

NURTURING, CARING, AND PARENTING PATTERNS FOR EARLY CHILDHOOD IN SEKAR MELATI PLAYGROUP

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ABSTRAK: POLA ASAH ASIH ASUH ORANG TUA ANAK USIA DINI DI KELOMPOK BERMAIN SEKAR MELATI

Masa usia dini merupakan masa golden age (masa keemasan) dimana pada masa ini anak sudah mulai peka dan sensitif dengan lingkungan sekitarnya sehingga akan dengan mudah menyerap apa yang dilihat, didengar, dan dirasakan. Usia ini merupakan pribadi unik dengan pola tumbuh kembang pada komponen fisik, kognitif, social, emosional, kreatif, linguistic dan komunikasi yang khas pada tahapan yang dilalui anak. Oleh karena itu pemberian stimulus yang tepat pada anak sangat dibutuhkan apabila menginginkan setiap aspek perkembangan tercapai secara optimal. Peran dari ibu, bapak, keluarga dan masyarakat serta lingkungan menjadi penting, mengingat pada masa ini adalah "masa keemasan" sangat tergantung bagaimana kita memenuhi hak dasar anak akan pola asih, asah dan asuh, agar anak dapat tumbuh kembang secara optimal dan akan berpengaruh terhadap kehidupan selanjutnya. Penelitian ini bersifat deskriptif bertujuan menggambarkan pola asah asih serta asuh yang diberikan orang tua kepada anak nya pada usia dini. Hasil penelitian kepada 35 responden diperoleh (68,6%) pola asahnya baik menunjukkan bahwa orang tua dalam memberikan stimulasi untuk mengembangkan kemampuan intelektual, keterampilan, kreatifitas serta sosial anak sebagian sudah baik. Pola asih orang tua pada anak yang berkaitan dengan pemenuhan kebutuhan emosional melalui kasih sayang & perhatian (88,6%) sudah baik, serta (62,9%) pola asuh yang berkaitan dengan cara merawat, membimbing serta mendidik anak dalam kehidupan sehari-hari juga sudah baik. Pola asah asih dan asuh saling berkaitan sehingga diharapkan ketiganya berjalan seimbang agar tumbuh kembang anak akan lebih optimal baik secara fisik, mental, emosional serta social.

Kata Kunci: Asah, Asih, Asuh, Usia, Dini

ABSTRACT

Early childhood is a golden age when children begin to be sensitive to their surroundings and easily absorb what they see, hear, and feel. This age is a unique period of personal growth and development in terms of physical, cognitive, social, emotional, creative, linguistic, and communication skills that are characteristics of the stage children go through. Therefore, providing appropriate stimuli to children is essential if we want every aspect of their development to be achieved optimally. The role of mothers, fathers, families, communities, and the environment is important, considering that this period is a "golden age" that depends heavily on how we fulfill children's basic rights to love, guidance, and care so that they can grow and develop optimally, which will affect their future lives. This descriptive study aims to describe the patterns of nurturing, caring, and parenting that parents provide to their children in early childhood. The results of the study of 35 respondents show that (68.6%) of the nurturing patterns are good, indicating that parents are already good at providing stimulation to develop their children's intellectual abilities, skills, creativity, and social skills. The caring pattern of parents towards children in relation to fulfilling emotional needs through affection and attention (88.6%) was good, and (62.9%) of the parenting patterns related to caring for, guiding, and educating children in daily life were also good. Nurturing, caring, and parenting are interrelated, so it is hoped that all three will be balanced so that children's growth and development will be more optimal physically, mentally, emotionally, and socially.

Keywords: Nurturing, Caring, Parenting, Age, Early

INTRODUCTION

Early childhood is a golden age when children begin to be sensitive to their surroundings

and easily absorb what they see, hear, and feel. The sensitive period is a time when physical and psychological functions mature, enabling children to

respond to stimuli provided by their environment. Therefore, providing appropriate stimuli to children is essential if we want every aspect of their development to be achieved optimally. Early childhood is a unique period of growth and development in terms of physical, cognitive, social, emotional, creative, linguistic, and communication components that are specific to each stage. The education and care that children receive from birth to age six have a significant effect on their growth, development, and learning potential in the future. For children aged 29 days to 6 years, the emphasis is on nutrition and hydration, child care, child rearing, growth stimulation, and child development according to age stages, as well as child protection. (Arifudin et al., 2021; Elan & Handayani, 2023; Regina & Hidayat, 2024; United Nations Children's Fund, 2020)

In early childhood, the roles of mothers, fathers, families, communities, and the environment are crucial. Families are the first and foremost educators of children, with parents spending a lot of time with their children within the family and community. This period is the "golden age" when children's brains develop rapidly, reaching 50% - 80% of their total development throughout their lives. This development is highly dependent on how we fulfill children's basic rights of parenting, caring, and nurturing so that they can grow and develop optimally, which will have an impact on their future lives. Optimal growth and development can only occur in children whose nutritional needs are met in terms of both quantity and quality, who are healthy, and who are stimulated appropriately according to their age. The world, including Indonesia, is focusing its attention on the first 1,000 days of life (Scaling Up Nutrition), ensuring that children receive standard care and balanced nutrition from the beginning of pregnancy until they are 2 years old. This is important considering that children's growth and development are rapid and 80% of brain growth occurs during this period. (Handayani, 2021; Kemenkes, 2016; Rahayu et al., 2018; Zulminiati et al., 2023)

Emotional development in early childhood is the spearhead that shapes future attitudes, values, and behaviors. Emotional development is one of the issues that must be addressed specifically, because children's emotions must be nurtured during childhood. A lack of pleasant childhood experiences will result in negative attitudes about social encounters in children. Families have a significant impact on the creation and development of emotions. Many elements within the family can influence a child's growth and development, such as

a child's social and emotional development, which can be shaped by the family environment and the child's surroundings. The family is the first educational institution for children, their first world, which contributes mentally and physically to a child's life. Parents play a role in forming an intimate and long-lasting system of interaction characterized by personal loyalty, love, and affectionate relationships. (Lubis et al., 2022; Regina & Hidayat, 2024)

The patterns of nurturing, caring, and parenting are interrelated, so it is hoped that all three can be balanced in order to optimize the child's physical, mental, emotional, and social growth and development. The pattern of nurturing is necessary to develop the child's intellectual abilities, skills, creativity, language, motor skills, and social skills. This pattern can be implemented by reading storybooks, teaching the child to sing, and teaching the child to speak. The caring pattern for children is to fulfill their emotional needs through the love and attention of their parents, while the parenting pattern can be done by tending for children every day, guiding and educating them in their daily lives by providing nutritious food and instilling clean and healthy habits. (Kemenkes, 2016; Tobing & Nurjannah, 2024)

RESEARCH METHODS

The type of research conducted was descriptive, with one variable, namely the patterns of nurturing, caring, and parenting for early childhood. Sampling was conducted using the total population, namely all parents of early childhood children in the Sekar Melati Playgroup, with a total of 35 respondents. (Dahlan, 2019; Notoatmodjo, 2018) Data collection was conducted using a questionnaire containing 30 statements about nurturing patterns (10 statements), caring patterns (9 statements), and 11 statements about parenting patterns in early childhood. Data analysis was performed using univariate analysis to determine the frequency distribution of the variables of nurturing, caring, and parenting patterns in early childhood.

RESEARCH RESULTS

Table 1 shows that most of the nurturing patterns provided by parents to their children are good. The nurturing patterns provided by parents to their children are necessary to develop children's intellectual, skill, creativity, language, motor, and social abilities. Parents can provide this nurturing to their children by reading storybooks, teaching them to sing, and teaching them to speak. These

activities can be carried out by parents or parenting caregivers at any time. Nurturing is the beginning of the learning process, educating and stimulating the development of children who are trained as early as possible, especially children aged 4-5 years, which is the golden age of childhood. (Sinta & El, 2019)

Table 1
Frequency Distribution of Nurturing Patterns in Early Childhood

Nurturing Pattern	N	%
Good	24	68.6
Fair	11	31.4

The results of this study are supported by (Yulinawati et al., 2020) on the importance of stimulating children through the application of play methods appropriate to their development. Stimulation of cognitive, motor, and language development stages is carried out through simple play that can be done at home in daily activities and can be used as a foundation for achieving children's developmental potential. In line with the results by (Ramadhani et al., 2022) it is also explained that playing, engaging children in conversation, and showing caring are important "nutrients" for children's development, just as eating is necessary for physical growth. The benefits of play for children are not merely about filling free time; children can learn to control and coordinate their muscles, engage their feelings, emotions, and thoughts. Thus, through play, children gain various life experiences and strengthen the parent-child bond, enabling parents to detect developmental issues early on.

(Utamingtyas, 2019) research states that children who receive targeted, regular stimulation from an early age will develop faster than children who receive less or delayed stimulation. In this study, in addition to affecting language motor development, stimulation also affects fine motor development. Examples of fine motor skill stimulation that can be provided include building towers from blocks at 12-18 months of age and imitating vertical and horizontal lines at 18-24 months of age. If children are not stimulated with toys, their fine motor skill development will be stunted.

Table 2 shows that most parents provide good caring patterns to their children, indicating that parents understand the importance of caring patterns. Fulfilling caring patterns is necessary to meet children's emotional needs and can be provided through love and attention from parents or parenting. These needs are met through a bond of

caring and emotional outpourings. Parents sometimes forget the importance of building a bond of caring between children and parents from the time the child is still in the womb, which can also be felt by the child. (Sinta & El, 2019)

Table 2
Frequency Distribution of Caring Patterns in Early Childhood

Caring Pattern	N	%
Good	31	88.6
Fair	4	11.4

Supported by the results of research by (Nisa & Cahyo, 2023) on the influence of parental attention on children's moral development, it is stated that children who receive sufficient attention will have a major impact on their character and moral values in the future. (Hayyu et al., 2022) also stated that emotional development in childhood is a spearhead that can determine future attitudes, values, and behavior. Emotional development is one area that requires special attention, as children's emotional development needs to be nurtured from an early age. The results of a study by (Rambe et al., 2024) also reinforce that children who are raised with caring and attention tend to have a better understanding of moral values and religious teachings, and can learn to understand and respect others by showing respect and being more guided towards positive things.

(Marzuki et al., 2025) explain that in addition to the role of parents, teachers and principals also play a crucial role in the social-emotional development and growth of early childhood. It is very important for teachers and parents to work together in the social-emotional growth of early childhood. This is also supported by research by (Tahirah et al., 2024) which concludes that in early childhood, building a strong emotional foundation and fostering essential social skills in children is important in forming a solid foundation for the child's overall development. Parents and the surrounding environment play a very important role in providing support, guidance, and appropriate stimuli to help children develop skills in managing emotions, interacting positively with others, and building healthy relationships.

Table 3
Frequency Distribution of Parenting Patterns in Early Childhood

Parenting Pattern	N	%
Good	22	62.9
Fair	13	37.1

Table 3 shows that most parents provide good parenting to their children. This is achieved by caring for, guiding, and educating children in their daily lives, providing them with nutritious food, and instilling clean and healthy habits. The word "parenting" covers all aspects related to maintenance, treatment, support, and assistance so that people can remain standing and live their lives healthily. Parenting patterns show the need to support brain and body tissue growth so that children's physical and biological needs are met, including nutritional needs, immunizations, personal hygiene and living environment, and medical treatment. (Handayani, 2021; Sinta & El, 2019)

Parenting styles are very important in children's lives because they will have an impact on children's development in their surroundings. Parenting styles are one of the main components in family life, because parents' duties include not only providing proper education for their children but also being responsible for the process of raising their children. Supported by the results of research by Rahmadani et al., most children are in line with their developmental stage, as they are influenced by stimulation and parenting styles provided by their parents. Working parents will have an impact on the growth and development of their children. In this study, the majority of parents were employed. (Elan & Handayani, 2023; Lesnussa & Wijayaningsih, 2023; Rahmadaniah, 2020)

(Mainnah et al., 2021) also mentioned in their research that parents tend to fulfill all their children's needs and requirements, both at school and at home. However, there are also parents who are very wise in fulfilling and meeting all their children's needs and requirements because they see the good and bad sides of what their children ask for. Supported by the results of research by (Kurnia & Supriyadi, 2024) , it is stated that parenting patterns have a significant influence on the emotional development of early childhood. The importance of good parenting in shaping children's character and emotions, as well as the need for parental patience in educating children so that they can adapt to their social environment.

Especially in today's digital age, this has an impact on early childhood, as supported by (Arta &

Prahesti, 2024) research, which states that parenting in the digital age has a significant impact on the social-emotional development of children aged 5-6 years. Excessive dependence on digital devices can hinder children's ability to interact directly and manage their emotions, such as sharing, empathizing, and adapting to their surroundings. Conversely, a balanced parenting style that combines the use of technology with quality direct interaction between parents and children can support optimal child development. In addition to dependence on digital devices, parenting patterns are also influenced by the ethnicity and culture embraced by the family. (Pasiningsih, 2021)

Parenting styles are one of the factors that can influence the formation of a child's personality, including making the child unhappy and prone to withdrawing from social interaction, preferring to be alone, finding it difficult to trust others, and performing poorly at school. From the results of research on nurturing and caring patterns in early childhood, there are still categories that are considered adequate, namely nurturing (31.4%), caring (11.4%), and parenting (37.1%). These results are likely due to obstacles faced by parents in caring for their children, where the cause is minimal interaction due to busy work schedules. (Elminah et al., 2022; Hikmawati et al., 2023)

CONCLUSION

The fulfillment of nurturing, caring, and parenting patterns by parents towards their young children is very much needed, and it is hoped that all three can be balanced so that the growth and development of children can be more optimal physically, mentally, emotionally, and socially. The results of this study show that 68.6% of parents provide good nurturing that is related to the stimulation and learning needs of children, 88.6% provide good emotional support and caring, and 62.9% provide good parenting that is related to children's basic physical needs.

SUGGESTION

The fulfillment of nurturing, caring, and parenting patterns in early childhood are interrelated, so it is hoped that all three can be balanced in order to optimize the child's physical, mental, emotional, and social growth and development. The roles of parents and teachers are crucial in providing stimulation and learning as part of the nurturing pattern, providing children with caring and emotional support, and fulfilling the parenting pattern to meet children's physical needs related to daily care and nurturing both at home and at school.

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