

Previous Parent Behavior On Parenting Patterns In Elementary School Students In Meuraxa District Banda Aceh

Maria Ulfa

Diploma Three Study Program at Teungku Fakinah Nursing Academy Banda Aceh

Nur Asiah

Diploma Three Study Program at Teungku Fakinah Nursing Academy Banda Aceh

Henki Adisa Putra

Diploma Three Study Program at Teungku Fakinah Nursing Academy Banda Aceh

Jl. Geuceu Ineum, Kota Banda Aceh, Aceh

Corresponding author: ulfazulkifli27@email.com

Abstract: Parenting is a technique used by parents to educate, protect, and supervise their children in the family. Balanced parenting implementation is very important for the growth and development of children. This study used a descriptive method with a community health nursing approach including the assessment, intervention, implementation, and evaluation. The study on parenting patterns of parents was carried out on an elementary school children aggregate in the Meuraxa Public Health Center area, Banda Aceh using the windshield survey, questionnaires, and interviews with program administrators, parents, teachers, and elementary school students. The assessment was carried out based on Pender's theory (Health Promotion Model/HPM). The study results showed that 104 parents (43.15%) used authoritarian parenting, 137 (56.85%) used democratic parenting, and 0 (100%) used permissive parenting. It is advised that this study be put into practice to support healthy parenting practices through the use of community nursing care processes.

Keywords: Children, Parent Behavior, Parenting pattern.

Abstrak: Pola asuh merupakan suatu teknik yang digunakan oleh orang tua untuk mendidik, melindungi, dan mengawasi anak-anaknya dalam keluarga. Penerapan pola asuh yang seimbang sangat penting bagi pertumbuhan dan perkembangan anak. Penelitian ini menggunakan metode deskriptif dengan pendekatan keperawatan kesehatan komunitas meliputi pengkajian, intervensi, implementasi, dan evaluasi. Kajian pola asuh orang tua dilakukan pada kelompok anak sekolah dasar di wilayah Puskesmas Meuraxa Banda Aceh dengan menggunakan metode windshield survey, kuisioner, dan wawancara kepada penyelenggara program, orang tua, guru, dan siswa sekolah dasar. Penilaian dilakukan berdasarkan teori Pender (Model Promosi Kesehatan/HPM). Hasil penelitian menunjukkan bahwa 104 orang tua (43,15%) menggunakan pola asuh otoriter, 137 (56,85%) menggunakan pola asuh demokratis, dan 0 (100%) menggunakan pola asuh permisif. Disarankan agar penelitian ini dipraktikkan untuk mendukung praktik pengasuhan anak yang sehat melalui penggunaan proses asuhan keperawatan komunitas.

Kata Kunci: Anak, Perilaku Orang Tua, Pola Asuh Orang Tua.

Introduction

Children are the future of the family, the country, and the religion. Therefore, children must have a quality education so that their potential can develop properly. Parents have a huge responsibility to provide a range of appropriate guidance so that children can become strong individuals through good parenting (Kuncoro, 2015).

Parenting is a technique used by parents to educate, protect, and supervise their children. As soon as the child is born, the parenting style is implemented that corresponds with the child's developmental stage. For children's growth and development, it is crucial to practice balanced parenting (Adriandita & Achdiani, 2018).

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* Maria Ulfa, ulfazulkifli27@email.com

Parents can apply the proper parenting style according to the child's developmental stage so that the child can have a beneficial effect on the child's character and behavior. Parenting style can affect how children view, evaluate, and behave toward parents and affect the quality of the relationship that develops between them (Sari, Sumardi, Mulyadi, 2020).

The HPM theory discusses individual perceptions of the benefits of health behavior that are influenced by their characteristics. Personal characteristics are defined as general characteristics of individuals that are thought to have been acquired by individuals from generation to generation and shaped by the surrounding environment. As for those personal characteristics, they are biological, psychological, and social characteristics (Gustina, 2022).

Commitment in HPM is an intention to carry out certain health behaviors, including the identification of strategies to be able to carry out good behaviors, such as both parents must be able to carry out good and balanced parenting patterns for their children to achieve better growth and development, especially in the child's personality. (Azzahra, 2018).

RESEARCH METHODOLOGY

This study uses a descriptive method with a community nursing care approach which includes assessment, intervention, implementation, and evaluation.

RESULT

The research results are as follows:

1. Assessment

The assessment of the elementary school children aggregate in the Meuraxa Public Health Center, Banda Aceh related to the parenting pattern using the windshield survey method, questionnaires, and interviews with program administrators, parents, teachers, and elementary school students. Using Pender's theory (Health Promotion Model/HPM), the assessment was conducted by examining the characteristics, previous parenting experiences, and personal factors including biological, psychological, sociocultural, cognitive, and affective-behavioral specific, and expected behavior of individuals.

A parenting-related questionnaire was used to evaluate commitment to the action plan. Strategies used in implementing a balanced parenting style were studied using a questionnaire related to parenting, and actions that can be taken to overcome obstacles were studied using a questionnaire related to parenting and parenting interviews.

The results of the study showed that 104 parents (43.15%) adopted authoritarian parenting, 137 democratic parents (56.85%), and 0% permissive parenting. The parent interviews revealed that parents raise their children following the parenting styles of their

biological parents, that parents are impatient when dealing with their children's behavior, and that parents should have good parenting knowledge about parenting techniques to educate their children.

While the results obtained from interviews with teachers show that; parents asked about their child's progress at school, parent meetings were held every three months, especially when report cards were distributed, and parents support and follow all school rules, the results of teacher interviews with parents indicate that the rules are being properly implemented.

According to interviews with health workers, there was no family visit program that addresses parenting styles, and there was no School Health-specific program assessing the effects of parenting on students at school. Moreover, Additionally, it can be inferred from the results of the student interviews that students reported that they often got disciplined by their parents for not studying, that they frequently played unsupervised, and that they were always watched over by their parents when studying.

The Health Promotion Model Variables used to examine parenting patterns by interview and distribution of questionnaires include previous behavior, personal factors, personal biology, personal psychology, personal socio-cultural, perceptions of the benefits of parenting, perceptions of parenting obstacles, self-perception on parenting patterns, attitudes toward parenting behavior, interpersonal influence of parents on parenting, and situational influences on parenting. The current parenting practices for students were also discussed in interviews with teachers and students. Health professionals were questioned regarding parenting initiatives for families. Additionally, a windshield survey was carried out to investigate the school environment.

2. Planning

According to the study's findings, the community nursing diagnoses that emerged were improving the management of the public health center and the risk of child abuse. Therefore, holding a parenting class program at the Meuraxa public health center was the strategy that may be implemented to improve public health center management. In the meantime, Group-based Parent Training would be provided to parents to identify the risk of child abuse in the community.

3. Implementation

According to the community nursing care plan, parenting sessions were offered to Maternal and Child Health and School Health Unit program participants as part of the implementation of interventions to improve public health center management. This class equips participants with knowledge about the proper stages of parenting programs to apply

and distributes leaflets and posters regarding appropriate parenting programs. While the implementation carried out to anticipate the risk of child abuse was a case discussion that begins with the pre-tests about parenting patterns. In this session, parents were divided into two groups and each group discussed a case related to parenting and presented the results at the end of group discussions.

Furthermore, the participants were then educated about proper parenting. Additionally, each group is given the chance to go through the solutions to the examples that have been presented. The participants were then assessed using a series of oral evaluation questions and a parenting posttest. To motivate participants, participants who can answer correctly are given prizes and all participants got leaflets related to parenting.

4. Evaluation

Based on participant feedback, the program was excellent if used in daily life and effective to improve public health center management. Participants also mentioned that by conducting home visits, they might assist with parenting issues that arise in the child's family unit through this program. Additionally, participants stated that with the implementation of this program, parents can improve the way they raise their children intending to improve their children's character. The participants were enthusiastic about participating in the activity until it was finished.

Meanwhile, both subjective and objective evaluation of the parenting program's effect for parents as caregivers was done. In terms of the subjective data gathered, participants said they were very happy to participate in this activity because they learned a lot about parenting, got new information about how to raise children, and were very happy because they could participate in a quiz and win door prizes. While the objective data indicate that participants enthusiastically engage in activities, actively participate in discussions, select the group leaders, and can enthusiastically deliver the outcomes of case discussions.

DISCUSSION

The participants in the health education program for parents in Meuraxa District Elementary School were very excited because they learned new information about raising children. This is in line with the study findings (Barlow J, 2016) on the effectiveness of group-based parent education programs to improve young children's emotional and behavioral adjustment. According to Barlow (2016), parents are now less likely to abuse their children inappropriately since they have more knowledge about good parenting practices.

The health promotion model proposed by Pender illustrates how people's perceptions of the advantages of a healthy practice are affected by their particular characteristics. Similarly,

parents' perceptions of how to raise their children based on their prior experiences being educated by their parents typically impact the parenting style they practice. The interventions made parents' perspectives and parenting practices better to nurture children with better character.

CONCLUSION AND RECOMMENDATION

The assessment in this study was carried out based on the HPM (Health Promotion Model) theory. The HPM theory examines individual characteristics and experiences including previous behavior related to parenting, personal factors; personal biological factors; personal psychology; personal sociocultural, cognition, and affective aspects of specific behaviors in the form of perceptions of the benefits of parenting, perceptions of obstacles from parenting, perceptions of one's abilities in parenting, attitudes towards adopting parenting, interpersonal influences in parenting issues (family, peers, norms, social support), situational influences in parenting (supportive environment and socio-economic) and expected behavior in the form of actions that can be taken to overcome obstacles, commitment to action plans related to parenting and strategies used in implementing balance parenting styles.

Based on the findings of this study, nursing diagnoses can be developed to better manage public health centers and the risk of child violence. Regarding the interventions performed based on nursing diagnoses to improve the management of public health centers, namely health education through parenting classes. It is hoped that with these interventions the parenting-related public health center programs can run within the MCH (Maternal and Child Health) and UKS (School Health Unit) programs. Moreover, the interventions made are based on nursing diagnoses of the risk of child abuse by providing health education and case discussions. It is believed that this intervention would provide parents with information on how to raise their children in a balanced way.

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