



Tantrum Behavior of Children Aged 3-7 Years Viewed from Parental Parenting

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Tantrum behavior, parenting, early childhood

Abstract

A temper tantrum is an emotional disorder in children through excessive emotional outbursts such as shouting and crying and is characterized by aggressive body movements caused by parenting. Parenting patterns significantly impact the next child's growth and development. The purpose of the study was to determine how much influence parenting styles have on temper tantrum behavior in children aged 3-7 years. The research was conducted in Garon Village, Kawedanan District, Magetan Regency. The research method uses a descriptive quantitative approach. The number of samples in this study was 40 parents who have children aged 3-7 years. The sampling technique used was a simple random sampling technique. They are collecting data in the study using a questionnaire. The data analysis technique used is multiple linear regression analysis with SPSS. The results showed that authoritarian parenting significantly influences physical, aggressive tantrum behavior in children with a t-count = 1.906, greater than the t table = 1.689. Second, democratic parenting substantially influences children's physical, aggressive tantrum behavior with a t-value = 1.743, which is greater than the t-table value = 1.689. Third, permissive parenting substantially affects children's physical, aggressive tantrum behavior with at count = 3.067, which is greater than the t table = 1.689. Parenting applied by parents has a significant influence on children's behavior, so it is hoped that parents will pay more attention to the parenting used according to the child's development to avoid temper tantrums.

Kata Kunci

Perilaku tantrum, pola asuh, anak usia dini

Abstrak

Temper tantrum merupakan gangguan emosi pada anak melalui luapan emosi berlebihan seperti berteriak, menangis, dan dicirikan dengan gerakan tubuh yang agresif yang disebabkan salah satunya adalah pola asuh orangtua. Pola asuh orangtua memiliki dampak yang signifikan terhadap tumbuh kembang anak selanjutnya. Tujuan dari penelitian untuk mengetahui seberapa besar pengaruh pola asuh orang tua terhadap perilaku temper tantrum pada anak usia 3-7 tahun. Penelitian dilakukan di Desa Garon, Kecamatan Kawedanan, Kabupaten Magetan. Metode penelitian menggunakan pendekatan kuantitatif deskriptif. Jumlah sampel dalam penelitian adalah 40 orang tua yang memiliki anak usia 3-7 tahun. Teknik pengambilan sampel menggunakan teknik simple random sampling. Pengumpulan data dalam penelitian menggunakan kuesioner. Teknik analisis data yang digunakan adalah analisis regresi linear berganda dengan SPSS. Hasil penelitian menunjukkan bahwa; pertama, pola asuh orang tua otoriter memiliki pengaruh yang signifikan terhadap perilaku tantrum agresif fisik pada anak dengan nilai t hitung = 1,906 lebih besar dari t tabel = 1,689. Kedua, pola asuh orang tua demokratis memiliki pengaruh yang signifikan terhadap perilaku tantrum agresif

fisik anak dengan nilai t hitung = 1,743 lebih besar dari nilai t tabel = 1,689. Ketiga, pola asuh orang tua permisif memiliki pengaruh yang signifikan terhadap perilaku tantrum agresif fisik anak dengan nilai t hitung = 3,067 lebih besar dari t tabel = 1,689. Pola asuh yang diterapkan orangtua berpengaruh besar terhadap perilaku anak, sehingga diharapkan orangtua lebih memperhatikan pola asuh yang diterapkan sesuai dengan perkembangan anak guna menghindari terjadinya temper tantrum.

A. Introduction

Early childhood children are classified as children in the golden age (Hasan & Suwarni, 2012; Uce, 2017), they have very rapid stages of psychological and physical development (Anwar, 2021a; Susanto, 2014). Personality in children, in general, can be seen in children's behavior when acting or carrying out things that are their development tasks well. This behavior is a very varied part of child development (Lorena, 2015). Child development also takes place in a holistic and comprehensive process (Indrijati, 2017). Therefore, the provision of stimulation must take place in a holistic activity. Its development involves various aspects of him, ranging from cognitive, physical, motoric, and social elements (Anwar & Zaenullah, 2020).

The process of child development is influenced by the surrounding environment, namely parents, school, and living environment (Hariyani & R, 2013). The essential thing in effect is parents' warmth so that children avoid harmful actions. The family is the first and foremost place in developing national character for children and the younger generation (Anwar, 2021b). The example given by parents has more meaning and is not just teaching the right thing or the wrong thing (Tola, 2018). Cultivation of behavior consists of the cultivation of good knowledge (cognitive), good values (affective), and habits of action (psychomotor). This means that the example shown in early childhood involves all aspects ranging from cognitive, affective, and psychomotor. Parenting at an early age is essential and valuable, and is part of the formation period throughout human life (a noble and malleable phase of human life) (Doan, 2013).

During the golden age, children first interact socially with the environment, parents, and family (Metafisika, 2019). Through this interaction, the child will make repeated observations, then imitate, and eventually shape behavior (Anwar & Azizah, 2020). At this stage, it is clear that positive and negative factors will influence the child's development. The positive factor is a factor that is going well according to its level of development in its developmental phase. In contrast, the negative factor is a factor that, in its stages, makes children behave violently, which describes the response of heightened emotions carried out in the form of verbal and non-verbal violence. The violence that is manifested in verbal and non-verbal (physical) forms is part of tantrum behavior acts or usually known as temper tantrums (Hirsch et al., 2022; Saraswati et al., 2020).

Temper tantrums are part of explosive and extreme anger (Ritfeld et al., 2022), usually can be seen as a child screaming, a child crying, and characterized by aggressive body movements (Ramadia, 2018; Turney, 2022). Physical aggression in temper tantrums is carried out by the child crying and rolling on the floor, throwing things, banging his head, and stomping his feet. Tantrums are angry outbursts, and they can occur at any age in humans (Fitriyah, 2017, 2019; Purwoko & Fitriyah, 2017; Rahayu & Fitriyah, 2020). Tantrums are

expected in early childhood, often prompting parents to consult a pediatrician. Parents are often unsure whether the behavior during a tantrum can indicate a serious behavior problem (C.Belden et al., 2008). Factors that cause temper tantrums are obstruction of the child's desire to get something, the inability of children to express themselves, fatigue, lack of sleep, and parenting patterns (Hall et al., 2021).

Parenting patterns from parents play the most crucial role in the development of children, especially in emotional, intellectual, and personality development. Parenting patterns are the rules and behaviors that parents do to their children that are dynamic and consistent from time to time (Anwar & Azizah, 2020). Parenting patterns are divided into three, namely: authoritarian parenting, permissive parenting, and democratic parenting. Authoritative parenting is shown by a pattern that it is hard to force the desired behavior. In permissive parenting, parents show high affection but with low control and demands for achievement. In comparison, this parenting pattern has a balanced relationship between parents and children (Arumsari & Nurkamilah, 2020; Auliya et al., 2020). The parenting pattern of parents with typical aggressive children is a mixture of authoritarian parenting with democratic parenting (Anhusadar, 2018).

Researchers' observations in one of the Play Groups in Garon Village, Kawedanan District, Magetan, found several child behaviors such as kicking, shouting, hitting, pushing, snatching toys, crying, and other aggressive actions carried out by two children. With the initials A and B. It is known from B's parents that B's child is very spoiled, so if he doesn't obey, he will scream. Meanwhile, A is very restrained by his parents. His parents often forbid a if he wants something, so when he is not with his parents, he will rebel against his friends to get what he wants. If the aggressive behavior displayed by A and B is left alone, then this will become dangerous in the future if not handled properly.

Other observations in Garon Village show early childhood symptoms of tantrum behavior, such as hitting, likes to trigger fights with friends, attacking with senses on the body or with toys, and performing verbal aggression such as mocking, berating, and saying bad things. And children are happy or like to annoy other friends. Based on these observations, it shows that behaviors indicate a temper tantrum attitude in children in the village.

Research on temper tantrums has been studied before, including research that examines children with upset temper tantrums, meaning that children are in a danger zone that causes children to behave in tantrums by damaging objects, themselves, and others. This study only focused on temper tantrums in one family (Ulfah & Hayati, 2017). Second, Dwi's research examines parenting and aggressiveness (Saputra & Sawitri, 2015). This research focuses on authoritarian parenting and adolescent aggressiveness and does not examine early childhood. Third, the research results of the Product Moment correlation statistic test, it was found that the percent correlation between parenting patterns and the incidence of temper tantrums in toddler age children was 0.344 which showed there was a significant relationship and value between parenting and temper tantrums. Children, this study focused on the age of 1-3 years while this study was aged 3-7 years. Fourth, Sukma's research shows that the higher the emotional intelligence of parents, the lower the temper tantrum behavior appears in children, with a moderate correlation statistic test ($r = -0.502$). At the same time, this study has a variable parenting style and not emotional intelligence. Fifth, research with results shows a relationship

between temper tantrum behavior and parental communication patterns (Sukma et al., 2019). This study has a difference in the communication pattern variable, while this research is about parenting.

Based on previous studies examining temper tantrums in children, there have not been many studies discussing tantrum behavior in early childhood in terms of parenting patterns. This study examines tantrum behavior in the form of aggressive behavior (physical), which is new to previous research. This research is expected to become a treasure trove of knowledge in education and parenting to prevent temper tantrums in aggressive behavior in early childhood.

B. Methodology

This research uses descriptive quantitative. The method used is a survey method with a quantitative approach to find out how the influence of parenting patterns on children's aggressive tantrum behavior. The location of the research was carried out in Garon Village, Kawedanan District, Magetan Regency. The population of early childhood in Garon village is 160 children.

Table 1. Number of Early Childhood in Garon Village

No.	School	Frequency
1.	KB Bintang Kejora	35
2.	KB Cerdas Ceria	30
3.	TK Dharma Wanita Garon	40
4.	TK IT Ash Shofa	35
5.	TK IT Hidayatul Ummah	20
Total		160

The sampling technique in this study is simple random sampling because the sampling is done randomly regardless of the level in the population. Researchers took 25% of the population with an age range of 3-7 years, so the sample number was 40 parents of children in Garon Village, Kawedanan District, Magetan Regency.

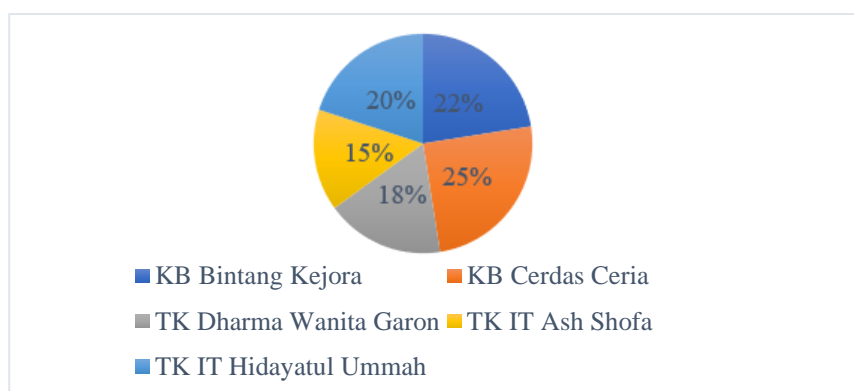


Figure 1. Number of Research Samples

The research data collection instrument used a closed, direct questionnaire in the form of a graded scale (rating scale). This is because the answer choices already exist and can be answered directly by the respondent, and using a multilevel scale because it has levels of

answers. The child's aggressive behavior questionnaire was compiled based on Pierangelo's theory, while the parenting style of parents was compiled based on Hurlock's theory as follows:

Table 2. Aggressive Behavior Questionnaire Grid

Variable	Sub Variable	Indicator	Items
Aggressive Behavior	Physical Aggression	Like to fight	1,2,3, 4, 5, 6, 7,8, 9,10
		Hit	11,12
		Push	13,14
		Plunder	15,16
		Damage equipment	17,18,19,20

Table 3. Parenting Questionnaire Grid

Variable	Sub Variable	Indicator	Items
Parenting	Authoritarian	Children's compliance with parental rules	1,2,3,4,5
		Never give a test	6,7,8
		Giving physical punishment	9,10,11
		External control	12,13
	Democratic	Involve children in making decisions	14,15,16
		Giving appreciation to children	17,18,19
		Supervise children with tolerance	20,21,22
		Internal control	23,24
		Freedom to make your own decisions	25,26,27
	Permissive	Less guidance	28,29,30
		Ignorant with the things experienced by children	31,32,33,34,35

Validity test is used in terms of measuring the validity or validity of a questionnaire. Validity processing using SPSS v16 for Windows computer software with the following formula:

$$r_{xy} = \frac{\frac{\sum xy - \{\sum x\}\{\sum y\}}{N}}{\sqrt{\left\{\frac{\sum x^2 - (\sum x)^2}{N}\right\}\left\{\frac{\sum y^2 - (\sum y)^2}{N}\right\}}}$$

Reliabilitas angket pada penelitian ini diukur dengan:

$$r_{11} = \left(\frac{n}{n-1}\right) \left(1 - \frac{\sum \sigma_b^2}{\sigma_t^2}\right)$$

Analysis of the data used is multiple linear regression analysis. Multiple regression analysis is used to see the rise and fall of the dependent variable if two or more independent variables are manipulated (Sugiyono, 2017). Multiple linear regression analysis was used to see the effect of the independent variables, namely authoritarian parenting (X1), democratic parenting (X2), and permissive parenting (X3), on the dependent variable of physical aggressive tantrum behavior of children (Y).

C. Result and Discussion

The validity test was used to test the variables in the research questionnaire, which consisted of 20 statements of physically aggressive tantrum behavior and 13 statements of authoritarian parenting, 11 statements of democratic parenting, and 11 statements of

permissive parenting, where these statements must answer by respondents. The results showed 13 indicators of authoritarian parenting style variables, 12 valid statements and 1 invalid and corrected statement, 11 indicators of democratic parenting styles were all valid, 11 statements of permissive parenting style statements were all valid, and 20 statements of tantrums behavior. Physical aggressiveness is 19 valid, and one is invalid and corrected. Meanwhile, the reliability test is a questionnaire measuring instrument, a variable measuring instrument. The higher the reliability, the higher the measuring instrument used r count is $0.752 > 0.70$, then the items in the questionnaire are reliable.

Multiple linear regression analysis aims to determine whether the independent variable has an influence or not on the dependent variable. Multiple linear regression analysis was performed using SPSS for Windows version 16.0 software.

1. Result

A summary of the results of data processing using the SPSS program is as follows:

Table 4. Summary of Regression Results

Coefficients ^a					
Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
(Constant)	-9.301	17.571		-.529	.600
Authoritarian	.495	.260	.258	1.906	.065
Democratic	.514	.295	.223	1.743	.090
Permissive	.859	.280	.430	3.067	.004

a. Dependent Variable: physical aggressive tantrum behavior

Source: Primary data processed 2021

From these results, when written in standardized form, the regression equation is as follows:

$$Y = -9,301 + 0,495 X1 + 0,514 X2 + 0,859 X3$$

Information:

Y = Physical aggressive tantrum behavior

X1 = Authoritarian parenting

X2 = Democratic parenting

X3 = Permissive parenting

The results of the multiple linear regression test show that the value (constant) is known to be -9.301, which means that if the independent value is equal to zero, then the value of the dependent variable is -9.301 in this case if the ratio of authoritarian parenting, democratic parenting, and permissive parenting is 0.00, the ratio of physical aggressive tantrums will decrease if there is no authoritarian, democratic, and permissive parenting style.

The value of the authoritarian parenting style variable is known to be positive (0.495), which means that every 1 value increase in the authoritarian parenting style variable, in this case by 1%, the ratio of authoritarian parenting will increase the value of the Y variable (the ratio of physically aggressive tantrums) of 0.495.

The value of the democratic parenting style variable shows a value of 0.223, B value of (0.514), and $t = 0.090$. This means that the variable coefficient (X2) of democratic parenting has an effect of (0.514). This means that democratic parenting has an effect on physical aggressive tantrum behavior, this is because its significance is far from the value of $= 0.05$.

The value of the permissive parenting style variable with the t value of 3.067, and the B value of 0.859, and $= 0.004$. This indicates that the variable coefficient (X3) of permissive parenting has a positive (unidirectional) effect on physical aggressive tantrum behavior (Y) with a significant level of 0.004. This means that the higher the permissive parenting pattern, the more influential it is on physical aggressive tantrum behavior.

The accuracy of the regression function is carried out using the Goodness of Fit test in estimating the actual value. The calculation uses the coefficient of determination, the value of the F statistic and the value of the t statistic. The results of the t -test indicate that the independent variables in this study which have the most dominant influence on the dependent variable are permissive parenting patterns. That is, this variable is the most important variable in determining the physical aggressive tantrum behavior of children at the age of 3-7 years. This is also seen in the results of respondents' responses to the variable permissive parenting as seen from the answers of respondents who gave a very agree response (score 5) to the questions on the variable permissive parenting. This condition gives the impression that permissive parenting is very necessary to determine the behavior of physically aggressive tantrums in children.

2. Discussion

a. The Influence of Authoritarian Parenting Parenting Variables on Physical Aggressive Tantrum Behavior

The results of testing hypothesis 1 found that the variable of authoritarian parenting has a significant influence on physical aggressive tantrum behavior in children aged 3-7 years. This means that authoritarian parenting provides opportunities for children to behave aggressively in the moderate category. There are several indicators of authoritative parenting applied by parents in their care. For example, children must obey all parental rules and listen to and follow all parental regulations. However, there are also indicators of authoritarian parenting patterns that are rarely applied, such as when discussions with parents do not pay attention to the child's opinion and parents punish children when it is known that the child made a mistake. Authoritarian parenting is defined as a parenting pattern in which parents tend to educate children firmly and rigidly so that it can provide pressure that makes children frustrated and often shows aggressive behavior. Violence against children can occur anytime and anywhere, including at home, at the playground, and even at school (Christiana, 2019).

The results of this study are in line with research that one indicator that makes children behave aggressively is the wrong discipline education given by parents with the application of violence, especially in terms of providing physical punishment (Dewi & Susilawati, 2016). The results of this study are also confirmed in Dewi's research, which states that one of the factors causing the emergence of aggressive behavior in individuals is authoritarian parenting (Dewi & Susilawati, 2016).

Authoritarian parenting requires children to do everything that is liked by parents but not enjoyed by children, and it is not uncommon to give punishment when children make a mistake. This is in line with Agustinawati's opinion that parents strictly discipline their children with an authoritarian parenting pattern (Agustinawati, 2019). These things bring a negative side to the child. For example, the child will become afraid, so it will shackle the child from expressing something that is inside him. Authoritarian parenting can bring bad things to children, such as moody, children becoming afraid, not happy, easily stressed, offended, and have no aspirations for their future. (Tridhonanto & Agency, 2014, p. 16). In accordance with Baldin's opinion, he explained that authoritarian parenting would make children more disobedient, unable to make plans in their lives, and show fear (Syarkati & Afriandes, 2019).

b. The Effect of Democratic Parenting Variables on Physical Aggressive Tantrum Behavior

The results of testing hypothesis 2 found that the democratic parenting style variable had a significant influence on physical aggressive tantrum behavior in children aged 3-7 years. This means that democratic parenting provides opportunities for children to behave aggressively in the low category. In theory, democratic parenting emphasizes ideal parenting that can influence children to act and behave following rules and norms. This is in accordance with Aisyah's opinion, which states that it is logical that democratic parenting has no relationship or does not give influence the emergence of physical aggressive behavior in children (Aisyah, 2010). This is because the relationship between family members tends to be harmonious so that displeasure or things stuck in the child's heart will be expressed openly.

Based on the research results on democratic parenting, that gives children the opportunity to have a low level of aggressive behavior. This is because in the association, stronger supervision and boundaries are needed. In addition to the influence of the family, aggressive behavior can also be adopted from relationships and things that children often see; therefore in the democratic parenting pattern in this study, these things are also very much cared for by parents. This opinion is in line with Hariyani's that democratic parenting supports children's development, especially in independence and responsibility (Hariyani & R, 2013).

The results of this study are in line with the opinion expressed by Baumrind (in Elva, 2009) which explains that democratic parenting will give children the freedom to behave, parents will teach clear norms and rules, and not interfere in children's affairs. Parents will provide a lot of support and encouragement rather than punishing children. Parents give love and attention to children, are responsive to everything that is in children, and support maturity in children. This result is strengthened by Rakhmawati's opinion that democratic parenting makes parents appreciate and understand the child's condition so that children will feel comfortable, be independent, intelligent, can adapt to the surrounding environment well, and most importantly, have a good personality (Rakhmawati, 2015). With a family, children will get guidance, education, and direction so that they can develop themselves in a better direction (Hasiana, 2020). These things are associated with children's level of growth and development, competence and potential in children, control of children in their emotions, the closeness of children with parents and friends, and mental development of children. Democratic parenting is expected to control children's behavior, support future children, and prevent children from behaving aggressively.

c. The Influence of Permissive Parenting Parenting Variables on Physical Aggressive Tantrum Behavior

The results of testing hypothesis 3 found that the permissive parenting style variable had a significant effect on physical aggressive tantrum behavior in children aged 3-7 years. This means that permissive parenting provides opportunities for children to behave aggressively in the high category. In permissive parenting, parents provide very loose supervision to their children. They tend not to reprimand or warn children when children are in danger, and very few parents guide children. Children are not required to be responsible and are not much controlled by their parents.

This result is in line with Widiastuti's research that applying permissive or indifferent parenting to all children's behavior will significantly impact children's behavior and habits, for example, gadget addiction (Widiastuti & Elshap, 2015). Permissive parenting gives children the freedom to regulate themselves and encourages children as individuals to be undisciplined and do whatever they want. This parenting style makes children free to do whatever they want. Parents do not reprimand what their children do, and parents provide very little guidance for their children.

This result is corroborated by Saffitri's opinion that the impact of permissive parenting is that many children are found to imitate the behavior of their parents (Saffitri et al., 2017). For example, it is found that the father's attitude is indifferent and does not care, so this father ignores the child and tends to be indifferent, thereby increasing the child's aggressive behavior, because he did not get a figure from his parents, especially the father as the head of the family. In this parenting style, parents should have warmth for their children and be able to accept them as they are. Heat is more about giving the child a sense of pampering. Meanwhile, accepting what is makes children do as they please. This parenting can result in aggressive children at the highest level, children disobeying their parents, pretentious, and less able to control themselves. This parenting pattern frees their children to do anything so that they lack the formation of children's character. However, children still need direction from their parents to know what is good and wrong. This freedom in parenting will make children feel free and unable to determine their future.

Albert Bandura (in Susanto, 2015:113) explains that children's aggressiveness is seen from observation and seen from other people's behavior such as parents and society. Then the behavior will be imitated by the child as a benchmark. Children imitating aggressive behavior not only imitate but also depend on norms. If children are taught that aggressive behavior is acceptable, they will develop it widely (Cross et al., 2012). On the other hand, if the aggressive behavior is not accepted, the child will automatically not develop it and will walk on the right path.

D. Conclusion and Recommendation

This study indicates a relationship between authoritarian parenting, democratic parenting, and permissive parenting on physical aggressive tantrums in children aged 3-7 years. Authoritative parenting significantly influences physical aggressive tantrum behavior in children aged 3-7 years with a t count = 1.906, which is greater than the t table = 1.689. This

means that parents with authoritarian parenting provide opportunities with moderate categories for children to act aggressively. This is because the indicators of authoritative parenting are not all implemented by parents, so parents only apply part of it, such as children having to obey the rules and orders of parents and parents requiring children to listen to everything that parents say.

Democratic parenting significantly affects physical aggressive tantrum behavior in children aged 3-7 years with a t-value = 1.743 which is greater than the t-table value = 1.689. It means that democratic parenting provides opportunities for children to behave aggressively in the low category. This is because democratic parenting emphasizes ideal parenting that can influence children to act and behave according to rules and norms.

Permissive parenting significantly affects physical aggressive tantrum behavior in children aged 3-7 years with a t count = 3.067, which is greater than the t table = 1.689. This means that permissive parenting provides opportunities for children to behave aggressively in the high category. This is caused by parents who give freedom to children to do as they please, and parents provide concessions to children, parents do not warn when children are in danger, and very rarely do parents accompany children in the learning process. Children are responsible for themselves, and parents rarely exercise control.

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