

Parental Anxiety with Emotional Development in Children

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Abstract

This study examines the factors of emotional development in children through a literature review. The main focus is to evaluate what factors influence emotional development in children. The methodology used is a literature review from several relevant sources. Data retrieval using article search techniques through the Researchgate database, Google Scholar, and Google Search with the keywords used self-esteem. The data analysis technique used is a Systematic Literature Review. The findings show that emotional development in children is influenced by several factors, namely parental support factors, family environment, and parenting patterns. Emotional development in children will be optimal if they get support from their parents, a conducive family environment that supports every child's growth and development, and appropriate parenting patterns for children.

Keywords: Parental Support; Family Environment; Parenting; Emotional Development; Children

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INTRODUCTION

Early childhood, often called the golden age, is a crucial period in a child's growth and development. The age range of 0-6 years is considered the golden age because, at this stage, the child's brain develops rapidly, forming the basis for future intelligence, character, and social skills. Therefore, proper stimulation at this age supports the child's cognitive, emotional, social, and motor development.

Early childhood is a unique time when individuals experience rapid development in various aspects. By providing appropriate stimulation, children can develop their potential optimally. Children who grow up in a supportive environment in terms of affection, education, and health will be better prepared to face the next stage of life. (Sundari et al., 2017; Wahyudi & Nurjaman, 2018; Yusmiati et al., 2022).

In addition, early childhood is also the foundation for human capital development. Children who receive good attention and education will grow into healthy, intelligent, and productive individuals. Therefore, parents, educators, and the environment are vital in providing the proper stimulation so children can develop optimally.

Social-emotional development in early childhood is fundamental to forming a child's character and personality. At this time, children begin to learn to recognize, understand, and express their emotions correctly. They also start to build social skills, such as interacting with peers, understanding other people's feelings, and developing empathy and the ability to resolve conflicts. Well-developed social-emotional skills will help children establish healthy interpersonal relationships in the future. (Aji et al., 2022; Mahmuda et al., 2022; Santika et al., 2020).

In addition, emotional development in early childhood is closely related to daily activities. When children feel comfortable and happy, they tend to concentrate more easily, participate in activities, and be highly motivated to learn. Conversely, excessive emotional stress can disrupt children's mental and physical balance, thus affecting their ability to absorb information and adapt to the surrounding environment. Therefore, parents and educators must provide positive emotional support so children feel safe, valued, and supported in every development process. (Fuadia, 2022; Setyowati, 2005; Sinaga et al., 2024).

Thus, early childhood social-emotional development improves children's emotional well-being and becomes the basis for their future success in social and academic life.

The factors that influence children's emotional development are parental support, family environment, and parenting patterns. (Nasution, 2017; Siregar et al., 2018; Wahyuni et al., 2019). Social-emotional development includes social and emotional development. Children's social development aims to help and facilitate their starting to socialize with people around them, namely parents, teachers, siblings, and peers, and to help children get along with new environments.

Social problems in early childhood can hurt children mentally, physically, and socially emotionally. The issues in children are that they have difficulty focusing when studying, adapting to peers, and establishing good relationships with peers. Thus, it is essential to identify and handle problems of social-emotional development in early childhood. There needs to be stimulation of social-emotional development, which will later affect other aspects of development. There are five types of stimuli in social-emotional development, so that children have characteristics in maturity towards good social-emotional development, namely (1) development of self-awareness, (2) self-concept, (3) empathy, (4) emotional management, and (5) social skills (Luthfi, 2022; Risyah, 2022). Based on the explanation above, this study aims to determine what factors influence emotional development in children.

RESEARCH METHODS

The method used in this study is a literature review, which is descriptive of research articles. Searching for articles through the Researchgate database, Google Scholar, and Google Search with the keywords used emotional development. The criteria for the articles used are those published



in the last 5 years, namely from 2019 to 2024. Data is used to identify and analyze factors that influence emotional development. The following are literature review activities carried out to support the research findings obtained:

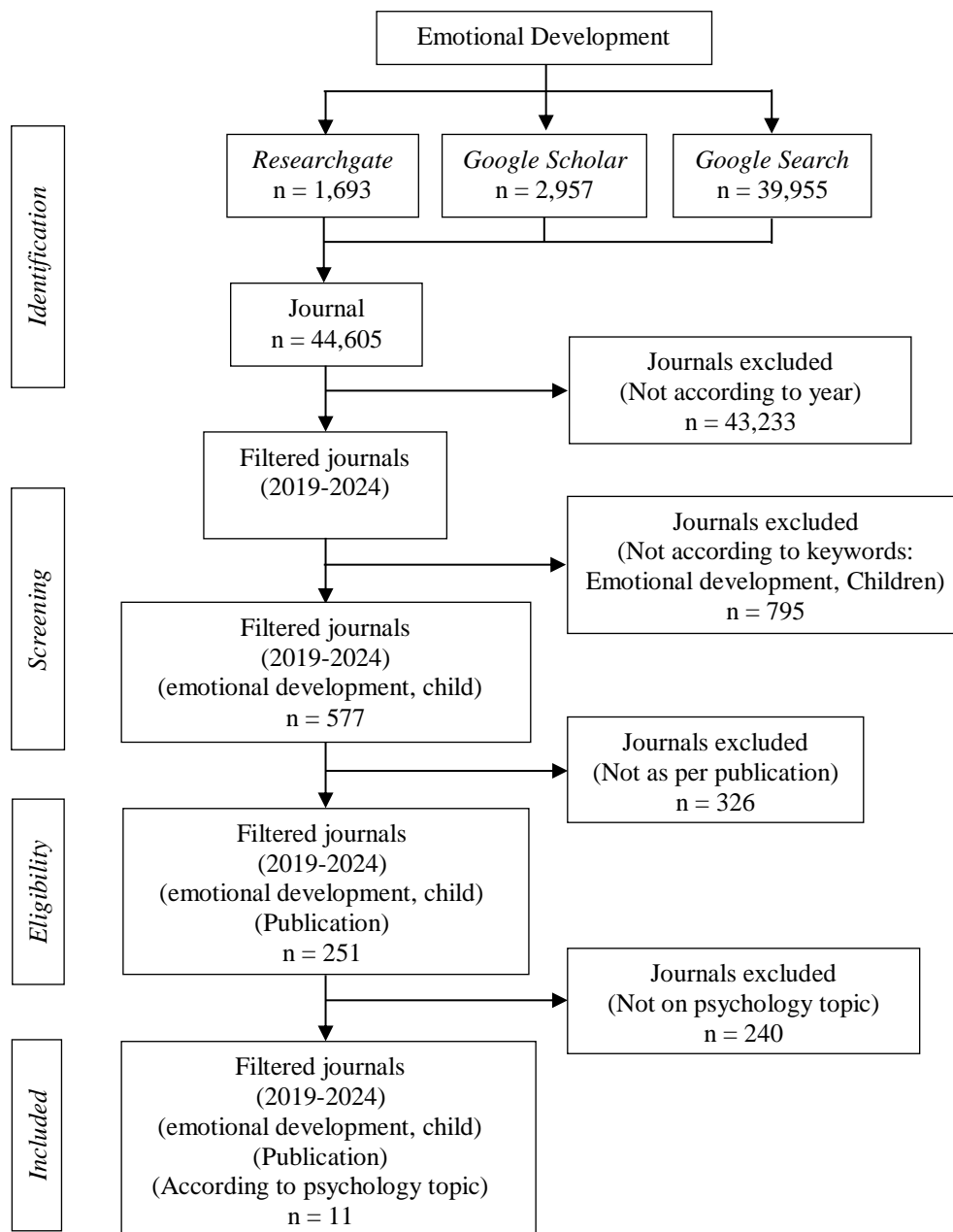


Figure 1. Prisma Study Flow Diagram

Source: (Jeremy & Pangalo, 2020)

Data analysis is done when all data is collected, which will be found related to the research results. The following are the stages of data analysis that are carried out:

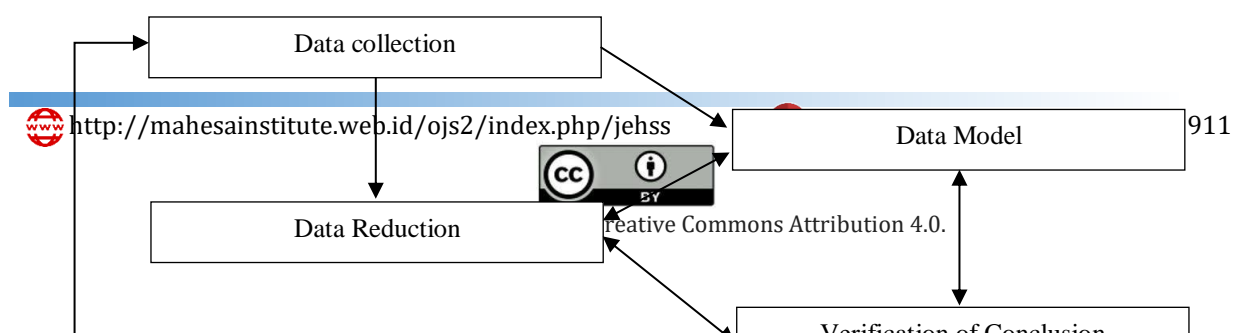


Figure 2. Data Analysis Techniques
Source (Miles & Huberman in Diyati & Mulyadi, 2019)

RESULTS AND DISCUSSION

Based on the literature review's results, several factors influence children's emotional development, namely parental support (Sinaga et al., 2024), Family Environment (Ummah & Fitri, 2020), and Parenting Patterns (Haerudin & Mayasarokh, 2024). Development is increased ability or skill in more complex body structures and functions in a regular and predictable pattern due to experience and maturation processes. Development is also related to motor, intellectual, social, and emotional abilities (Fuadia, 2022).

Children's social-emotional development is one of the critical developments to be developed early on because it is related to the child's ability to communicate, interact, cooperate, grow self-confidence, responsibility, share, and care for friends. This is important so that children are ready to face life when they are adults because humans are social creatures who need interaction and communication and are able to position themselves socially and emotionally so that they can be accepted in their environment later. So, the role of parents is vital for children's social-emotional development as found in this study, namely the role of parents as educators, mentors, supervisors, facilitators, and friends for children so that parents have the responsibility to educate, guide, supervise, facilitate and foster their children to become a sound generation. (Rianti et al., 2023)

Parents have a very important role in shaping the development of early childhood, both cognitively, emotionally, socially, and morally. They not only act as the first educators but also as models for children in various aspects of life. Children tend to imitate their parent's behavior, so the parenting patterns applied greatly influence the development of children's character and personality in the future (Vanessa, 2018).

Warm and loving interactions between parents and children will provide security and build children's self-confidence. In addition, the stimulation parents offer in support, guidance, and encouragement can help children explore their environment and develop several essential skills. Education provided in the family, although not always structured, significantly shapes habits, values, and norms that children will hold throughout their lives.

Thus, parents' role as primary educators is crucial in building a strong foundation for child development. Therefore, a deeper awareness and understanding of positive parenting patterns are needed so children can grow and develop optimally.

Based on research results from (2020), it was found that the role of the family is vital for a child's social-emotional development. Parents and siblings in the family environment must pay close attention and care about their children so that children can control their emotions. Later, they will be able to produce good social skills and be role models for anyone who sees the child, not only families who are happy or want children who are socially sound and able to control their emotions but also other people around the yard where the child lives will make the child a role model for their children.

Furthermore, children receive character education indirectly through their parents' personal lives. Things that children can emulate, for example, obedience to the law and rules, carrying out religious principles, morality, enthusiasm, and motivation for life practiced by parents in everyday life, will be recorded indirectly in the child's mind. Household life strongly influences



children's self-confidence, fighting spirit, motivation, academic achievement, spiritual life, self-concept, self-esteem, independence, responsibility, resilience, and future hopes. All family life and activities within it are under the supervision and influence of parents. The physical and psychological development of children in the family is also the responsibility of parents. Parents play an essential role in shaping the character of children, including one of which is their spiritual character. Parents greatly influence spiritual development through spiritual practices at home and other spiritual fellowship habits (Sinaga et al., 2024).

The family environment does have a significant influence on a child's development, both in terms of emotional, social, and moral. As the first educational environment, the family provides a foundation for children to form attitudes, personalities, and values that will be held throughout their lives. As the closest figures to children, parents play a vital role in guiding and directing their children. They are the first models that children see and imitate so that parents' actions, words, and attitudes can shape the child's mindset and character.

In addition, the family is also the first place children learn about interpersonal relationships, how to communicate, and how to deal with conflicts and challenges in everyday life. This process indirectly shapes the child's emotional patterns and provides a foundation for healthy relationships with others outside the family, such as peers, teachers, and the community. For example, if parents can give caring affection, children will feel safe and appreciated, developing self-confidence. Conversely, if the family environment is not harmonious, children can feel neglected and tend to create emotional or social problems.

Thus, the family environment is vital to a child's growth and development. Therefore, each family member must know how to create a healthy and supportive environment so children can develop optimally.

Furthermore, the emotional development of children is also formed from the parenting patterns given by parents to children. The first education children receive in their early life comes from their family, especially their parents, where the education provided can be in the form of parenting patterns, attitudes, or behaviors displayed by parents towards children in everyday life. Parents are expected to be able to apply parenting patterns that can develop all aspects of early childhood development (Haerudin & Mayasarokh, 2024). In instilling good moral behavior in children, parents should be able to choose and use the correct parenting pattern. Where the parenting pattern applied is very minimal in instilling ethical values and focuses more on fulfilling physical needs than the physical needs of children, they tend to obey and agree to all the wishes of the child, for parents if their child does not cry and interfere with their activities that is enough (Haerudin & Mayasarokh, 2024).

Parenting patterns are parental control, namely how parents control, guide, and accompany their children to carry out their developmental tasks toward adulthood. Parenting patterns are a model of parental treatment or action in fostering, guiding, and caring for children so they can stand independently. Moreover, this parenting pattern will shape the nature and character of children in adulthood because it is impossible to understand adults without information about their childhood. After all, that period is the period of formation. (Syahrul & Nurhafizah, 2021).

Each parent applies four types of parenting patterns: authoritarian, democratic, neglectful, and permissive. Furthermore, Baumrind mentioned that there are two dimensions of parenting patterns: responsiveness and demandingness. Responsiveness is the attitude of parents who care, are attentive and communicate with their children. Demandingness is a demand, order, or rule given by parents that children must carry out. (Syahrul & Nurhafizah, 2021).

CONCLUSION

Children's emotional development is one of the most important aspects of their lives because healthy emotions affect their ability to interact with the environment in social relationships and daily activities. Factors affecting children's emotional development include parental support, a conducive family environment, and parenting patterns.

Parental support is the first factor significantly influencing a child's emotional development. Parents who give full attention, affection, and empathy to their child's feelings will build a strong

emotional bond between them. This provides a sense of security and comfort for children so that they can develop emotionally. In addition, emotional support provided by parents will make children feel appreciated and accepted, which significantly impacts the development of children's self-esteem and self-confidence.

The family environment also plays a vital role in supporting children's emotional development. A harmonious, loving, and conflict-free family environment will create a conducive atmosphere for children to grow up emotionally healthy. The family is the first place children learn about emotions, communication, and social interaction. When children see good examples from their parents in managing emotions, they will find it easier to imitate and develop the same abilities.

Parenting styles also affect a child's emotional development. Parenting styles that are loving, consistent, and supportive of a child's development will help them manage their emotions well. Conversely, parenting styles that are too strict or loose can disrupt a child's emotional balance and affect how they respond to stress and challenges in life. According to research, responsive parenting, where parents listen and respond appropriately to a child's emotional needs, can improve their emotional regulation and help them adapt to challenging situations.

Thus, a child's emotional development is highly dependent on several interrelated factors, namely parental support, a supportive family environment, and parenting patterns applied by parents. These three factors support each other and play an essential role in shaping a child's emotional character, equipping them with the social and emotional skills needed to develop into mentally and emotionally healthy individuals.

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