinberg explained that the results of a study involving 1,500 parents found that 84% of children aged 2-5 years showed tantrums to express their frustration during the past month, and it was found that 8.6% of children had tantrums a day the day that makes the behavior abnormal (9). Data from Psychologyzone in 2012 states that in Indonesia, at the age of one year, toddlers usually experience temper tantrums. It is known that 23% to 83% of children aged 2-4 years have also experienced temper tantrums (10).

Based on primary data from the Segedong District Health Center, it is known that the coverage of stimulation for early detection of child growth and development (SDIDTK) for preschool children per working area of the Segedong Health Center in 2020 is 72.95% Peniti Besar, Pinita Dalam I amounted to 98.69%, Inner Pin II is 94.38%, Parit Bugis is 113.48%, Sui. Bird 100.94% and Purun Besar 92.51%. Peniti Besar Village, as the research location, shows the lowest percentage of SDIDTK coverage data and does not meet the target of the Minimum Service Standards that have been set, which is 93% compared to other villages which are the working area of the Segedong District Health Center. The low coverage of SDIDTK in preschool children implies that the early detection and intervention program for deviations in growth and development of preschool children is not running well and optimally, so developmental problems such as emotional development problems of preschool children tend not to be adequately detected.

The shape of the child's personality and social-emotional development depends on the quality of parenting, parenting style, and the psychological condition of the parents (11). Parents play a significant role in developing children's good emotional and social competence. Parents play a role in providing direction to children, trying to interpret the child's actions in words and sound examples for children so that it affects the child's behavior. Parents become figures and an essential part of a child's life. The parents in question are biological parents, adoptive parents, guardians, grandparents, and siblings (12). A study in Bowen Village with 88 respondents stated that authoritarian and permissive parenting had a significant relationship with temper tantrums in preschool children. However, children who are cared for with democratic parenting give lower temper tantrum intensity results(13). This is supported by research by Alini & Jannah (10) in a Permata Bunda Playgroup with 30 respondents. The results showed that democratic and authoritarian parenting had a significant relationship with the incidence of temper tantrums, and permissive parenting with the incidence of temper tantrums had no relationship. In addition, there are also similar studies that give different results, it is known that the results of the analysis of the relationship between parenting patterns and the incidence of temper tantrums in preschool children (3-6 years) with a total of 60 respondents indicate that parenting patterns do not have a significant relationship with the

incidence of temper tantrums in preschool children (aged 3-6 years) at PAUD Puspa Bangsa Bogor City(14).

Based on the results of a preliminary study and interviews with 20 parents who have children aged 3-6 years in Suka Damai Hamlet, Segedong District, it is known that 13 children are always crying loudly, screaming, throwing tantrums, whining, stomping their feet. In addition, 5 children are whining while hitting or kicking their mother, 5 children are sulking while slamming the door, 5 children are whining while tugging at their mother's clothes, 9 children are rolling on the floor, 6 children are throwing a tantrum while throwing things, there are 11 the child is cranky and does not want to do anything. Children do this because they want to get attention and get what they want.

Based on observations made by researchers on a total of 20 children, children's behavior and emotions are often uncontrolled and lead to the behavioral characteristics of temper tantrums. The results of observations and interviews with parents also show that the parenting style provided by parents tends to be inconsistent. This shows the unique characteristics found in the research setting. In addition, the data also shows the low coverage of the SDIDTK program for preschool children in Suka Damai Hamlet. The reason for choosing the research location is because it has never been studied before with the same topic and has different characteristics of respondents.

The purpose of the study was to analyze the relationship between parenting patterns and the behavior of temper tantrums in preschool-age children.

## 2. Methods

This research uses a quantitative research design with a correlational research type and a cross-sectional approach. The sampling method used in this research is the total sampling technique. The population in this study were parents who have preschool children (aged 3-6 years) in the Suka Damai Hamlet, Segedong District, as many as 70 people.

The sample used in this study was 59 respondents who fit the inclusion criteria, namely parents who have preschool-age children (aged 3-6 years) living permanently in the Suka Damai Hamlet, Segedong District, parents caring for their children directly, and are willing to take care of their children. Involved in research evidenced by informed consent. Meanwhile, parents with special needs children and parents who cannot read and hear are categorized in the exclusion criteria. This study used a questionnaire as a research instrument, namely the Parenting Styles and Dimensions Questionnaire Short Version (PSDQ) questionnaire and the temper tantrum questionnaire. The statistical test uses the Chi-Square test.

## 3. Results

Table 1 shows that most respondents are women, with 53 respondents (89.8%). Most respondents were aged 24-35 years and >35 years each, with 29 respondents (49.2%). The highest level of education is SMP/equivalent with 22 respondents (37.3%), and the highest family income is Rp. 500,000/month-Rp. 1,000,000/month with 29 respondents (49.2%) for partial employment data. Most of them work as Housewives (IRT), with 43 respondents (72.9%). In addition, the data on the largest number of children, the majority of respondents have 2-3 children, totaling 39 respondents (66.1%). Meanwhile, on the parenting style variable, it is known that the majority of respondents apply democratic parenting, which is 33 respondents (55.9%), authoritarian parenting is 17 respondents (28.8%), and permissive parenting is 9 respondents (15.3%). In addition, on the variable temper tantrums in preschool-age children, the results showed that the most data was low temper tantrums in 39 children (66.1%). Meanwhile, preschool-age children's high temper tantrums were 20 (33.9%).

**Table 1. Characteristics of Respondents**

	Characteristic	n	%
<b>Sex</b>	Male	6	10.2
	Female	53	89.8
<b>Parents Age (Years)</b>	<18 years	0	0%
	18-23 years	1	1.7
	24-35 years	29	49.2
	>35 years	29	49.2
<b>Parents' education level</b>	Elementary School	18	30.5
	Junior High School	22	37.3

	Characteristic	n	%
<b>Parents' income</b>	Senior High School	17	28.8
	University	2	3.4
	<Rp.500.000/months	5	8.5
	Rp.500.000 - Rp.1.000.000/ months	29	49.2
	Rp.1.000.000 - Rp.2.000.000/ months	12	20.3
<b>Mother's Job</b>	>Rp.2.000.000/ months	13	22
	Farmer	6	10.2
	Housewife	43	72.9
	Wiraswasta	9	15.3
<b>Number of children</b>	Civil Servants/Retirees	1	1.7
	1	7	11.9
	2-3	39	66.1
	>3	13	22.03
<b>Parenting patterns</b>	Democratic	33	55.9
	Authoritarian	17	28.8
	Permissive	9	15.3
<b>Temper tantrum behavior</b>	Low temper tantrum	39	66.1
	High temper tantrums	20	33.9
	Total	59	100%

Table 2 shows that most respondents showed democratic parenting with low temper tantrums, namely 29 respondents (49.2%), and democratic parenting with high temper tantrums, namely 4 respondents (6.7%). Meanwhile, the authoritarian parenting style with low temper tantrums is 3 respondents (5.0%), and the authoritarian parenting style with high temper tantrums is 14 respondents (23.8%). In addition, permissive parenting with low temper tantrums is 7 respondents (11.9%), and permissive parenting with high temper tantrums is 2 respondents (3.4%). Based on the results of the Chi-Square statistical test, it shows that the calculated  $\chi^2$  value (25.345) >  $\chi^2$  table (5.991) or the Asymp value. Sig. of 0.000 < (0.05), then  $H_a$  is accepted, and  $H_0$  is rejected so that it can be concluded that there is a significant relationship between parenting patterns and temper tantrum behavior in preschool children (3-6 years) in Suka Damai Hamlet, Segedong District. The study results get a correlation coefficient value of 0.548, which is interpreted that parenting patterns on temper tantrum behavior in preschool-age children (3-6 years) in Suka Damai Hamlet, Segedong District have a relationship strength at a moderate level.

**Table 2. The relationship between parenting patterns and temper tantrum behavior in preschool children (3-6 years) in Suka Damai Hamlet, Segedong District**

Parenting patterns	Temper tantrum behavior				Total	<i>p-value</i>
	Low temper tantrum		High temper tantrum			
	n	%	n	%		
Democratic	29	49.2	4	6.7	33	55.9
Authoritarian	3	5	14	23.8	17	28.8
Permissive	7	11.9	2	3.4	9	15.3
<b>Total</b>	39	66.1	20	33.9	59	100

#### 4. Discussion

This study found that most of the respondents were female, as many as 53 respondents (89.8%). It is known from the data of this study that the majority of female respondents apply democratic parenting. Meanwhile, male respondents also apply democratic and authoritarian parenting. This is in line with Amelia et al. (15), who explain that when viewed from the gender of parents, male respondents mainly apply authoritarian parenting, as many as 26 respondents. While the female respondents mostly use democratic parenting, a total of 15 respondents. Factors that encourage fathers to use authoritarian parenting dominantly are influenced by the attitude of authority possessed by the father, who is the only holder of the highest authority in the family. The father also wishes to uphold his authority and honor, tends to show an attitude that does not want to be blamed, and accepts mistakes. The father's position is defined as a hierarchy, as a form of action to reject opinions and at least the ability to argue.

Fathers interpret every critical attitude as a form of resistance. There is a desire to impose one's will and a father's lack of knowledge about raising children (15).

Gender factors also affect parenting patterns. Usually, the mother is more caring, and the father is more to lead. Fathers usually set an example of security for their children and dare to start new things. While mothers tend to care for, look after, and maintain children in good condition (16). Based on the results of this study, it was found that most respondents had an age range of 24-35 years and >35 years. The age of 24-35 years is included in the ideal age for women to marry and have children. In this study, it is known that in the age range of 24-35 years, most parents apply democratic parenting. Meanwhile, at the age of >35 years, parents tend to adopt a democratic and authoritarian parenting style.

In line with the research of Kashahu et al. (17) explained that parental age was associated with different parenting practices. Parents at a younger age (<35 years) are more likely to provide a non-authoritarian parenting style and a permissive parenting style. Parents aged 35-45 practice all parenting styles, but most practice authoritarian and permissive styles. The group of parents aged >45 years practicing an authoritarian parenting style. Parents aged >45 years are the age where parents are in mature age and are not negligent parents, but they tend to be authoritarian (17).

Furthermore, the research results found that the majority of respondents had an education background of SMP/Equivalent. This study shows that the education level of the majority of respondents is at the junior high school level, where parents mainly apply an equitable parenting style but mostly apply democratic parenting. In addition, at the elementary/equivalent education level, respondents mainly apply authoritarian parenting. Meanwhile, at the SMA/equivalent level of education, most respondents applied the same parenting style but mostly applied the democratic parenting style. In contrast to respondents whose education is tertiary, all apply democratic parenting. From this, the researcher assumes that the higher parents' education level, the better the parenting style applied to their children.

The level of education is an essential factor that influences the parenting style adopted by parents. In family life, the role of parents as the primary educator, although it is known that parents have different abilities and this is influenced by the educational background achieved by the parents. (18). This is supported by Adawiah (19) who says that different levels of education are directly proportional to differences in parents' abilities. This will affect the quality of care that children receive. Parents who have received higher education and have attended training in parenting will tend to choose and apply democratic parenting techniques compared to parents with low education and not attending training.

The results of this study indicate that the respondents have the most family income, namely in the range of Rp. 500,000/month-Rp. 1,000,000/month and are included in the upper middle income. Judging from the data, most of the respondents' characteristics of family income indicate the middle to upper family income category. This study indicates that respondents whose family income is <Rp.500,000/month mainly apply authoritarian parenting.

In contrast to families with an income of Rp. 500,000/month-Rp. 1,000,000/month and above, most of them apply an equitable parenting style but mainly apply a democratic parenting style.

Families with upper-middle-class economic levels are more friendly than families with lower economic classes (20). The lower economic class or working class tends to be based on obedience and authority, more strict and authoritarian, less respecting opinions, less caring, showing less warmth, and giving less affection. However, in contrast to families from the middle to upper economic level, they provide more fine-grained control, use their free time in positive activities, have a higher education background, and develop more creativity (16).

This is supported by research that states that the family's economic status contributes to the parenting style received by the child. The research results at RA Tarbiyatussibyan Tanjung Kalidawir Tulungagung showed that most students' parents had upper-middle-class economic status, so they earned more. The more income parents receive, the more parents usually tend to spoil their children by giving whatever they ask for because their income is adequate, and parents also try to control their children by implementing democratic parenting. However, most parents do not have more time for their children, so parents often leave their children due to work demands. Parental attention and affection are manifested in giving or meeting the needs of children (21).

Based on the results of this study, the majority of respondents work as Housewives (IRT). This allows parents to have more time with their children. The results of this study indicate that parents who are housewives (IRT)

mainly apply a democratic parenting style. However, some parents apply authoritarian and permissive parenting. Meanwhile, respondents who work as farmers evenly apply authoritarian and permissive parenting. Respondents who work self-employed apply democratic and authoritarian parenting, while PNS/retired respondents apply democratic parenting.

Research conducted by Enoch et al. (20) In line with this research, the results show that most respondents are entrepreneurs. Parents with self-employed jobs tend to have less time to pay attention to the needs of their children and seek information about new things such as good child care patterns for children not as much and as information obtained by housewives (IRT). Parents who are very busy with work will leave their children with those closest to them or hire a nanny. Therefore, the child will get a parenting style that suits the parenting person (20).

Based on the results of this study, the majority of respondents have 2-3 children. Most respondents who have 2-3 children apply a democratic parenting style. Meanwhile, respondents who have 1 child tend to apply parenting patterns evenly, namely democratic, authoritarian and permissive parenting. In contrast to respondents who have >3 children, it shows that most respondents apply authoritarian parenting. Other studies also support the results of this study, stating that parents who have 2-3 people (small families) will take care of their children more intensively. This makes the interactions between parents and children show more emphasis on the child's personal development and pay more attention to cooperation between family members. Meanwhile, parents who have more than five children in the form of a large family will have very little time and opportunity for parents to control their children intensively because parents are busy taking care of one child and another, so attention will automatically be given to each child reduce (20).

Based on the results of this study, the results showed that there was a significant relationship between parenting patterns and temper tantrum behavior in preschool children (3-6 years) with  $p = 0.000 < (0.05)$ , then  $H_a$  was accepted, and  $H_o$  was rejected so that it was concluded that there was a relationship between parenting and temper tantrum behavior in preschool-aged children (3-6 years) in Suka Damai Hamlet, Segedon District. The correlation coefficient value was 0.548, which interpreted that the strength of the relationship was at a moderate level. Based on the results of this study, the researchers concluded that parents who apply democratic and passive parenting would cause low temper tantrums in preschool children. Meanwhile, authoritarian parenting parents will cause high temper tantrums in preschool children. Another study also explained that the results of research in the Permata Bunda Play Group with 30 respondents provided research results that showed a significant relationship between democratic and authoritarian parenting and the incidence of temper tantrums. There was no significant relationship between permissive parenting and the incidence of temper tantrums (10).

The family is the smallest part of the community that functions as a place for children to be raised and is a virtual social environment in children's education. where children will be able to learn many values, behaviors, skills and trends that will be useful to help children adapt to life and develop their abilities and talents. The family environment plays a vital role in forming a child's personality. A conducive and harmonious family environment will foster a healthy child's personality, unlike a family environment where quarrels and stressful relationships result in abnormal behavior and personality problems in children(22). Good parenting is closely related to emotional regulation in children. This is in line with research that aims to evaluate the relationship between parenting styles and emotional regulation among young children based on the culture in Indonesia. The results showed a significant relationship between authoritative parenting style and children's emotional regulation, and there was a significant negative relationship between authoritarian parenting style and permissive parenting style with children's emotional regulation. This suggests that authoritarian and permissive parents tend to have children who cannot control emotions and behavior (23).

Tyas & Sumargi's research (24) explained a significant relationship between the authoritarian parenting style applied by the parents and the child's problematic behavior. The characteristic parents who apply an authoritarian parenting style usually set absolute strict rules and boundaries for children and do not respect children's opinions. All children's opinions are rejected because they think the child's mind is not yet mature. The authoritarian parenting style used by parents makes children experience excessive anxiety and social problems. It harms child development. The child's relationship with his parents has problems, so the child shows aggressive behavior and tends to act arbitrarily when outside the home.

Similar research also explains a significant effect of parenting by fathers and mothers on children's problematic

behavior. In particular, children's emotional problems are significantly affected by the mother's authoritative parenting. In addition, children's behavior problems are significantly influenced by the father's authoritative parenting pattern and the mother's authoritarian parenting pattern. The more often mothers use authoritative parenting, the fewer emotional problems their children will have. In addition, the more often the father uses authoritarian parenting and the less often the mother uses authoritarian parenting, the fewer behavioral problems the child will have (25).

Parenting patterns are one of the factors that influence the emotional development of children, especially in preschool-age children. Meanwhile, temper tantrums are aggressive behavior shown by children in an uncontrolled manner, which impacts the emotional development of children and can also harm children physically. Based on the results of this study, the application of appropriate parenting provided by parents will also have an impact on the incidence of common temper tantrums in preschool-age children so that it can be taken into consideration and change the mindset of parents in educating children, especially preschool-age children with high temper tantrums at home.

## 5. Conclusion

Based on this study, the results showed that there was a relationship between parenting patterns and temper tantrum behavior in preschool-aged children (3-6 years) in Suka Damai Hamlet, Segedong District ( $p 0.000 < 0.05$ ) with a correlation coefficient of 0.584 where the strength of the relationship between variables at a moderate level. It is hoped that the results of this study can be additional information and consideration for parents in determining the correct parenting pattern in raising children, especially temper tantrum behavior in preschool-age children. In addition, it is hoped that parents can apply appropriate parenting patterns according to the situation and conditions in raising children. Further researchers can also examine other factors or add other variables that may affect the behavior of temper tantrums in children that have not been studied. In addition, it can also add more research samples so that the research results are even better.

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