



Efforts to Strengthen Parenting Competency of Parents In Child Rearing at the Tunas Ceria Posyandu In Toyomarto Village, Singosari District, Malang Regency

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Abstract

Parenting competency refers to the ability of parents encompassing knowledge, skills, and attitudes in child-rearing. This study aims to (1) describe the understanding of parenting among parents of students at Taman Posyandu Tunas Ceria, (2) describe the implementation process of the parenting program by Taman Posyandu Tunas Ceria, and (3) describe the efforts to strengthen parenting competencies undertaken by parents of students at Taman Posyandu Tunas Ceria. This research employs a qualitative approach with a case study type. Data were collected through observation, interviews, and document studies. The researcher analyzed the data through stages of data reduction, data presentation, and drawing conclusions. Data validity was ensured using source and technique triangulation. The results indicate that (1) parents' understanding of parenting is at the stage of extrapolating material application into their lives, (2) the implementation process of the parenting program involves several stages including discussions between facilitators and parents, facilitators studying the issues and finding speakers, and the parenting program being conducted according to parents' learning needs, and (3) efforts to strengthen parenting competency include self-learning, sharing with facilitators and other parents, and participating in the parenting program activities organized by Taman Posyandu Tunas Ceria.

Keywords: Parenting Competency, Early Childhood, and Taman Posyandu

1. Introduction

The family is the primary foundation for a child's character development, manners, and personality, serving as a guide for navigating societal life. Moreover, being a parent entails a significant responsibility in educating children to achieve successful growth and development at every stage. Especially during early childhood or the golden age phase, where growth and development occur rapidly, appropriate and wise parenting is crucial (Ruli, E. 2020). Therefore, parents need to have a good understanding of parenting, which involves providing guidance, direction, education, protection, and encouragement to ensure success

in each stage of the child's growth and development. Parenting science identifies four parenting styles: democratic, permissive, authoritarian, and neglectful. However, in practice, parents must consider the specific circumstances of their child. Thus, parents' efforts to enhance their parenting competency must always be improved.

Parenting competency refers to the understanding, knowledge, skills, attitudes, and interests of parents in educating their children, relevant to the developmental needs of the child at each stage (Aas Siti Sholichah, D. A. 2021). Nowadays, the ease of accessing educational videos through social media accounts supports the strengthening of parenting competency. Additionally, parents can participate in various parenting programs provided by educational

institutions, such as Taman Posyandu Tunas Ceria. A parenting program is an educational plan involving parents to equip them with the skills needed to raise and educate their children (Lestari, N. G. 2019).

Based on preliminary observations of parenting by parents of students at Taman Posyandu Tunas Ceria, issues have arisen concerning the proper application of parenting techniques. One problem is in regulating emotions in young children. The current practices of parents include talking to the child without allowing them time to calm down, redirecting the child's feelings, and distracting the child with interesting things. However, these actions are not ideal. Instead, parents should allow the child time to calm down, validate the child's feelings, listen to the child's explanation of their emotions, and offer gradual advice and understanding using gentle language (Rahlem, M. D. 2023). Over time, the implementation of parenting programs by educational institutions has positively impacted parents' approach to applying appropriate parenting techniques.

One institution that conducts parenting programs is Taman Posyandu Tunas Ceria, which assists the community in providing education for early childhood. Taman Posyandu Tunas Ceria has been operating since 2014 under the PKK of Toyomarto Village. The parenting program is held once a month in the last week, with themes based on the needs of the parents of the students. Given

the described issues, the researcher is interested in conducting a study titled "Efforts to Strengthen Parenting Competency of Parents in Child-Rearing at Taman Posyandu Tunas Ceria, Toyomarto Village, Singosari District, Malang Regency" to delve deeper into the various efforts made by parents to enhance their parenting competency beyond participating in the programs provided by Taman Posyandu Tunas Ceria.

2. Method

This study uses a qualitative approach with a case study design to explore various efforts made by parents to strengthen their parenting competency beyond the parenting programs conducted by Taman Posyandu Tunas Ceria. Data collection was carried out using observation, interviews, and document studies. Data analysis involved stages of data reduction, data presentation, and drawing conclusions. The researcher ensured data validity through technique and source triangulation and conducted a literature review to support the research findings.

3. Results and Discussion

3.1 Understanding of Parenting Among Parents of Taman Posyandu Tunas Ceria Participants

Parents and facilitators share a common perspective on defining parenting as the science and process of learning proper child-rearing practices. Thus, parenting involves knowledge related to raising children to ensure optimal growth and development. This study focuses on parents with children aged 2 to 3 years, who are considered to be in the early childhood group. According to Law No. 20 of 2003, national early childhood education starts from birth to 6 years old. Professor Marjorrry Ebbeck (1991) extends this definition to include children up to 8 years old, while NAEYC (National Association for the Education of Young Children) divides it into three categories: 0-3 years, 3-5 years, and 6-8 years. Despite variations in age limits, this phase is crucial for rapid growth and development in physical,

psychological, and moral aspects, requiring intensive parental attention (Priscilla Arimbi Febdinanty, F. L. 2023).

According to Whaley and Wong (2009), growth refers to increases in size, cell count, and intracellular tissue, reflecting physical changes such as height and weight from infancy to adulthood. Development, on the other hand, involves gradual changes in psychological aspects, attitudes, behavior, and individual abilities (Yulizawati, SST., M.Keb & Rahmayani Afrah, S.Keb., Bd, 2022). Therefore, the benchmark for effective parenting is based on parents' understanding of child development, which is categorized into six aspects: religious and moral values, cognitive, socio-emotional, artistic, physical-motor, and language development (Eka Damayanti, N. N. 2019).

In addition to understanding these six aspects, parents need to be aware of and consider different parenting styles. There are four parenting styles: democratic, which emphasizes cooperation between parents and children; permissive, which involves meeting children's needs through material provision as a form of affection; authoritarian, characterized by strict rules; and neglectful, often found in broken homes. However, the study found that the parenting styles applied by parents did not show a clear tendency towards any of these types due to the varying conditions and situations of the children. Parents' understanding of parenting, according to Benjamin S. Bloom's theory, falls into the category of conceptual understanding. Conceptual understanding refers to an individual's ability to interpret and apply concepts in life. Bloom's theory identifies three indicators of conceptual understanding: (Ayu Silvi Lisvian Sari, C. P. 2022)

a. Translation the ability to explain the meaning of a concept. b. Interpretation the ability to recognize and understand a concept. c. Extrapolation the ability to conclude and apply a known concept.

The application of parenting knowledge in daily life is an indicator of the level of understanding of parenting. Based on Bloom's theory, the research indicates that parents' understanding of parenting is at the extrapolation stage, where parents are able to conclude and determine the application of parenting knowledge they have learned (Ayu Silvi Lisvian Sari, C. P. 2022). Facilitators play a role in supporting parents' understanding by reviewing materials and providing simple examples of application in parenting.

3.2 Implementation of the Parenting Program at Taman Posyandu Tunas Ceria

The parenting program is an educational activity aimed at enhancing parents' knowledge about child-rearing. According to the Technical Guidelines for Parenting Program Improvement 2011, a parenting program is defined as an effort to support parents or other family members to improve their social and educational skills in child-rearing (Lasmini, B. S. 2022). Thus, a parenting program provides training and guidance to parents in applying child-rearing techniques.

The parenting program at Taman Posyandu Tunas Ceria is held monthly in the last week. The themes and materials presented are based on the learning needs of parents. Currently, Taman Posyandu Tunas Ceria has two main themes for each program: child-rearing and empowerment. The empowerment theme aims to help housewives contribute from home and provide additional income for their families. The parenting program at Taman Posyandu

Tunas Ceria has been running since 2014. However, there was a significant difference in its implementation from 2014 to 2019, where the material was presented by parents once a week but was not effective or conducive. The program became more effective after the pandemic in 2022 with a new format, holding sessions monthly with expert speakers in early childhood parenting, both local and from outside the village.

The importance of Taman Posyandu Tunas Ceria participants attending the parenting program lies in gaining insights into proper child-rearing practices. Facilitators emphasized that every parent should enhance their parenting competency. This aligns with the importance of the parenting program, which aims to support parents in strengthening their parenting skills, providing knowledge and skills for educating children according to their developmental stages (Yeni Lestari, 2019). The parenting program at Taman Posyandu Tunas Ceria addresses issues identified in the community. Problems arose during the Covid-19 pandemic, such as developmental delays in toddlers. Parents who participated in the program aimed to increase their knowledge and strengthen the

parent-child relationship. This is consistent with the goals of the parenting program, which are to make parents better at educating, guiding, and raising their children (Huda, 2021). The benefits of the program include providing parents with understanding in child-rearing, guidance for home parenting, and better knowledge of child development.

Several factors affect the implementation of the parenting program and the level of parental participation. These factors can be internal or external. Internal factors include parents' tendency to keep up with their child's development and a desire to expand their parenting knowledge. External factors include themes based on parents' learning needs, which have been addressed by Taman Posyandu Tunas Ceria in their parenting program (R. Anggia Listyaningrum, S. S. 2020).

In organizing the parenting program, there are supporting and hindering factors. Supporting factors include the environment, which is seen as needing the parenting program according to the facilitators. Hindering factors include the level of awareness among parents about the importance of participating in the program. The success of the parenting program is reflected in the positive responses from parents regarding its effectiveness in helping implement proper parenting practices and providing a platform for parents to share experiences with facilitators, experts, and other parents.

3.3 Efforts to Strengthen Parenting Competency Among Parents of Taman Posyandu Tunas Ceria

Competency, according to Law No. 13 of 2003, refers to the work abilities that individuals possess, including knowledge, skills, and attitudes according to set standards. Dessler (2017) describes it as characteristics that can be demonstrated, such as knowledge, skills, and behavior (Tri Wahyuni, H. T. 2018). Parenting involves knowledge about educating, guiding, and directing children. Therefore, parenting competency is the ability of individuals to raise children wisely and appropriately, ensuring optimal growth and development.

Parenting competency has three indicators: knowledge, skills, and attitudes (Tri Wahyuni, H. T. 2018). Parents at Taman Posyandu Tunas Ceria strengthen their parenting competency by participating in the parenting program, engaging in

discussions with facilitators, family members, and other parents, and accessing educational videos through social media. Various efforts to strengthen parenting competency are driven by the obligations parents have towards their children, including fulfilling educational, physical, emotional, and social needs (Ruli, E. 2020).

4. Conclusion

Based on the research findings on efforts to strengthen parenting competency at Taman Posyandu Tunas Ceria, the following conclusions can be drawn:

1. Parents' understanding of parenting is at the extrapolation stage. This is indicated by their ability to apply the parenting concepts learned through the parenting program and educational videos.
2. The parenting program at Taman Posyandu Tunas Ceria is conducted routinely every month in the last week. The themes and materials are based on parents' learning needs, which are determined through discussions about common issues faced by parents in child-rearing.
3. Efforts to strengthen parenting competency among parents at Taman Posyandu Tunas Ceria include self-learning through educational videos on social media, engaging in sharing activities with facilitators and other parents, and participating in the parenting program organized by Taman Posyandu Tunas Ceria.

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