



The Relationship of Effective Parents' Communication on Tantrum in Preschool Children

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Abstract

Background: Psychological disorders in children are tantrums, uncontrolled emotional behavior in children such as anger, for example, hitting, kicking, screaming and pathetic behavior such as whining, crying loudly, rolling on the floor. The incidence of tantrums in children aged 18-24 months is 87% to 90% at the age of 30-36 months, decreasing to 59%. Meanwhile, the number of communication incidents in the good category is 88.3%. Children's emotional development is influenced by changes in interaction patterns and communication patterns within the family. Communication between parents and children is very important, in this communication there are two types of communication, namely verbal and non-verbal, communication as a bridging medium in relationships between family members. This research aims to determine the relationship between effective parental communication and tantrums in preschool children.

Methods: The research used was descriptive analytic with a cross sectional study approach. The population in this study are parents who have preschool age children, which will be carried out at 3 health centers, namely Semurup, Kemantan, Depati Tujuh health centers, with a total sample of 145 children at Kerinci district health centers. Sampling used total sampling where all mothers had preschool age children.

Results: The research results showed that parental communication was not good (49.7%) and children experienced tantrums (59.3%). Based on the results of the Chi Square statistical test, it was found that the p value was $0.000 > 0.05$ and the result $\chi^2 = 81.66$.

Conclusion: It could be concluded that there was a relationship between parental communication and tantrums in children. It is hoped that parents can explain to children using verbal and non-verbal communication.

Keywords:

Effective communication, tantrum, preschool children

Introduction

Tantrums are children's uncontrolled emotional behavior such as anger, for example, stomping, hitting, screaming and sad behavior such as whining, crying and seeking comfort). *Tantrum* Often appears in children aged 15 months to 6 years. Behavior *tantrum* is not a thing deviations or disorders

in children, *tantrum* is a behavior that is still categorized as normal and can disappear when the child reaches a certain age (Affandi, 2020). Based on WHO data (*World Health Organization*) 2017, that 5-25% of preschool age children experience emotional development disorders with a child population of 23,979,000. Children who

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experience anxiety disorders are $\pm 9\%$, easily emotional $\pm 11-15\%$, and behavioral disorders are $9-15\%$. From the data, the prevalence of tantrums in children aged 18-24 months is 87% to 91% at the age of 30-36 months and then decreases to 59% at the age of 42-48 months with varying durations, as short as 20 seconds or more. Lasting for hours, these temper tantrums occur at the age of 2-3 years and occur once a week, 20% occur almost every day and 3 or more temper tantrums occur within approximately 15 minutes (Tiffany, 2017). The child development index in Indonesia for children aged 36-59 months in 2018 was in the good category, namely 88.3% . Literacy development 64.6% , physical development 97.8% , social emotional 69.9% and learning development 95.2% .

Based on the Profile of the Ministry of Health of the Republic of Indonesia (2020), the number of preschool age children reached 9,528,406 Indonesians in 2020. The incidence of tantrums in Indonesia in 2019 has reached 152 per 10,000 children ($0.150.2\%$), a sharp increase compared to ten years ago. Then only 2-4 per 10,000 children in Indonesia, 23-83% of children aged 2-4 years have experienced a temper tantrum within one year (Alini, 2019). Based on research conducted by (Syamsuddin, 2013) in a journal entitled "Recognizing Tantrum Behavior and How to Overcome It" it was revealed that, "Parents often respond to children who have tantrums in inappropriate ways, namely 59% try to calm the child, 37% ignore and as many as 31% told children to be quiet. This data shows that parents often make mistakes when dealing with children who are having tantrums. In fact, tantrums are actually an opportunity for parents to introduce children to the emotion of anger and how to deal with it. That's why it's very important for parents

to know how to respond to tantrums appropriately."

The impact of tantrums is that children can act rudely and aggressively, have an angry nature until they grow up. Another psychological impact for children with temper tantrums is having low self-control. The short-term impact on children with tantrums is injuring themselves and others and destroying objects, while the long-term impact on children with tantrums is that children have difficulty adapting to their environment, are at risk of experiencing juvenile delinquency, mental disorders, sensitivity and developmental obstacles (Alini, 2019). According to research conducted by (Sari et al., 2019), the factors related to tantrum incidents are work factors, parenting patterns, and parental communication regarding tantrums in preschool age children. Children's emotional development is influenced by changes in interaction patterns and communication patterns within the family. Communication between parents and children is a very important thing, where communication is a tool or as a bridging medium in relationships between family members. Poor quality of communication within the family will have a negative impact on the integrity and harmony within the family itself. Interpersonal communication in the family that exists between parents and children is an important factor in determining individual development. The expected communication is effective communication (Wulandari, 2017).

Effective communication involves the use of specific strategies that encourage patients to express feelings and ideas that convey acceptance and respect. Harmony between verbal and non-verbal communication.

According to research (Purba & Siahaan, 2022), verbal communication is using spoken or written words, either by conversation or writing, to express what is said. felt through feelings, emotions, thoughts, as well as information that is conveyed clearly and easily understood. Meanwhile, non-verbal communication is communication whose message is conveyed without words, because it expresses something directly or spontaneously, expressed through facial expressions, body gestures and voice intonation.

According to data from the Kerinci District Health Service, in 2023 the number of preschool age children was 693 in 21 Kerinci district health centers. Based on Initial Survey Data conducted in the Kerinci Regency Area using the interview method with mothers who have preschool children. The results of the observation data were obtained, namely that the researchers interviewed 15 parents and observed their children. It was discovered that all children sometimes experienced tantrums. The data obtained was that 10 of them had emotional development disorders, had excessive feelings of sensitivity, were anxious, did not want to be touched by other people and had difficulty getting along with others. peers and mothers interviewed said their children often cried loudly, kicked and bit when angry. The aim of this research is to determine the relationship between effective parental communication and tantrums in preschool children in the Kerinci Regency working area. This research has never been studied specifically in terms of identifying parents' effective communication (verbal and non-verbal) with tantrum children.

Methods

Research Design

This research is quantitative in nature using a descriptive analytical research design with a cross sectional study approach with the independent variable, namely effective parental communication while the dependent variable is tantrums in preschool children.

Settings

This research was conducted in 3 community health centers in Kerinci Regency with the largest number of preschool children. Researchers visited each respondent's house to interview or fill out questionnaires. Population and sample The population in this study are all mothers who have preschool children in the working area of Kerinci district. Meanwhile, samples were taken at 3 community health centers using total sampling with a total of 145 respondents.

Research instruments

The instrument used in this research was a questionnaire sheet

Data Collection

Collecting data in the form of questionnaires, researchers distributed questionnaires to parents in the Kerinci Regency area, namely there were 18 questions about tantrums and 36 questions about effective communication.

Data Analysis

Data analysis using bivariate and univariate data analysis and using statistical tests *chi-square*.

Results

1. Normality Test Results

The results of the Normality Test using the Kolmogorov Smirnov test show that the communication and tantrum data are abnormal, this is indicated by the value *p-value* $0.000 > 0.05$. So the distribution of data from

the research results is stated to meet the requirements for using data

analysis, in this case the Chi square test.

Tabel 1. Frequency Distribution of Respondent Characteristics

No	Respondent Characteristics	f	%
1	Age		
	a. Late Adolescence		
	b. Early Adulthood	4	2,7%
	c. Late Adulthood	104	71,7%
		37	25,5%
2	Mother's Education		
	a. Elementary school	22	15,2
	b. Junior high school	56	38,6
	c. Senior high school	56	38,6
	d. Diploma/Bachelor's Degree	11	7,5
3	Employment		
	a. Housewife	109	75,2
	b. Farmer/Trader	26	17,9
	c. Self-employed	10	6,9

Based on table 1, it shows that parents who are in their late teens are (2.7%), early adults are (71.7%), late adults are (25.5%). While the mother's education, elementary school is (15.2%), junior high and high school are

(38.6%) and Diploma/Bachelor is (7.5%). And most of the respondents work as housewives are (75.2%), farmers/traders are (17.9%), honorarium is (6.9%).

Tabel 2. Relationship of Effective Parental Communication with Tantrums in Preschool Children

Parental Communicatio n	Having Tantrums		Not Having Tantrums		Total N	P-value	OR	CI (95%)	
	n	%	n	%					
Not good	70	95.9	3	4.1	73	100	0.000	81.66	22.56 –
Good	16	16	56	77.8	72	100			294.37
Total	86	59.3	59	40.7	145	100			

Based on table 4.5 above, it shows that out of 145 respondents, parental communication is categorized as not good and experiencing tantrums (95.9%) and vice versa, parental communication is good and does not experience tantrums (77.8%). Based on the results of the Chi Square statistical test, $\rho = 0.000 < \alpha = 0.05$ was obtained, so H_a was accepted, which means there is a relationship between parental communication and

tantrums in preschool children in the Kerinci Regency work area with an Odd Ratio of 81.66.

Discussion

Effective Communication is divided into two, namely verbal communication and non-verbal communication. Verbal communication is oral communication that occurs through speech, voice, vocal intonation, and speed. While

non-verbal communication is a type of communication that occurs through facial expressions, eye contact, gestures, and body position and movement (Lapum, 2020). The results of this study are in line with research (Ismanto, 2017) stating that in his research most respondents applied effective communication patterns as many as 19 respondents (63.3%) while 11 respondents (36.7%) applied ineffective communication patterns. Meanwhile, according to research (Sartika, 2018), where parental communication is seen from the child's social orientation, children who are in the good category (19.61%), children in the sufficient category (27.45%), and in the less category (9.80%).

According to the researcher's assumption that parent-child communication is the most important component in the parent-child relationship itself. In addition to the positive relationship between parents and children and their communication, communication to children with language that is easy to understand, soft delivery and can be understood by children. Research argues that communication between parents and children is divided into two, namely verbal and non-verbal communication, verbal communication involves the use of spoken or written words to convey information and messages, while non-verbal communication uses symbols shown through gestures, facial expressions, body language, and tone of voice without using words.

Tantrums are explosive and uncontrolled emotional outbursts. This appears at the age of 15 months to 6 years. Tantrums occur in active children with abundant energy (Hasan, 2019). The results of this study are in line with research (Rininta, 2022) tantrums

generally occur when children are in a difficult emotional state (feeling frustrated), physical condition and fulfillment of desires, which makes children cry, struggle, scream, roll around, throw things around them.

According to the researcher's assumption that tantrums are a process of child development by behaving tantrums, children actually want to show their existence, express their desires, express their opinions, express their disagreements, express their anger and frustration. Children who are too spoiled and always get what they want can throw a tantrum when their request is rejected. For children who are too dominated by their parents, sometimes the child can react against parental dominance with a tantrum. Parents who inconsistently raise children can also cause children to throw tantrums, therefore the role of parents with tantrum incidents in children is very much needed (Zaviera, 2018). The results of this study are in line with research (Esti, 2018) stating that mothers who leave their children or work have 17 children who are at risk of tantrums (73.9%) and 6 children (26.1%) are not at risk of tantrums. The study shows that children who receive less attention or less care have high tantrums. According to the researcher's assumption, parental communication is the most important factor in raising children. Effective communication with children is one of the right ways to deal with tantrums in children. Poor quality of communication in the family will have an impact on children, which basically communication that can benefit both parties is reciprocal communication, spontaneity and openness between children and parents. So that parents can know and understand their child's development and way of thinking.

Conclusion

Based on the results of the research conducted, it can be concluded that the importance of effective communication between parents to deal with children's tantrums. It is known that there is a relationship between effective communication between parents and tantrums in preschool children in the Kerinci Regency Work Area. It is hoped that parents can explain to children with verbal and non-verbal communication.

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