Aggressive Behavior in Children Exploring Factors Influencing Intervention Patterns and Strategies

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Abstrak

Penelitian ini bertujuan untuk mendeskripsikan perilaku agresif yang dimunculkan oleh anak usia dini. Metode yang digunakan dalam penelitian ini adalah metode penelitian deskriptif kualitatif dengan studi literatur. Dalam penelitian studi literatur ini peneliti melakukan pengumpulan data dengan mengumpulkan dan menganalisis berbagai sumber tertulis seperti artikel, jurnal, dan buku yang relevan dengan penelitian dalam penelitian ini. Hasil penelitian studi literatur ini, menjelaskan tentang perilaku agresif anak adalah salah satu bentuk kurang tepatnya anak belajar sosial, karena perilaku ini dapat merugikan diri anak dan orang lain, faktor penyebab munculnya perilaku agresif pada anak terbagi dua yaitu faktor internal dan faktor eksternal sedangkan penanganan perilaku agresif anak usia dini perlu disesuaikan dengan penyebab terjadinya perilaku dan membutuhkan kerjasama dari berbagai pihak baik dari orang tua, guru, maupun lingkungan masyarakat.

Kata Kunci: *Anak usia dini, faktor penyebab, penanganan prilaku agresif.*

Abstract

This study aims to describe aggressive behavior raised by early childhood. The method used in this study is a qualitative descriptive research method with literature studies. In this literature study research, researchers collect data by collecting and analyzing various written sources such as articles, journals, and books that are relevant to the research in this study. The results of this literature study study, explaining that children's aggressive behavior is one form of inappropriate social learning children, because this behavior can harm children and others, the factors causing the emergence of aggressive behavior in children are divided into two, namely internal factors and external factors while handling aggressive behavior in early childhood needs to be adjusted to the causes of behavior and requires cooperation from various parties both from parents, teachers, as well as the community.

Keywords: Early childhood, causative factors, handling, aggressive behavior.

Introduction

Early childhood is a gift from Allah SWT which must be protected and guided properly. Every parent has an obligation to raise and provide proper education. Education really needs to be given to children from an early age because children are in their golden age (Ariyanti, 2016). It is called the golden age

because at the age of 0-8 years there are very important developments in children, namely the child's physical, cognitive, emotional and social growth which must be stimulated from an early age so that they develop optimally (Rahmah Wati Anzani, 2020). This golden age occurs only once in human life and cannot be postponed to a later period (Suryana et al., 2018).

Children's education starts early, starting from the child's closest environment. Every child grows and develops according to the behavioral characteristics of their environment. In the world of education there are three environments that are close to children: (1) family environment, (2) school environment, and (3) community environment. All three are interrelated in influencing the formation of character or personality of early childhood (Mansur, 2018). Early childhood education basically focuses on creating a good and fun environment for children rather than preparing them to learn. This is because a good and positive environment can help children develop two intelligences, or multiple intelligences, which will give them potential in the future (Suryana, 2016).

Newborn babies carry various potentials within themselves, one of which is the potential for sociality (Rakhmawati, 2015). This potential will develop according to the stimulation provided by the child's parents as the closest person to the child. Albert Bandura in his social learning theory explains that the behavior that is raised by children is the result of imitating the behavior of adults who are near the child. Children who are raised in a good family environment will form good behavior, whereas children who are raised in a bad family environment will form bad behavior as well (Laila, 2015). Therefore, as much as possible, parents must provide a good environment for children by bringing up good behavior for children to emulate.

Aggressiveness is a behavior that becomes a common phenomenon that occurs in society, both carried out by adults, adolescents and early childhood. According to (Berkowitz, 1995) Violence, a type of aggressive behavior, can occur throughout the world and is perpetrated by all levels of society, both young and old, in increasingly complex and diverse forms. As a result, children can also witness aggressive behavior from adults, even when they see children who like to attack and cause harm to others (Trianingsih, 2021).

Children begin to get acquainted and learn to deal with disappointment when what they want cannot be fulfilled. The feelings of disappointment felt by children are often subconsciously held back by parents. For example, when a child cries because he is disappointed, parents in various ways try to comfort, divert and sometimes parents actually scold children to stop crying. The actions of these parents make the child's emotions not channeled freely. If this happens continuously, it triggers the emergence of aggressive behavior (Suryana & Yolanda, 2018). Aggressive behavior raised by early childhood is maladaptive behavior. This behavior is influenced by several factors, namely family, socio-cultural, school, and personality factors. Besides that, it is also influenced by age, experience, gender, gender, and socioeconomic status (Arifah, 2018)

Cases of aggressive behavior in children are increasing in line with the increase in cases of violence. This was revealed by a national survey conducted by the PPPA ministry in 2018 regarding violence against children, the survey results found that 62% of girls and boys experienced one or more forms of violence throughout their lives. Other data reveals that Indonesian children who experience violence cause them to be exposed to psychological aggression. For children aggressive behavior is a natural thing to overcome the problem. However, this is considered as an error in social learning as expressed by Albert Bandura in his social learning theory.

his is in line with the results of the 2019 KPAI data relating to cases of violence in Indonesia which often occur and are seen in educational institutions. Data presented by the National Commission for Child Protection shows that there were 1664 cases of violence that occurred in schools from 2011-2018. Furthermore, it was also proven by several research results conducted by (Kartianti et al., 2020) that in the Gonga Pantai area, aggressive behavior was seen in children aged 7-9 years by giving rise to the behavior of hitting, cursing, pinching, kicking and insulting. Furthermore, the research conducted (Siahaan et al., 2020)

can be seen that the results of observing children's verbal aggressive behavior obtained 68% - 100% in the high category. 34% - 67% can be categorized as moderate. 0% - 33% with low category. Thus, based on the calculation of the average results, it is found that the verbal aggressiveness of children aged 5-6 years is in the moderate category.

Based on the statement above, many cases of violence that have occurred in Indonesia have shown that it is very important for all parties to understand aggressive behavior in early childhood, its causes, and how to handle it. In this study, researchers will collect the latest research and literature to explain aggressive behavior in early childhood.

Method

The type of research used is a literature study. Literature study is a research method that is carried out through data collection based on information search using books, articles and other relevant literature (Bibby & McIlroy, 2013). The literature used is literature related to aggressive behavior in children, the causes of aggressive behavior in children, and the handling of aggressive behavior in children. The theoretical basis is used to analyze how aggressive behavior in early childhood is.

Result and Discussion

Result

Factors that affect aggressive behavior in children (Aini, 2022):

1. Parenting: Abusive parenting, a lack of attention and supervision, and a lack of teaching about how to manage emotions can increase the likelihood of a child becoming aggressive.
2. Peers: Interactions with peers who are aggressive or have antisocial behavior can influence children to imitate these behaviors.
3. Negative media exposure: Media content that contains violence and aggression can influence the way children behave and react to certain situations.
4. Family environment: A dysfunctional family environment, lack of effective communication between family members, authoritarian parenting, and conflict and violence in the family can predispose children to imitate aggressive behavior or experience stress that causes aggressive behavior.

Intervention strategies to deal with aggressive behavior in children:

1. Education and teaching of social skills

Education and teaching social skills is an effective intervention strategy to deal with aggressive behavior in children. Social skills are individual abilities to interact positively with others, recognize and manage emotions, and resolve conflicts constructively. By teaching social skills to children, they will be better able to adapt to their social environment and reduce the tendency to aggressive behavior.

Some steps that can be taken in social skills education and teaching are as follows:

   a. Identification of social skills, namely determining which social skills children need to improve. For example, communication skills, dealing with emotions, understanding other people's perspectives, and resolving conflicts.
   b. Modeling is being a good example by demonstrating desired social skills in daily interactions with children. For example, managing emotions calmly when facing stressful situations or speaking politely and respecting the opinions of others.
   c. Training and practice, namely by providing exercises and simulations regarding different social situations in which children must use social skills. For example, act out a role conflict with friends or family to practice solving problems in a positive way.
   d. Positive feedback is giving positive reinforcement when the child is successful in using social skills well. Encourage them and reward them for their efforts in dealing with social challenges.

e. Collaborative learning is involving children in the learning process and discussing social skills. Get them to talk about their feelings and perspectives, so they better understand the impact their behavior has on others.

f. Application in everyday life is to encourage children to use the social skills learned in a variety of real situations. Remind them to practice those skills consistently.

g. Use of games and stories Use role plays or stories to illustrate social situations and how to use social skills in interacting with others.

Social skills education and teaching requires patience and consistency from parents, teachers, and other stakeholders. In addition, it is important to recognize that every child has a different learning speed and personality, so it is necessary to adapt the approach for each child. With the right approach, social skills education can help children develop strong social skills, reduce aggressive behavior, and improve the quality of their social relationships.

2. Providing training in social skills such as effective communication, managing emotions, and problem solving can help children learn how to deal with conflict without resorting to violence.

3. Good role models: It is important for parents and adults around children to be good role models in managing emotions and conflict in a positive and peaceful way.

4. Supervision and self-control: Supervising children well and setting clear boundaries can help prevent aggressive behavior.

5. Environmental management: Creating a safe, supportive, and positive environment can help reduce triggers for aggressive behavior.

6. Cognitive behavioral therapy: This therapy can help children identify negative thoughts and behavior patterns that encourage aggressive behavior, and replace them with more positive behavior patterns.

7. Family counseling approach: Involve the family in the treatment process to identify problems and changes in family interaction patterns that may influence a child's aggressive behavior.

8. Teaching conflict resolution strategies: Children should be taught more effective ways of resolving conflicts than using violence.

Every child has their own uniqueness and complexity in their aggressive behavior. Therefore, the interventions provided must be tailored to the individual needs of children and involve the active role of parents, teachers and the community to create an environment that supports the development of emotionally and socially healthy children. If your child's aggressive behavior is very disturbing or continues for a long time, consult a mental health professional or psychologist for further help and support.

Discussion

1. Child Aggressive Behavior

Because children are dissatisfied with the situation so that they express their feelings unnaturally, aggressive behavior is behavior that has a negative meaning because it ends in hurting other people physically and psychologically.

The term aggressive is used to describe student behavior, a form of physical injury to other creatures that is automatically present in the mind (Nadhirah, 2017). ne form of child emotion is anger which is expressed through aggression (Maysaroh, 2023). This is an action that is usually done by children as a result of anger or frustration. From the above exposure, it can be concluded that aggression is a form of expression of anger that is manifested through behavior that is done intentionally to hurt others and cause serious consequences. This is in line with the opinion (Tola, 2018) that aggressive behavior in early childhood consists of (1) physical aggressiveness; (2) explosive aggressiveness; (3) aggressive verbal; and (4) indirectly aggressive.

Physical aggression is aggressive behavior that aims to attack physically by committing violence or injuring others. Physical aggression is carried out using physical or other objects to cause injury or discomfort to other individuals (Mufidah, 2022). Hitting, pinching, kicking and

showing insults to other people are some of the physical aggressive actions (Abdul, 2013). So, it can be concluded that physical aggression is behavior intended to hurt someone and forms of physical action, such as: hitting, pinching, kicking and so on.

Verbal aggression is aggressive behavior to verbally attack others by saying harsh words. Examples of verbal aggression behavior expressed by (Siahaan et al., 2020) are dirty and rude talk, calling friends by animal names, showing off, calling friends by parents' names, threatening, mocking, yelling.

Explosive aggressiveness is aggressive behavior that is carried out without reason, such as getting angry for no reason (Falah et al., 2020) Meanwhile, indirect aggressiveness, for example lying to the teacher by telling other children who have made mistakes (WAHID, 2022). Aggressive behavior generally comes from imitating or seeing other people. Furthermore, the behavior is imitated by children or individuals. Aggressive behavior is behavior that is learned from biological patterns or drives (Bandura & McClelland, 1977). In line with the opinion (Glew et al., 2000) aggressive behavior in children is the result of behavior in the family environment developed by parents. Parents who display lively behavior by speaking harshly, often hitting, it is likely that this aggressive behavior will be imitated and developed by children.

Aggressive behavior has characteristics or behavioral traits, namely; (1) hurt or damage oneself, other people, or substitute objects; (2) not wanted by the person who is the target object; (3) often becomes behavior that violates social norms (Arifah & Widyastuti, 2018). So it can be concluded that aggressive behavior has the characteristics of harming individual perpetrators and others (Arifah & Widyastuti, 2018). So it can be concluded that aggressive behavior has the characteristics of harming individual perpetrators and others.

2. Factors Causing Early Childhood Behavior

Aggressive behavior by children occurs due to several factors. There are internal factors and external factors (Nugraheni, 2013). The internal and external factors are; (1) the child's closest environment, namely the family; (2) the environment of the two children namely; (3) social environment between children and friends; (4) frustration, provocation, and imitation; (5) situational causes; (6) personality traits; (7) competition; (8) biological factors; (9) economic factors; (9) video games (Arifah & Widyastuti, 2018).

Opinion (Gentile et al., 2009) states that the causes of aggressive behavior in children are divided into 5 things, namely; (1) Poor parental communication; (2) children imitate the violent behavior of their parents; (3) the child's experience of being a victim of violence; (4) children are exposed to acts of violence on social media; (5) children are exposed to sexual content. Based on Gentile's opinion, the researcher will link with several relevant studies below

The family environment is the main causal factor because the family is the child's closest environment. Research showing that family factors are the cause was carried out by (Pratiwi et al., 2019). The results showed that there was a positive or unidirectional relationship between authoritarian parenting and the aggressive behavior of children aged 5-6 years, that is, the higher the level of authoritarian parenting, the higher the child's aggressive behavior. Parents who raise children with an authoritarian parenting style are more likely for their children to display aggressive behavior. The results of this study are also in line with Vygotsky's theory that social and cultural influences influence the formation of beliefs, values, politeness norms (Suryana & Yulsyofriend, 2012).

Communication between parents and children also influences aggressive behavior. This can be seen from research conducted by (Siahaan et al., 2020), The results showed that there was an influence of parental communication on aggressive behavior. Parents at home communicate with children in a way that is not open, authoritarian, ignores children, causes children to display aggressive verbal behavior. And from research on several types of communication, one-way communication has the highest influence on causing verbal aggressive behavior in children.

Disharmonious relationships in the family that lead to divorce are also one of the causes of child aggressive behavior. This is in line with the results of research (Aulia, 2020), namely divorce causes children to exhibit aggressive

behavior, and it is very important for parents and teachers to work together to pay attention to and provide sufficient affection, to fulfill children's facilities.

Children who are raised in poverty or economically deprived environments are more likely to have aggressive behavior. This is evidenced by research conducted by (Falah et al., 2020) showing that children who come from families with low socioeconomic status tend to have aggressive behavior. Aggressive behavior patterns that appear are verbal, physical, or indirect. The aggressive behavior that arises is caused by a less conducive environment and the fulfillment of unfulfilled needs.

Video games that feature scenes of violence can also trigger aggressive behavior in children. Because basically early childhood is a great imitator, so he will imitate what he thinks is fun. Based on research conducted by (Rohman, 2018) shows the results that children who are addicted to online games, namely the game Mobile Legend: Bang-Bang will have a significant influence on child aggressiveness, with statistical data analysis the results show that the higher the level of child addiction to online games, the higher the level of aggressiveness of the child.

From several research results it can be concluded that there are two factors that cause aggressive behavior in early childhood, namely internal factors and external factors. Internal factors come from within the child, while external factors come from outside the child such as the outside environment.

Teaching and learning activities, strategies can be interpreted as general patterns of student teacher activities in the embodiment of teaching and learning activities to achieve the goals outlined (Djamarah dan Zain, 2013). n learning at school, the teacher is a central figure. Some principles that can be used to deal with children who behave aggressively include behavior modification that was developed based on Skinner's operant conditioning, including five steps: (1) setting goals for behavior change; (2) determine the appropriate reinforcement; (3) establishing procedures for behavior change; (4) carry out the procedures that have been determined and record the results of the implementation of the procedures; and (5) evaluate and revise

(Jamaris, 2010). There are three theoretical views of behavior and value information developed, namely: (1) values and behavior are exemplified; (2) values and behavior are strengthened; and (3) learned values and behavior (Seefeldt, 2010). Based on some of the opinions above, it can be concluded that dealing with aggressive behavior can be done in various ways, either through modeling or exemplary, various activities to deal with children's aggressive behavior from simple to complex ways. Schools must involve parents to create a conducive environment. Schools can involve parents as partners in various activities. The involvement of parents as partners in children's education includes: (1) open houses or family meetings to share with parents what children are doing; (2) plan individual conferences with parents; (3) Post weekly lesson plan information on the child's classroom door so that parents are abreast of curriculum and learning program developments; and (4) submit articles (Jackman, 2012).

Conclution

Aggressive behavior in early childhood is a form of inappropriateness in social learning, this is because this behavior is a form of negative emotional expression which can harm oneself and others. There are two factors that influence the occurrence of aggressive behavior in children, namely internal and external factors. Handling aggressive behavior in early childhood is a form of parental and teacher action in overcoming and controlling children's aggressive behavior. Aggressive behavior in children is influenced by various factors, and effective interventions must pay attention to these factors. With the right approach, children can learn to manage their emotions and interact positively with others, so that aggressive behavior can be minimized or handled properly.

Suggestion

Suggestions that can be given based on the findings in this study are the need

for proper parenting to be applied by parents to children, and creating a conducive environment which can bring out positive behavior in children and the need for communication and collaboration between parents, teachers and the community.

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