

## A Effective Parenting Techniques for Nurturing Children's Emotional Readiness for School



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**ABSTRACT:** Parenting is a fascinating topic due to the variety of approaches used by parents. Each parenting style has unique characteristics and impacts. This paper aims to highlight the importance of effective parenting in fostering children's emotional readiness for school. The research employs a literature review method, examining sources such as books and scholarly journal articles relevant to the topic. Findings indicate that while various parenting styles can be applied, some are more effective in developing children's emotional intelligence.

**KEYWORDS:** Parenting, emotional intelligence, school readiness, literature review

### INTRODUCTION

The word parent has several definitions – a mother, a father, one who generates new life, a guardian, a protector. Summarizing these definitions, one can say a parent is an individual who fosters all facets of a child's growth – who nourishes, protects, and guides new life through the course of development. In our society, we emphasize that parenting is a process that brings about a result. Parenting in general can be described as a series of actions and interactions on the part of parents to promote the development of children. Parenting is a process of interactions between the two, influenced by cultural and social institutions. The interactions change all the contributors. (Kirby, 2016) The parent's role is to nurture and protect children, helping them grow into competent. They provide direct and personalized care for children on an ongoing basis throughout development. Our society gives parents the primary authority to determine children's behavior because it assumes that parents have children's best interests at heart and that children are dependent and unable to make informed decisions. Parents choose where children live, what religion they will practice, which methods of discipline will be used, and what kind of education will be pursued. Parents bring a complex set of needs and personal qualities to their role as parents. Parents bring their history with their parents and a set of cultural values that shape what they do. (Saputri & Risnawati, 2024)

Our purpose in taking up this topic is because we found that many parents still lack the necessary knowledge to practice proper parenting. Many parents do not pay attention to the emotional state of the child (Sanders & Mazzucchelli, 2018). Due to their ignorance of proper parenting techniques, parents continue to apply what they believe to be effective parenting strategies without considering the consequences of using the wrong approach (Rabok, 2021).

This is also reinforced by a journal entitled Parenting to Improve Early Childhood Emotional Development. The influence of the family in the formation and development of emotions is very important. This role makes parents responsible for the physical and mental development of a child. Many factors in the family are influential in the process of child development, such as children's social-emotional development which can be formed from the family environment and the environment around the child (Morris et al., 2020). This attitude is reflected in the parenting patterns of parents to their children. Parenting has an important influence on children's emotional development. Where emotional development is the most dominant factor in influencing future success. by teaching emotional skills to children, they will be better able to overcome various problems.

### LITERATURE REVIEW

The most important effort of parents in nurturing and educating children is to nurture children using emotional intelligence. By doing so, parents will listen to their children, because the inner bond between children and parents is more than just words. The higher our emotional intelligence the more likely we are to succeed as parents.

#### a. Emotional Intelligence

According to Goleman quoted by Agus Ngermanto, emotional intelligence is the ability to recognize our feelings and the feelings of others, the ability to motivate ourselves, and the ability to manage emotions well in ourselves and our relationships with others. Cooper and Sawaf, psychologists in a book entitled Melejitkan EQ (Saputri & Risnawati, 2024), say that emotional intelligence is

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the ability to feel, understand, and selectively apply the power and sensitivity of emotions as a source of energy and human influence. So emotional intelligence is very important for humans in their lives because it involves self-control and the ability to socialize wherever we are. Emotional intelligence is a person's ability to manage their feelings for the better and the ability to foster social relationships. In this case, the ability of students to recognize their feelings between students with one another, the ability of students to motivate themselves, recognize their own emotions, manage emotions, recognize the emotions of others, and foster relationships with other students, students with teachers, and in dealing with the school environment (Morris et al., 2020). Emotional intelligence is also the ability to control feelings, senses, understand and apply the power and sharpness of feelings to guide thoughts and students who have high emotional intelligence will be able to empathize and have the ability to socialize and interact socially (Magnuson & Schindler, 2019)

### **1. Intelligence**

Intelligence comes from the word *cerdas* which means clever, smart, capable, good, and beautiful. Intelligence according to the large Indonesian dictionary is the perfect development of his mind, clever and sharp mind. Meanwhile, according to Gardner, intelligence is the ability to do something useful in society. (Xia, 2020)

### **2. Emotions**

According to James and Lange, emotion theory results from a physiological state that arises as a result of a stimulus in the environment. (Raver, 2002)

## **METHODOLOGY**

This research was conducted with a qualitative approach and the research method was a literature study. This research uses journals as a source of research data, with a note that the journals used must be under the topic of the research being conducted so that it can become new information related to the role of parenting in early childhood character building. (Music, 2016)

## **RESULT AND FINDING**

The learning process at school is complex and comprehensive. Many people argue that to achieve high achievement in learning, one must have a high Intelligence Quotient (IQ) because intelligence is a potential provision that will facilitate learning and in turn will produce optimal learning achievement. According to Binet in Winkel's book (Immordino-Yang et al., 2019) the nature of intelligence is the ability to set and maintain a goal, make adjustments to achieve that goal, and assess the state of self critically and objectively. In fact, in the teaching and learning process at school, students are often found who cannot achieve learning achievements that are equivalent to their intelligence abilities. Some students have high intelligence abilities but obtain relatively low learning achievements. Still, there are students who, despite their relatively low intelligence abilities, can achieve relatively high learning achievements (Bridges et al., 2022). That is why the level of intelligence is not the only factor that determines a person's success, because other factors influence it. According to Goleman (2000: 44), intellectual intelligence (IQ) only contributes 20% to success, while 80% is the contribution of other forces, including emotional intelligence or Emotional Quotient (EQ), namely the ability to motivate oneself, overcome frustration, control urges, regulate mood, empathize and the ability to work together. Of course, in practice, it takes patience for parents to understand children's emotions, and this improvement effort is as successful as expected. Good parenting applied by parents to children is very important because from the time the child is born until the child grows up the child's relationship with parents has emotional meaning for the child. But a lot of parents don't think it's important what they do to their children or how they raise their children, so sometimes the treatment of children that they think is good turns out to be bad for the development of the child's soul/personality, even though habituation, exemplary is a very effective method for the development of the child's soul (Music, 2016). Therefore, parents must know about good parenting and education that is applied to their children, so that the treatment applied by parents to their children is effective. to their children so that the treatment applied by parents in caring for children within the family will be a good example for children.

In the community environment, 2 parenting patterns are most often used, namely authoritarian parenting and permissive parenting. Authoritarian parenting is a form of parenting that forces regulates, and puts a lot of pressure on children. Parents with this parenting style do not give children the opportunity to express their opinions. As a result, children tend to lack confidence, independence, socialization, problem-solving, and initiative. Meanwhile, permissive parenting is a parenting pattern that gives freedom to children to do everything according to their wishes. According (Mamadzhanova, 2024)) children with permissive parenting will have a stubborn character, stick to their own opinions, do not care about the surrounding environment, and can act arbitrarily.

Good parenting for children's emotional intelligence is democratic parenting. According to (Webster-Stratton & Reid, 2010) democratic parenting in children has a positive impact including being able to respect the opinions of others, being able to take responsibility for their social life, and having good self-confidence. In applying democratic parenting, we need to pay attention to three things, namely, giving appreciation for the achievements made by children; providing time with children to build good chemistry; and providing affection. According to (Piotrkowski et al., 2000) democratic parenting is a balanced parenting between the roles of parents and children. This is indicated by parents giving children the opportunity to do what they want but parents also provide restrictions or rules that children must follow (Raver, 2002). The role of children is to be responsible for everything they

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do, decision-making is done together by considering the opinions of children and parents . Families who apply authoritative or democratic parenting are classified as harmonious families because parents are wise with children, namely communication that is always two-way and parents are open to children.

### CONCLUSION

The importance of the role of parents in the process of forming children's emotional intelligence can affect how they deal with social life, one of which is school. As well as in the application of parenting patterns must be considered, because parenting patterns can also be one of the factors that influence the process of forming children's emotional intelligence.

Judging from various references and some previous research results, it can be concluded that democratic parenting is the most effective parenting pattern to support the process of forming children's emotional intelligence so that children can have appropriate emotional intelligence.

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