



## Parenting Development Strategy in Stimulating the Growth and Development of Early Childhood for the Buddhist Community in Plandi and Lemungur Villages - Central Java

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### Abstrak

Penelitian ini bertujuan untuk mendeskripsikan tentang edukasi parenting dalam stimulasi tumbuh kembang anak melalui pemanfaatan benda-benda yang ada dilingkungan sekitar. Tentunya hal ini juga sejalan dengan tujuan dari kegiatan penelitian tentang strategi pembinaan parenting orang tua dalam tumbuh kembang anak usia dini di masyarakat desa Lemungur, kabupaten Kebumen dan masyarakat di desa Plandi, Kabupaten Banyumas. maka peneliti menggunakan metode kualitatif deskriptif. Teknik pengumpulan data yaitu menggunakan teknik observasi, wawancara dan dokumentasi. Alat pengumpul data adalah lembar observasi, pedoman wawancara dan dokumentasi. Pengolahan data dilakukan dengan menggunakan analisis deskriptif kualitatif. Dan Hasil penelitian menunjukkan bahwa strategi pembinaan parenting dalam stimulasi tumbuh kembang anak usia dini sangat dibutuhkan oleh masyarakat di wilayah tersebut. Tingkat Pendidikan orangtua juga mempengaruhi pemahaman tentang pengasuhan anak usia dini, karena hampir 80% masyarakat sekitar tidak bisa berfikir bahwa dengan pemanfaatan benda-benda yang ada dilingkungan sekitar dapat bermanfaat untuk stimulasi tumbuh kembang anak usia dini. Sehingga dengan adanya penelitian ini maka hasil yang didapatkan adalah masyarakat dapat memahami tentang pola asuh yang baik dan perannya sebagai orang tua merupakan kunci penting untuk mengoptimalkan stimulasi tumbuh kembang anak usia dini.

**Kata kunci:** Parenting, Tumbuh Kembang, Anak Usia Dini.

### Abstract

*This research aims to describe parenting education in stimulating children's growth and development through the use of objects in the surrounding environment. Of course, this is also in line with the aim of research activities regarding parenting development strategies for parents in fostering early childhood development in the Lemungur village community, Kebumen district and the community in Plandi village, Banyumas district. The researcher used a qualitative descriptive method. Data collection techniques use observation, interview and documentation techniques. Data collection tools are observation sheets, interview guides and documentation. Data processing was carried out using qualitative descriptive analysis. And the results of the research show that parenting training strategies in stimulating early childhood growth and development are really needed by the community in the region. The level of parental education also influences understanding of early childhood care, because almost 80% of local people do not think that using objects in the surrounding environment can be useful for stimulating the growth and development of early childhood. So with this research, the results obtained are that the public can understand good parenting patterns and uniting as parents is an important key to optimizing the stimulation of early childhood growth and development.*

**Keywords:** Parenting, Growth and Development, Early Childhood.

## INTRODUCTION

Parents are the caretakers of a child. The Big Indonesian Dictionary (KBBI) explains that parents are biological fathers and mothers, both through biological and social relationships. As for the Law (UU) of the Republic of Indonesia Number 35 of 2014 concerning child protection, what parents mean is the biological father and/or mother, or father and/or stepmother, or adoptive father and/or mother. The meaning of parents cannot be separated from the meaning of family because parents are part of an extended family which has largely been replaced by the nuclear family consisting of father, mother and children. Therefore, parents have a very important role in the process of their child's growth and development. The success of a child certainly cannot be separated from the parenting style of the parents. However, there are quite a few parents who do not understand their role as good parents (Hidayat, 2022).

Parents are the primary and first educators for their children because it is from parents that children receive their first education. Thus the first form of education occurs in the family. In general, deep education This household does not originate from the awareness and understanding born of

educational knowledge, but because its atmosphere and structure naturally provide the natural possibility of building an educational situation. This educational situation is realized thanks to the interactions and relationships of reciprocal influence between parents and children. In her role, a mother has a very important role in a child's growth and development, therefore a mother must be wise and clever in educating her children in all aspects. However, this does not rule out the possibility that a father must also be alert to his child's growth and development because mother and father are the most important aspects in stimulating early childhood development. Based on the description above, it can be concluded that parents are a set of families consisting of a father and mother who play a role and are fully responsible for their children's education and their children's behavior in the family environment and in the community where they live. All of this is their responsibility parent.

Parenting is the pattern of parenting of parents towards children, namely how parents treat children, educate, guide and discipline and protect children in achieving the process of maturity up to shaping children's behavior in accordance with good norms and values and in accordance with community life. In

principle, parenting is parental control, namely how parents control, guide and accompany their children to carry out their developmental tasks towards the maturation process. According to Diana Baumrind (1967, in Santrock, 2009) parenting patterns are divided into 3 (three) forms, namely:

1. Authoritarian parenting

Parents with this type of parenting usually tend to limit and punish. They authoritarianly urge children to follow orders and respect them. Parents with this pattern are very strict in providing firm boundaries and control over their children, and the verbal communication that occurs is also more one-way. Authoritarian parents generally view children as objects that must be shaped by parents who feel they "know better" what is best for their children. Children who are raised with an authoritarian pattern often look less happy, are afraid of doing things because they are afraid of making a mistake, are insecure, and have weak communication skills. Examples of parents with this type of parenting style, they prohibiting boys from playing with girls, without giving an explanation or reason.

2. Authoritative parenting

An authoritative style of parenting is positive and encourages children to be independent, but parents still place limits and control over their actions. This type of parent also gives children the freedom to choose and take action, and the approach taken by parents to children is also warm. In this pattern, communication occurs in two directions and parents are nurturing and supportive. Children who are raised with this pattern will appear more mature, independent, cheerful, able to control themselves, oriented towards achievement, and able to handle stress well.

3. Permissive parenting

Parents with this parenting style never play a role in their children's lives. Children are given the freedom to do anything without parental supervision. Parents tend not to reprimand or warn, with little guidance, so this pattern is often liked by children (Petranto, 2005). Parents with this parenting style do not consider the child's overall development. Children who are raised in this pattern tend to commit violations because they are unable to control their behavior, are immature, have low self-esteem and are isolated from their families.

In line with current developments, quite a few parents want the best for their children, but without realizing it, parents make many mistakes in implementing parenting styles for their children's growth and development. Common parenting mistakes are as follows:

1. Give children many choices.
2. Children are spoiled too much.
3. Makes children too busy.
4. Academic achievement is considered the most important.
5. Hiding sensitive topics like sex, most parents are afraid to talk about sex and believe that avoiding this discussion with their children can prevent them from engaging in inappropriate sexual behavior. In fact, the topic of sex education can be started from an early age, adjusted to the child's understanding.
6. Parents too often criticize what their children do.
7. Don't limit children from playing with gadgets or watching television.
8. Overprotecting children.

Therefore, parents must understand and understand how good parenting patterns can be applied in everyday life to support children's growth and development optimally. Several thing

parents need to do to be able to provide good parenting patterns to their children are:

- a. Give praise for the efforts the child has made. This can build children's self-confidence.
- b. Protect children from physical and psychological trauma. It is normal to be angry with children for the mistakes they have made, as long as the aim is to teach children.
- c. Full of love. Support children's development by providing love and warmth. A warm attitude from parents will help develop the child's nerve cells and intelligence.
- d. Don't compare children with other children. Each child is unique, so each child will have strengths and weaknesses. What parents need to do is focus on developing their strengths.
- e. Not authoritarian. Don't force your will on your child. Instead, parents should be facilitators who can develop their children's talents.
- f. Give responsibility. Teaches responsibility kepada anak dapat dilakukan sedini mungkin agar anak dapat peduli terhadap sekitarnya.
- g. Fulfill nutritional needs Food is an important factor that determines a

child's intelligence.

- h. Create a positive environment. An environment that supports children's talents and creativity, parents who always provide a positive outlook on children, will be able to shape children into individuals who are more independent and do not give up easily.
- i. Actively communicate with children. It's good if children and parents are open to each other, so that children will be more comfortable telling their parents.

Based on the description above, it can be concluded that the formation of a child's good character depends on the parenting style that parents have implemented in guiding, educating, loving and caring for their child in everyday life. Parents' understanding of the components of good parenting is the most important key in the successful growth and development of early childhood, so parents must be wiser in guiding, educating and directing their children.

## RESEARCH METHODS

The research method/approach used in this research is a qualitative approach. Qualitative research is research that emphasizes quality or the most important thing about the nature of

an item or object. The most important thing about goods or services in the form of social events/phenomena/symptoms is the meaning behind the event which can be used as a valuable lesson for developing theoretical concepts. Don't let something valuable pass away with time without leaving any benefits. Qualitative research can be designed to contribute to theory, practice, policy, social problems and action (Djam'an Satori and Aan Komariah, 2012:22).

According to Sugiyono (2017:15), qualitative research methods are research methods that are based on the philosophy of postpositivism, used to research the conditions of natural objects, (as opposed to experiments) where the researcher is the key instrument, sampling data sources is carried out purposively and snowbaal, collection techniques using triangulation (combination), inductive/qualitative data analysis, and qualitative research results emphasize meaning rather than generalization. A qualitative research explores and deepens a social phenomenon or a social environment consisting of actors, events, place and time. Qualitative research is carried out because the researcher wants to explore phenomena that cannot be quantified which are descriptive in nature such as the process of a work step, the

formula of a concept, the meanings of various concepts, the characteristics of goods and services, images, styles, the procedures of a culture, the physical model of an artifact and so on (Djam'an Satori and Aan Komariah, 2012:23). According to Berg (2007:3) states in his definition that: "Qualitative Research (QR) thus refers to the meaning, concepts, definitions, characteristics, metaphors, symbols and descriptions of things". Qualitative approaches tend to lead to naturalistic phenomenological research and ethnographic research. Therefore, qualitative research is often interchanged with naturalistic research or naturalistic inquiry and ethnography in cognitive anthropology (Mulyana in Djam'an Satori, 2012:23).

The qualitative research approach that the researcher used in this activity was to describe parenting development strategies for parents in stimulating the growth and development of early childhood in Lemungsur village and in Plandi village, with the hope of increasing and changing parents' understanding of good parenting patterns for young children. early.

Of course, this is also in line with the aim of research activities regarding parenting development strategies for parents in the growth and development of early childhood in the Lemungsur village community, Kebumen district and the community in Plandi village,

Banyumas district. So researchers use descriptive qualitative methods. Data collection techniques use observation, interview and documentation techniques. Data collection tools are observation sheets, interview guides and documentation. Data processing was carried out using qualitative descriptive analysis. And the research results show that parenting education by using objects in the surrounding environment is really needed by the community to optimize the stimulation of growth and development in early childhood.

The data source is the subject who is the source for obtaining the necessary data that will be processed to answer the researcher's questions. The data in this study were taken from observations and interviews with the Buddhist community at Vanna Sukha Bhumi Vihara, Lemungsur village, Kebumen district and the Buddhist community at Graha Bhavana Vihara, Plandi village, Banyumas district.

This research uses an observation checklist as an instrument to collect data related to parenting strategies in stimulating early childhood growth and development. According to Anwar Sutoyo (2009), an observation checklist is a research instrument that contains a list of variables, symptoms or the identity of the object of observation. If this instrument is used,

the researcher only needs to assess and tick (√) the symptoms of the object being observed.

The qualitative approach is data obtained such as observation results, interview results, photography results, document analysis, field notes, compiled by researchers at the research location, not expressed in the form of numbers. Researchers carry out data analysis by enriching information, looking for relationships, comparing, finding basic patterns in the original data (not transformed into numbers).

The results of data analysis in the form of an explanation of the situation studied are presented in narrative form. Using this method can answer research problems that require an in-depth and comprehensive understanding of the object being studied to produce research conclusions in the context of the time and situation concerned.

The instruments used in this research were interview instruments and observation instruments, where the instruments were used to obtain information about parenting development strategies in stimulating early childhood growth and development in Lemungur village and Plandi village.

The expected conclusions in qualitative research are new findings that have not previously existed. Findings can be in the form of a description or picture of an object that was

previously still dim or dark so that after research it becomes clear, it can be in the form of a causal or interactive relationship or theory.

## RESULTS AND DISCUSSION

### RESULTS

Based on the research results obtained in the field through observation sheets and interviews, data was obtained regarding parenting development strategies in stimulating early childhood growth and development for the community in Lemungur village, Kebumen and the community in Plandi village, Banyumas - Central Java, as follows:

1. The low level of parental education in this area influences the level of parental knowledge in stimulating the growth and development of early childhood.
2. Almost 80% of parents do not understand the types of parenting patterns that can be applied to maximize the growth and development of early childhood.
3. The use of objects in the surrounding environment is still not optimal dalam mendukung stimulasi tumbuh kembang anak usia dini, karena

minimnya tingkat pengetahuan masyarakat di wilayah tersebut.

4. Many parents assume that education is only carried out in formal and non-formal schools, so with this idea, quite a few parents always educate their children strictly without paying attention to correct parenting patterns. And parents think that success in the growth and development of early childhood comes from a teacher.

## DISCUSSION

Early childhood education is part of the implementation of lifelong education (long life education) which is the main portal in life. Early childhood itself is a "golden age period" meaning that in this case it is a golden period for all aspects of human development, both physical, cognitive, social emotional and so on. One of the important aspects of development for early childhood is social emotionality.

One important factor that can influence the growth and development of early childhood is parental parenting. This is important because good parenting patterns from parents will influence the growth and development process of young children optimally. Family is one of the first educational institutions for a child when he is

first born into the world. Each person will have a character color and pattern of traits according to their respective institutions. Education in the family greatly influences a child's development regarding the subsequent education process depending on the experience gained or given in family education. From family education, it can be said that the role of parents is the first educator in the process of forming a child's personality.

Education can be interpreted as the process of developing a person's attitudes and behavior in society. Education focuses more on social skills where a person must know the roles and procedures for interacting well in an environment (Good: 1997). Meanwhile, the family is the first, most important and closest educational park that a child can enjoy. Family education traditions take place according to the framework of love, asah, and nurturing. These three frameworks are firmly rooted in three psychological potentials in the form of feeling, creativity and intention. Compassion education focuses on fostering awareness of life as a process of maturation and maturation. Sharpening education focuses on developing children to be able to live creatively, competently and skillfully so that they can survive. Foster education focuses on guiding children through directing them to



behave in a controlled manner (Suhartono, 2013).

Based on the statement above, the family is also the only social institution that is given the responsibility to change a biological organism into a human being. When an institution begins to shape a person's personality in important ways, the family certainly plays more of a role in the matter of this change, by teaching various things. ability and carry out many social functions. Therefore, parenting development for the community in stimulating the growth and development of early childhood is very important. The aim of fostering parenting strategies in stimulating the growth and development of early childhood is as an effort so that parents are able to understand the types of good parenting patterns, which can be used to stimulate the growth and development of their children and understand what impacts can occur if they apply the wrong parenting patterns in educating Early childhood.

Based on these facts, choosing the type of parenting style of parents is very important in educating early childhood, because early childhood is the golden age period for the development of all aspects of life, including physical, cognitive, social emotional development and character formation in

children. . The character formation of early childhood requires an important role in parenting, where the role of parents is the main pillar in early childhood education. Character in early childhood can develop by getting good stimulus and vice versa, if bad stimulus is given then This will form a bad character for young children, because young children have spontaneous attitudes that cannot yet differentiate between good and bad behavior.

Apart from good parenting strategies given by parents to their children, there are other things that can influence the stimulation of children's growth and development, namely as follows:

1. According to (Isaac, 2010), the implementation of education for early childhood that is fun according to Montessori has several characteristics, namely:
  - a. Accessibility and availability
  - b. Freedom of movement and choice
  - c. Personal responsibility
  - d. Reality and nature
  - e. Beauty and harmony.
2. Community environment, society is a place for children to develop and socialize with peers and adults, however, there are several factors that will influence the development

of early childhood, including:

- a. Friends of the same age
- b. Culture or culture that exists in society itself
- c. facilities.

Therefore, in shaping the character of a child at an early age, care needs to be taken so as not to make mistakes in his parenting patterns. Because what is happening now is that many parents are indifferent to their children's development, they are more involved in schools as a means of character building in early childhood. An important role for a child's development is to involve good parenting and a good environment to support their growth and development.

### **CONCLUSION AND SUGGESTIONS**

Based on the results of research and discussion, the general conclusions from research on Parenting Development Strategies in Stimulating Early Childhood Growth and Development for Buddhist Communities in Plandi & Lemungur Village - Central Java are as follows:

1. The importance of the role of parents in stimulating the growth and development of early childhood and the importance of increasing parents' knowledge about the use of objects in the surrounding environment to support the growth and development of early childhood.

2. It is important for parents to understand the types of parenting styles, so that parents can determine good parenting patterns to support their child's growth and development.
3. The influence of parental education also plays an important role in implementing early childhood care in everyday life. The more parents learn about parenting, the easier it will be for parents to care for their children which can shape the child's character for the future.
4. The need for guidance on parenting to support the growth and development of early childhood in rural environments.

Referring to the research results, in accordance with the research focus regarding parenting development strategies in stimulating early childhood growth and development, in this situation, parents are the main decision makers and have a significant influence on how to maximize children's potential by stimulating and providing various facilities they need. According to (Sinaga, 2018) literally, early childhood has unique characteristics, be it psychological, social, moral, and so on. Childhood is the most important period of all life, because this period is the process of forming a basic foundation that will continue to be carried into adulthood.

Education is a spearhead in the growth of a region. In practice, the world of education is very broad, not only taking place in the classroom, but also at home, parental support is important in children's education. Having education in two places is not enough, there must be synchronization between the two, this is where parenting is needed. It will be very beneficial when parenting is implemented, both for teachers, children and parents. With the emergence of a relationship between parents and schools, parental participation will naturally increase in supporting the growth and development of early childhood.

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