

NEUTRALIZING EMOTIONS IN EARLY CHILDREN

Nina Rizka Rohmawati^{1*}, Meli Diana¹, Riesmiyatiningdyah¹

¹Diploma Nursing Study Program, Health Polytechnic of Kerta Cendekia

*Correspondence

Nina Rizka Rohmawati

Diploma Nursing Program, Health Polytechnic of Kerta Cendekia
Lingkar Timur Road, Rangkah Kidul Village, Sidoarjo Sub-District
Sidoarjo Regency, East Java Province, Indonesia - 61234
Email: nr2209290@gmail.com

Received: June, 19th, 2024; Revised: -; Accepted: June, 29th, 2024

ABSTRACT

Humans have a characteristic of imitative behavior, including children. Good or bad behavior, good or bad habits, are all formed in the social environment (home). Where this can happen due to children's observations of their parents. We must understand the management of emotions in children properly. Because it could be that the emotions conveyed by children are an affirmation or confirmation of the behavior that we as parents exemplify or the application of what we teach. Parents do have more experience than children so they teach their children what they have experienced or know. From the results of the study, it was found that there are still many parents who do not properly capture their children's emotions. So that good emotional management for children has not been achieved. Neutralizing emotions in this child was ultimately chosen as material used for community service activities. With the aim that parents know so they can properly capture their children's emotions. Apart from that, it is also hoped that there will be no incidents of parental violence towards children. This community service was carried out in Rangkah Kidul Village, Sidoarjo. Attended by parents of kindergarten and elementary school students. The activity was carried out in 1 day with a preparation time of 5 weeks. The activity ran smoothly with a total of 56 parents invited.

Keywords: *Management, Emotion, Children*

© 2024 The Authors. Community Service Journal of Indonesia Published by Institute for Research and Community Service, Health Polytechnic of Kerta Cendekia, Sidoarjo
This is an Open Access Article distributed under the terms of the [Creative Commons Attribution-NonCommercial 4.0 \(CC BY-NC 4.0\)](https://creativecommons.org/licenses/by-nc/4.0/), which allows others to remix, tweak, and build upon the work non-commercially as long as the original work is properly cited. The new creations are not necessarily licensed under the identical terms.

E-ISSN
2684-7884
P-ISSN
2774-4027

INTRODUCTION

The early childhood group is a group of unique growth and development

processes, where their growth and development consists of coordination between fine and gross motor skills,

thinking power, creativity, language and communication, which are expressed in intellectual quotient (IQ), Intelligence (EQ), spiritual intelligence (SQ) or religious or religious intelligence (RQ), according to the growth and development of early childhood. In this phase, children need to be directed towards laying the right foundations for complete human growth and development.

However, this time the presenters will discuss and provide an overview to parents regarding how to control children's emotions. Emotional development in children is a form of development experienced by every human being in their life and this will occur from infancy to old age. Emotional development is a natural thing experienced by every human being, especially at this time it allows children to feel various kinds of emotions in their lives.

One of the causes of emotions in children includes affection, usually affection can also be called affection. Affection is a feeling of warmth, friendship and sympathy directed at another person. The importance of developing affectional abilities in every child shows that this increasingly needs to be understood by all parties, especially by parents and educators.

Parental awareness is considered important because of the importance of relationships and the quality of loving attitudes during this time, children may experience various problems and serious emotional disorders in the future. This is one of the reasons for carrying out Community Service activities carried out by the Kerta Intellectual Health Polytechnic as a form of academic responsibility in organizing this activity.

OBJECTIVES

General Purpose

Society understands how to regulate emotions in children

Special Purpose

Parents/Community can explain again about: Understanding emotions, Emotional components in children, Various emotions, Stages of children's emotional development based on the child's age, Characteristics of children, Parental parenting style, Understanding emotional regulation, Aspects of emotional regulation, Factors influencing emotional regulation, Emotion regulation strategies

PLAN OF ACTION

Strategy Plan

Before conducting counseling we carry out problem detection by. Give pre-test questionnaires to participants to assess knowledge of emotions in children and how to regulate emotions in children.

Implementation

After knowing the right theme for counseling, the next step is to coordinate with the principal of the PG and Kindergarten school to request permission to carry out community service activities. Establish a time contract with the principal. Providing counseling about neutralizing emotions in children

Setting

Implementation date will be October 28 2023. Located at PG and TK X in Rangkah Kidul Village

Target

Parents/guardians of PG and TK X students in Rangkah Kidul Village. With a

total invitation of 56 parents. Meanwhile, 46 parents attended.

RESULTS AND DISCUSSION

The licensing process for conducting counseling went smoothly. Extension activities also ran smoothly. With the number of participants attending as many as 46 participants out of a total of 56 invited participants. Evaluation of the media and venue readiness structure is very fulfilling and it is easy to coordinate with the school. Evaluate the process, activities are carried out according to time, participants are enthusiastic about the explanation of regulating emotions in children, and participants do not leave the place before the activity is finished. Evaluation of results, participants understand what emotions are, understand parenting patterns, and understand how to regulate emotions in children.

CONCLUSION

The final conclusion in this community service activity is the increasing knowledge of parents/guardians about how to regulate emotions in children. This can be seen from the results of the post-test carried out by the student's parents/guardians. So that parents/guardians of students can capture children's emotions well so that violence does not occur to children. And children can get the right love tank according to their needs

REFERENCES

Eko, D.E., Puspitasari, I (2018). Kekerasan Terhadap Anak, Penanaman Disiplin, dan Regulasi Emosi Orang Tua. Online Jurnal of Varidika Journals. 30(1), 21-26

Rahiem, M.,D.,H.(2023). Orang Tua dan Regulasi Emosi Anak usia Dini. Online Jurnal of Aulad : Journal on Early Childhood. (1), 40-50

Sari, D.,S.,P. (2022). Melatih Regulasi Emosi Anak Pra Sekolah dengan Bermain : Literatur Review. Online Jurnal of Jurnal Pendidikan dan Kebudayaan. 2(1), 14-20.

Vientalin, R., (2021). Peran Dukungan Sosial Keluarga Terhadap Regulasi Emosi Anak dalam Belajar. Online Jurnal of Satya Sastraharing Jurnal Manajemen. 5(2), 35-46

Wandasari, Y.,(2019). Peran Sosialisasi Emosi Oleh Ibu dan Ayah Terhadap Regulasi Emosi Anak Usia Dini. Online Jurnal of journal Experientia Jurnal Psikologi Indonesia. 7(2), 54-64