



Parents' Role in Developing Self-Regulation to Early Age Children

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Abstract

Parents are the foundation stone of all children's knowledge and skills. The role of parents significantly contributes to reducing unwanted aspects related to externalizing, internalizing, and hyperactivity behavior. Good parenting will also have an impact on every child's behavior. All forms of parental behavior will be recorded and imitated by children, so instead of that, parents must display positive behavior in accordance with the rules and norms of society. Through roles that are in accordance with community norms carried out by parents, good self-regulation will also be formed in children. Children who have high self-regulation can control themselves well, manage their emotions, and adapt their behavior to their environment. The role of parents is to set a good example and provide a stimulus according to the child's development and the right affection bestowed on the child. The purpose of this review is to present empirical evidence about the role parents play in the development of self-regulation in children.

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INTRODUCTION

Early Childhood Development is an appropriate means of preventing problematic behavior in children (Hamidah, 2017; Yulisetyaningrum, 2019; Sukatin et al., 2020..). Early childhooders must learn how to adapt to the environment in which the child is located. Self-regulation is a factor within the child himself to display safe and responsible behavior in his social interactions. Self-regulation has a major influence on children's social and emotional development. Pardede et al., 2018; Amin, 2018; Hidayah, (2022) states that self-regulation is a measure of the maturity of a child's social skills. If a child has good self-regulation then it is certain that the child has good social skills. Qistia et al., (2019) also explained that self-regulation is the ability to control one's own behavior, one of the main drivers of human personality. Thus, if a child lacks good self-regulation, the child will tend to be less consistent in achieving the goals and desires he wants to achieve so the child will be less confident in carrying out actions and his behavior will be less focused. Children really need to have self-regulation, where self-regulation gives children more self-control and confidence in carrying out all the activities they do. Grabell et al., (2017) defines self-regulation as awareness of thoughts, behavior, and emotions.

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they tend to be more prosocial (Rizqiyani & Asmodilasti, 2020; Syafitri, 2020; Dewi et al., 2020). This means that children who are able to control their emotions and behavior can build positive social relationships with other people (Puspita, 2019).

Self-regulation is the basis for children to socialize. Wahyuningtyas, (2015) explains that self-regulation is an important aspect for children in many situations, including social competence. A similar opinion was also expressed by Siron & Mulyono, (2019) that children's self-regulation plays an important role because it contains the dimension of managing emotions, which consists of holding back anger (patience). Early childhood learn self-regulation in managing their thoughts, feelings, behavior, and emotions by watching and responding to adults. Help from adults is very helpful in the development of early childhood regulation. By providing positive examples to young children by adults both at home and at school, they will remember and respond to the actions of adults. Giving rewards and appreciating children's behavior if they act positively will develop their self-regulation abilities.

One of the roles of adults closest to children is their parents (Krismawati, 2014; Siahaan & Rantung, 2019)). Siron & Mulyono, (2019) states that parents who are involved in parenting make children well-stimulated because children learn to control themselves through observation and through the rewards and punishments they experience. Suryadi et al., 2019) also explains the attitudes and behavior of parents and children in interacting and communicating during parenting activities so that their children can grow into socially mature individuals because parents' treatment of their children also influences a child's academic achievement.

Help from adults is very helpful in the development of early childhood regulation. One of the roles of parents is to provide positive examples to young children at home so that children will remember and respond to their parents' actions (Wiranata, 2020). Durand & Perez, (2013) in his research said that parental involvement is the level at which parents are committed to their role as parents and to fostering optimal child development. So the role of parents is an important component in a child's school success which is considered to be able to modify children's behavior. So it can be concluded that parents play a very important role in developing self-regulation in children so that children can control themselves and adapt to their environment. In this study, researchers will analyze the role of parents in developing self-regulation in early childhood.

METHODS

The research method used in this research is literature study research, where the data collection system in this research comes from books or journals that are analyzed based on existing problems (Seuring, 2008; Sivarajah et al., 2017). Danandjaja, (2014) Library study or literature study is an activity related to methods of collecting library data, reading and taking notes, and processing research materials. This research was carried out by taking data from 6 book sources and 20 relevant journals which were then analyzed and connected to existing phenomena. A literature study is a data collection technique by conducting a review study of books, literature, notes, and reports that are related to the problem being solved (Wolfswinkel, J. F., Furtmueller & Wilderom, 2013). The purpose of data analysis in this research is to see the role of parents in the development of self-regulation in early childhood (Lombu & Lase, 2023).

RESULT AND DISCUSSION

Regulasi Diri

The concept that must be built in early childhood is the concept of self-regulation which is one of the determinants of what children will become in the future (Tanu, 2017; Khusniyah, 2018). If a child's self-regulation develops well, the

child will grow into a child who has a good self-concept, can control emotions, and has high self-discipline (Masni, 2017; Taib, B., Ummah, D. M., & Bun, 2020). However, on the other hand, if the child does not have good self-regulation, the child will experience many problems that will hinder the child's achievement at school (Damayanti, 2015; Purba & Yulianto, 2019).

Self-regulation has a major influence on children's social and emotional development. Children who have high self-regulation are able to control themselves well. Maimanah et al., (2021) believes that self-regulation, namely a child's ability to regulate his activities, can also be said to be strategy, involvement, and confidence are the keys to self-regulation. Self-regulation is the ability to plan, direct, and monitor behavior to achieve a certain goal by involving physical, cognitive, emotional, and social elements so that it is in accordance with the values, morals, and rules that apply in the community environment. (Manab & Tahimu, 2022). Confirmed by Sa'ida, (2018) growth and development that includes children's cognitive and emotional values can be called self-regulation. Self-regulation is an important point in instilling children's character and behavior Marza, (2017) Self-regulation refers to children's skills in focusing their attention, regulating their thoughts and emotions, and reducing dominant behavior. Similar opinions were also expressed Pangestuti et al., (2019); Srinahyanti, (2017) Self-regulation in children can be interpreted as the child's capacity to delay behavior, tendencies, or desires, maintain attention, obey social rules, and control and regulate their emotions self-regulation is important for children's school readiness and success seen from the quality of their behavior at school, their relationship with teachers and peers.

Syafrida, (2014); Aruan, (2020); Christine et al., (2021) in his research, it was found that self-regulation in children is a skill possessed by children in self-management and behavior as a result of controlling emotions and attitudes within the child, which are then expressed through emotions and actions in establishing social relationships with other people. With self-regulation, children will know and understand what kind of behavior is acceptable in their environment. The importance of teaching self-regulation to children is to give them better opportunities to utilize their potential. Based on the information above, it can be concluded that self-regulation in early childhood is learning to control behavior, managing emotions, and learning to maintain attention or focus on certain tasks. Self-regulation makes children know what the demands of the surrounding environment are and tries to adapt. behavior appropriate to the environment (Wahyuningtyas, 2015; Alfidha et al., 2022).

Peran Orangtua Dalam Regulasi Diri

Parents play a very important role because parents are the foundation of all children's knowledge and skills. In research Von Otter, (2014) states that parental educational aspirations are an important mediator between family resources in achieving educational levels, while other forms of involvement are related to academic achievement. The role of parents significantly contributes to reducing undesirable aspects related to externalizing, internalizing, and hyperactive behavior. This is in line with Badri et al., (2014) that the active role of parents in relations with the school through intensive parent and teacher interaction is able to suppress negative behavior that is not expected to occur in children. This shows that parents have a big responsibility to shape children's behavior in accordance with the expectations and norms that apply in society, where parental involvement in the child's education process is not only limited to school. The attention and affection given by parents will influence the child's self-regulation, which will later be seen in the behavior displayed by the child. Dey Putri et al., (2020); Senehi et al., (2018) revealed that children's self-regulation skills are influenced by the mother's ability to manage emotions. This shows that children's self-regulation is influenced by the role

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