

THE RELATIONSHIP BETWEEN PARENTAL COMMUNICATION PATTERN AND TEMPER TANTRUM IN CHILDREN UNDER FIVE IN KUDUS, CENTRAL JAVA

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ABSTRACT

Background: Temper tantrum was episodes of extreme anger and frustration common in children aged 1 to 3 years. In Indonesia, the number of children under five was 10% of the total population. The prevalence of developmental disorder in children varies from 12.8% to 16%. Based on data from the 2018 Central Java Provincial Health Office, the inappropriate socio-emotional development of early childhood was 27.8%. One way to reduce the number of temper tantrum was by knowing the sex of the child and the communication pattern of the parents. This study aimed to determine the relationship between parental communication pattern and temper tantrum in children under five in Kudus, Central Java.

Subjects and Method: This was a cross-sectional study conducted in Taman Mutiara Integrated PAUD, Kudus, Central Java. A sample of 30 children under five was selected for this study. The dependent variable was temper tantrum. The independent variable was parental communication pattern. The data were collected by questionnaire. The data were analyzed using odds ratio and chi-square.

Results: Permissive parental communication pattern increased the occurrence of temper tantrum in children under five (OR= 21.67; 95% CI= 19.43 to 24.16; p= 0.002).

Conclusion: Permissive parental communication pattern increases the occurrence of temper tantrum in children under five.

Keywords: temper tantrum, parental communication pattern, children

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BACKGROUND

According to the World Health Organization (WHO), a child is an age from when he was in the womb until he was 19 years old (Septina in Fitriazi 2019). Law No. 23 of 2002 concerning the protection of children that children are a mandate and gift from God, which has inherent dignity and worth as a whole human being. Furthermore, it can be said that children are buds, potentials, and young generations who are the successors of the

ideals of the nation's struggle, have a strategic role and have unique characteristics and characteristics that ensure the continuity of the existence of the nation and state in the future. Therefore, it is hoped that every child will be able to assume this responsibility in the future. Therefore children need to have the amplest opportunity to grow and develop optimally, physically, mentally and socially, and with good morals (Djamil in Fitriazi, 2019).

Toddler age children are children aged between 1 to 3 years. Aspects of children's growth and development are divided into three aspects: physical, psychological, and social, all of which must receive balanced stimulation. Toddler years continue to increase awareness of the child's ability to control and be happy with the success of new skill endeavours. This success makes them repeat efforts to control the child's environment. Unsuccessful control efforts can lead to negative behaviours such as stomping, slamming things, whining, crying, screaming with all their might, and so on, which clearly shows that their ego and self-power begin to grow and temper tantrums occur (Watson et al. . in Zakiyah, 2016).

Temper tantrums are episodes of extreme anger and frustration, which seem like a loss of control characterized by crying, screaming and violent or aggressive body movements. Other forms of physical expression found in children with temper tantrums are throwing things, rolling on the floor, banging their heads, and stomping their feet on the floor. Younger children usually vomit, pee or even have shortness of breath due to crying and shouting too much (Syam, 2013).

Based on research conducted in Chicago, 50-80% of these temper tantrums occur in children aged 2-3 years occurring once a week, and 20% occur almost every day. Three or more temper tantrums occur for approximately 15 minutes (Tiffany in Zakiyah 2015). Another study at Northwestern Feinberg, based on a survey of nearly 1,500 parents, this study found that

84% of children aged 2-5 years expressed frustration by throwing tantrums in the past month, and 8.6% in some of them have daily tantrums which if it happens every day is not normal (Wakschlag in Zakiyah 2015).

While in Indonesia, toddlers who usually experience this within one year, 23% to 83% of children aged 2 to 4 years have experienced temper tantrums (Psikologi Zone in Zakiyah 2015). In Indonesia, the number of children under five is 10% of the total population, where the prevalence (average) of developmental disorders varies, from 12.8% to 16%. Based on 2018 Central Java Provincial Health Office data, early childhood inappropriate social and emotional development is 27.8% (Risksedas, 2018).

According to Miller in Wulandari (2013), the expected communication is effective because effective communication can lead to understanding, pleasure, influence on attitudes, good relationships, and actions. Brooks in Wulandari (2013) said that communication is an essential factor in parenting, and the way parents communicate is influenced by parenting style. Baumrind in Wulandari (2013) says four important dimensions in parenting are the way to apply discipline, warmth and service to children, communication methods, and expectations for maturity and control.

According to the research of Yiw'Wiyounf et al. (2017), the relationship between communication patterns and the incidence of temper tantrums in pre-school age children at the Manado Islamic Center Kindergarten showed that most of the respondents

applied effective communication patterns as many as 19 respondents (63.3%) while 11 respondents (36.7%) applied ineffective communication patterns. This shows that the communication pattern applied by the parents (mother) at the Manado Islamic Center Kindergarten is effective.

Based on an initial survey on Saturday, September 26, 2020, with interviews with ten parents regarding the gender of the child and parental communication patterns with toddler temper tantrums at PAUD Terpadu Taman Mutiara, Mijen Kudus Village. Researchers conducted interviews with parents asking about the child's gender and parental communication patterns, "how often do children experience emotional outbursts or temper tantrums, how are children's attitudes when experiencing temper tantrums, how are parents' daily communication habits with their children? do parents respond when their child asks, what is the attitude of parents when their child has a tantrum." The results showed eight children (5 boys and three girls) when their desires were not fulfilled. They would cry, shout, throw things, hit some and even roll on the floor (maladaptive) with a percentage of 80%.

Meanwhile, when their desires are not fulfilled, two children (1 boy and one girl) will be angry or angry but only briefly and can be controlled (adaptively) with a percentage of 20%. Of 10 respondents, two parents rarely communicate with their children. Parents tend to be indifferent. Eight parents have a habit of intense communication with their children, including telling stories or asking about activi-

ties carried out at school. When a child asks a question, eight parents respond, and two parents do not respond when their child asks a question. The attitude of parents in dealing with their child who is having tantrums, two parents feel annoyed and emotional when dealing with their child who has tantrums, eight parents said that by letting their child stop tantrums, but after that, the parents invited their child to communicate and advised him not to be fussy when he wanted something. This study aims to determine the relationship between parental communication patterns and temper tantrums in children under five in Kudus, Central Java.

SUBJECTS AND METHOD

1. Study Design

This was a cross sectional study, conducted at Taman Mutiara Terpadu PAUD, Kudus, Central Java.

2. Population and Sample

A sample of 30 children under five was selected for this study.

3. Study Variables

The dependent variable was temper tantrum. The independent variable was parental communication pattern.

4. Operational Definition of Variables

a. Temper tantrum

Definition: Behavioral forms of emotional outbursts in toddlers (1-3 years) both controllable and uncontrollable.

Measurement scale: Ordinal. Results are categorized if: Adaptive, if the value < mean; Maladaptive, if the value of means.

b. Parental communication patterns

Definition: The form of interaction between parents and children in communicating with children and how parents respond to their children's wishes.

Measurement scale: Ordinal. Results are categorized as: Authoritative if score 30-40; permissive if score 19-29; and authoritarian if score <19.

5. Study Instruments

The data were collected by questionnaire.

6. Data Analysis

The data were analyzed using odds ratio and chi-square.

Table 1. Sample characteristics

Variable	Category	Frequency	Percentage
Parental Communication Pattern	Authoritative	16	53.3
	Permissive	14	46.7
Temper Tantrum	Adaptive	11	36.7
	Maladaptive	19	63.3

Based on the table, it can be seen that respondents with parental communication patterns categorized as authoritative as many as 16 respondents (53.3%), and respondents with parental communication patterns categorized as permissive as many as 14 respondents (46.7%). Respondents categorized as Adaptive were 11 respondents (36.7%), and Maladaptive were

7. Research Ethics

Ethical approval was obtained from the Research Ethics Committee: 05/-PTTM/IV/2021.

RESULTS

1. Univariate Analysis

Based on the results of research on the Relationship of Parental Communication Patterns with Toddler Age Temper Tantrums at Taman Mutiara Integrated PAUD, Mijen Kudus Village in 2020, the following results were obtained:

19 respondents (63.3%), so the results obtained from the Temper Tantrum questionnaire are in the Maladaptive category.

2. Bivariate Analysis

The Relationship of Parental Communication Patterns with Temper Tantrums at Toddler Age at PAUD Terpad Taman Mutiara, Mijen Kudus Village

Table 2. Distribution of Respondents Based on the Relationship of Parents' Communication Patterns with Temper Tantrums

Variable	Temper Tantrum				OR	95%CI	p
	Adaptive		Maladaptive				
	N	%	N	%			
Parental Communication Pattern							
Authoritative	10	62.5	6	37.5	21.67	19.43 to 24.16	0.002
Permissive	1	7.1	19	63.3			

Based on table 4.9, it can be seen that from 30 respondents, parental communication patterns in the authoritative category were 16 respondents (53.3%) with ten respondents (62.5%) adaptive temper tantrums and six maladaptive temper tantrums (37.5%). At the same time, the communication patterns of parents in the permissive category were 14 respondents (46.7%), with one respondent adaptive temper tantrums (7.1%) and 13 respondents (92.9%).

The results of statistical tests using the Chi-Square test obtained a p of 0.002. H_0 was rejected, meaning there is a significant relationship between Parental Communication Patterns and Toddler Age Temper Tantrums in PAUD Terpadu Taman Mutiara, Mijen Kudus Village in 2020. From the analysis results, the value of $OR = 21.67$. This means that toddler age children with parental communication patterns in the permissive category have a 21.30 chance of experiencing maladaptive temper tantrums. Compared with parents with parental communication patterns in the authoritative category.

DISCUSSION

Parental communication patterns are a form of interaction carried out by parents to children marked by feedback. Reinforced by Soejanto's statement, the pattern of communication describes the communication process where there is a relationship between one component and another. Parental communication patterns will run smoothly if there is a harmonious relationship between father and mother and their children in the family.

(Soejanto, 2005 in Mukaromah et al., 2020).

According to Subroto in Suhartini (2017), parent-child communication is very important for developing the child's personality. If parental communication has a good effect on their children, it will cause children to develop well. The atmosphere of parent-child communication at home has an important role in determining the lives of schoolchildren. Parents must be the home as a place to communicate intensely with their children.

Mukaromah et al. (2020) shows that the average teacher's family uses an authoritative (democratic) communication pattern. Most of the teachers' families do not like activities that force children. When a child makes a mistake, usually an educated parent, they only advise without scolding them. There is only one family that uses permissive communication patterns.

Temper tantrum behaviour can show behaviour that can be controlled or more adaptive. However, sometimes children's tantrum behaviour is sometimes very difficult to control/uncontrolled and tends to be maladaptive. Adaptive behaviour is a person's ability to assume social responsibility according to certain relative social norms, in line with age development. According to Mashar (2011), adaptive temper tantrum behaviour (children's emotions that can be controlled) includes children wanting snacks, asking for them without whining, children choosing to avoid being bullied by their friends, children having problems with talking or com-

municating with parents or other people, children being silent—or not hitting when a friend snatches the toy.

Maladaptive behaviour (maladaptive behaviour) Maladaptive temper tantrum behaviour (children's emotions that cannot be controlled) is the inability to adjust, which implies that someone cannot meet the demands of behaviour desired by society. According to Mashar (2011), maladaptive temper tantrum behaviours include: children express anger by crying, whining and shouting, children angry for more than 15 minutes or more than three times a day, children stomping their feet until they roll on the floor when throwing a tantrum, children banging their heads against the wall when they are crying. Angry, children slam the door when their parents refuse their wishes, children throw their toys when they feel bored.

Temper tantrums for toddler age at Taman Mutiara Integrated PAUD in Mijen Kudus Village in 2020, from 30 respondents, it was known that 11 respondents (36.7%) were in the adaptive category and 19 maladaptive respondents (63.3%). The majority of respondents with maladaptive temper tantrums (63.3%).

Parental communication patterns for toddlers at PAUD Terpad Taman Mutiara, Mijen Kudus Village in 2020, from 30 respondents, it was known that respondents with authoritative parental communication patterns were 16 respondents (53.3%) and respondents with permissive parental communication patterns were 14 respondents. (46.7%). The majority of respondents with authoritative

parental communication patterns (53.3%).

There is a relationship between parental communication patterns and temper tantrums at Taman Mutiara Integrated PAUD, Mijen Kudus Village in 2020 with OR = 21.66 and p = 0.002.

The researcher realizes that this research has many shortcomings and limitations. This study uses a questionnaire research instrument, so the researcher must test the validity and reliability of the questionnaire that the researcher has compiled because the validity and reliability test has never been done before. In filling out the questionnaire, the respondents' knowledge was limited. This happened because the respondents did not understand some questions or terms.

AUTHOR CONTRIBUTION

All authors were involved in the preparation of this article.

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CONFLICT OF INTEREST

There was no conflict of interest.

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