

Original Research

The Relationship of Parenting with Physical Independence in Preschool Children

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kirana.aliyaps12@gmail.com**Abstract****Background:** Early childhood is a vulnerable child aged 0 (from birth) to 6 years. This age is often termed as the golden years, which is a very valuable age compared to later ages because the child absorbs all the stimuli he gets. Entering the age of 5-6 years the child begins to develop various abilities and skills in taking care of themselves when the child begins to explore the various skills he has such as learning to walk, eat, interact with others and formation. Understanding and learning morals as a form of early childhood independence.**Objective:** This study aims to find out how parental parenting and physical independence in preschool children are.**Methods:** This research method uses a type of analytical research using a cross sectional approach.**Results:** After the Chi-Square test was carried out, there was a relationship between parental parenting and physical independence in preschool children with a p value of p value = 0.000 or <P = 0.05.**Conclusion:** Based on the results of the study, it can be concluded that democratic parenting is the most widely applied parenting style by parents in Raudhatul Athfal Nurul Huda, Poyowa Kecil Village, where children with this parenting style are declared physically independent more than other parenting styles.**Keywords:** Children; Parenting; Physical Independence

Introduction

Early childhood is a vulnerable child aged 0 (from birth) to 6 years old (KEMENDIKBUD, 2018 concerning early childhood education). This age is often termed as the golden years, which is a very valuable age compared to later ages because the child absorbs all the stimuli he gets. Entering the age of 5-6 years, children begin to develop various abilities and skills in self-care when children begin to explore various skills they have such as learning to walk, eat, interact with others and develop understanding and moral learning as a form of early childhood independence (Lestari, 2019).

The Central Statistics Agency (BPS) reported that the number of early childhood in Indonesia is estimated at 30.73 million people in 2022. This number is equivalent to 11.21% of the total population of Indonesia this year. When compared to 2021, the number of early childhood recorded a slight decrease of 0.32%. Early childhood in Indonesia is more male than female. This can be seen from the gender ratio of early childhood which was 105.01 in 2022. The ratio indicates that there are 105 boys out of every 100 girls. According to his age, as many as 58.78% of early childhood in Indonesia are in the age range of 1-4 years. As many as 29.11% of early childhood are in the age group of 5-6 years. Meanwhile, 12.11% of early childhood children are less than one year old (Central Statistics Agency, Accessed January 24, 2023).

Preschool education is the basis for the development of attitudes, knowledge, skills, creativity and adaptation to the social environment. Preschool education is education to help the physical and spiritual growth and development of students outside the family environment before entering basic education, which is held in the school education pathway or in the out-of-school education pathway (Hadion Wijoyo & Irjus Indrawan, 2022).

The age of 3-6 years is the preschool age, the playtime, the time to get to know the new environment using friends of their peers. This period is a time to find people like what our children are, looking for calm and adaptation to the outside environment. This preschool period is a learning period for children in three dimensions, namely learning in a concrete world which is considered time for play.

Methods

Study Design

This research method uses a type of analytical research using a cross sectional approach.

Samples/Participants

The sample used in this study used a total sampling technique, namely a sampling technique with all populations (Sugiyono, 2018), which amounted to 43 respondents. As for the inclusion criteria for fathers and mothers who take care of their children who attend school in Raudhatul Athfal Nurul Huda, Poyowa Kecil Village, fathers/mothers who are cooperative and willing to be respondents, fathers/mothers who are willing to sign an informed consent letter.

Instruments

This questionnaire sourced from (Nadiya, 2018) aims to find out the application of parental parenting to children. Each question is measured on a guttmant scale, namely the "Agree" answer, and the "Disagree" answer. This questionnaire includes 20 questions related to the application of parental parenting to their children. The questionnaire on Independence in children in this study is useful to find out information about independence in preschool-age children, which is guided by the assessment of Stimulation, Detection, and Early Intervention in Child Growth and Development (SDIDTK). There are 10 questions sourced from (Nadiya, 2018) related to the achievement of independence in children. This questionnaire will be filled out by parents directly, especially mothers. Each question was measured using a guttmant scale, namely the answer "Yes" if the child has done it himself without help, and the answer "No" if the child has done it with the help of others. The results of independence are classified into two categories, namely Good Independence (60% – 100%) and Poor Independence (0% – 59%). The results of the reliability test on the parenting questionnaire sourced from (Nadiya, 2018) with Cronbach's Alpha were 0.726. Meanwhile, the result of the reliability test on the independence questionnaire with Cronbach's Alpha was 0.692.

Data Collection

Primary data in this study was obtained from a research sample through questionnaires and interviews conducted containing questions about parental parenting and physical independence in students at Rhaudatul Athfal Nurul Huda, Poyowa Kecil Village. Secondary data is data obtained from articles, theory books, journals, and notes (Riyanto, 2019, Dalam Revilla, 2022). Secondary data was obtained from the principal of Raudhatul Athfal Nurul Huda, Poyowa Kecil Village.

Data Analysis

Bivariate analysis aims to determine the relationship between independent variables and dependent variables using a Chi-Square statistical test (X^2) with a significance value ($\alpha = 0.05$). After the hypothesis test is carried out with the error level (alpha) used, which is 5% or 0.05, then the hypothetical research is that if $p \leq \alpha = 0.05$, mala H_0 is rejected and H_a (the research hypothesis) is accepted, which means that there is a relationship between the free variable and the bound variable and if $p > \alpha = 0.05$, then H_a is rejected and H_0 is accepted, which means that there is no relationship between the free variable and the bound variable.

Ethical Considerations

Based on the results of the reviewer of the Health Research Ethics Commission of the Graha Medika Institute of Health and Technology, Kotamobagu provided approval and ethical recommendations for research submissions.

Results

Univariate Analysis

Respondent Characteristics

Age of Parents

Based on the characteristics table 1, it shows that of the 43 parents of the respondents, most of them are 27-29 years old (53.5%) while the few are 30->30 years old (46.5%).

Table 1 Distribution of Respondent Frequencies by Age of Students' Parents

Age	Frequency (n)	Percentage (%)
27 - 29	23	53.5
30 - >30	20	46.5
Total	43	100.0

Source :SPSS Processed Data 2023

Education

Based on the education table 2, it is shown that of the 43 parents of the respondents, it is known that the high school education level is 25 (58.1%), the DIII/S1 level is 12 people (27.9), the junior high school education level is 5 people (11.6%), and the elementary education level is 1 person (2.3%).

Table 2 Frequency Distribution of Respondents Based on Students' Parents' Education

Education	Frequency (n)	Percentage (%)
SD	1	2.3
JUNIOR	5	11.6
SMA	25	58.1
DIII/S1	12	27.9
Total	43	100.0

Source : SPSS Processed Data 2023

Work

Based on the work table 3, it shows that of the 43 parents of the respondents, it is known that Self-Employed amounted to 19 people (44.2%), IRT amounted to 12 people (27.9%), and those who worked as Civil Servants/Honorary amounted to 12 people (27.9%).

Table 3 Distribution of Respondent Frequency Based on Student's Parents' Work

Work	Frequency(n)	Percentage (%)
IRT	12	27.9
Self employed	19	44.2
Civil Servant/Honorary	12	27.9
Total	43	100.0

Source : SPSS Processed Data 2023

Child's Age

Based on the age table 4, it shows that of the 43 respondents, there are 20 respondents (46.5%) who are at the age of 6 years, 18 respondents who are at the age of 7 years (41.9%), and 5 respondents (11.6%) who are at the age of 5 years.

Table 4 Distribution of Respondent Frequencies by Age of Children

Age	Frequency (n)	Percentage (%)
5	5	11.6
6	20	46.5
7	18	41.9
Total	43	100.0

Source : SPSS Processed Data 2023

Distribution of Respondents Based on Parenting Style

Based on the table 5, implementation of parental parenting it is known that out of 43 respondents, it is known that there are 34 respondents (79.1%) with democratic parenting, 5 respondents (11.6%) with authoritarian parenting, 4 respondents (9.3%) with permissive parenting, while there are no parents who apply neglectful parenting.

Table 5 Frequency Distribution of Respondents' Parenting Style of Students

Parenting	Frequency (<i>n</i>)	Percentage (%)
Authoritarian	5	11.6
Democratic	34	79.1
Permissive	4	9.3
Ignore	0	0.0
Total	43	100.0

Source : SPSS Processed Data 2023

Distribution of Respondents Based on Physical Independence

Based on the table 6 of physical independence in students, it shows that, there are 39 respondents (90.7%) declared independent while 4 respondents (9.3%) are declared non-independent.

Table 6 Frequency Distribution of Students' Physical Independence Respondents

Parenting	Frequency (<i>n</i>)	Percentage (%)
Not Independent	4	9.3
Self-sufficient	39	90.7
Total	43	100.0

Source : SPSS Processed Data 2023

Based on the table 7, the results of the analysis of the relationship between parental parenting and physical independence in children showed that as many as 34 respondents (79.1%) who were raised with democratic parenting had physically independent behavior, there were 5 respondents (11.6%) who were raised with authoritarian parenting had physically independent behavior, there were 4 respondents (9.3%) who were raised with permissive parenting had physically unimportant behavior and 0 respondents (0.0%) for Neglectful parenting.

Table 7 Results of Analysis of the Relationship between Parenting and Physical Independence in Preschool Children

Pola Asuh Orang Tua	Kemandirian				Total		<i>P</i> Value
	Tidak Mandiri		Mandiri				
	<i>N</i>	%	<i>N</i>	%	<i>N</i>	%	
Otoriter	0	0.0	5	11.6	5	11.6	0.000
Demokratis	0	0.0	34	79.1	34	79.1	
Permisif	4	9.3	0	0.0	4	9.3	
Mengabaikan	0	0.0	0	0.0	0	0.0	
Total	4	9.3	39	90.7	43	100.0	

Source : SPSS Processed Data, 2023

Discussion

Based on the results of this study, out of 43 parents, there are 34 parents who implement democratic parenting. Democratic parenting is a parenting style with parents who show respect for the child's opinion even though the parents still have the final authority and expect the child to obey the rules. Democratic parents allow children to be different and believe that every child is unique. Democratic parents show warmth and enforce family rules and standards consistently, fairly and firmly without emphasizing punishment (Dilanti, M. R., & Nasution, A. S., 2020)

This is also in line with the research conducted by Dilanti, M. R., & Nasution, A. S. (2020) where research shows that there is a relationship between parental parenting and the development of socialization and independence of children aged 3-6 years with the results of a p-value statistical test of $0.018 < \alpha 0.050$ which shows that most parents apply democratic parenting to their children compared to authoritarian and permissive parenting.

Research conducted by Lina Nur Fauziyyah et.al (2022) results and discussion can be concluded that there is a significant relationship between parental parenting and the independence of children aged 5-6 years. This is seen from the Sig value of 0.000 which is smaller than 0.05. The

relationship obtained in this study shows that parenting is closely related in the formation of children's independence. Democratic parenting has the most influence on children's independence. There are 3 types of parenting that parents use today in independent their children, namely democratic parenting, authoritarian parenting, and permissive parenting. Parenting that can increase children's independence is democratic parenting, and there is a positive and significant relationship between parental parenting and child independence.

So the relationship between parenting and children's physical independence is something inseparable, therefore researchers consider the importance of parents' understanding in the application of parenting to children. As explained by Former et.al (2018), parental parenting actually has a great influence on the key to success in preschool-age children to become independent individuals, while becoming an independent individual cannot be formed just like that. Parental parenting greatly affects the formation of children's character at preschool age. So that these different parenting styles will produce different characters and independence of preschool-age children as well. Parental parenting is divided into three, namely authoritarian, permissive and democratic. The limitation in the study is that the researcher saw that some respondents answered the questionnaire in a hurry because they were doing the activities they were going to do. This also makes the researcher understand to the respondents how important this research is both for the research site but also for the respondents, it makes the respondents understand and can complete the questionnaire that has been given by the researcher, and there are errors caused by the respondents due to the lack of understanding of the questions asked. Because of this, the researcher helped and corrected again with the respondents when filling out the questionnaire.

Conclusion

The conclusion in this study is that the application of parental parenting shows that out of 43 respondents, it is known that there are 5 respondents (11.6%) with authoritarian parenting, 34 respondents (79.1%) with democratic parenting, 4 respondents (9.3%) with permissive parenting, while there are no parents who apply neglectful parenting. Physical independence of students in Raudhatul Athfal Nurul Huda, Poyowa Kecil Village, showed that, There were 4 respondents (9.3%) who were not independent, while 39 respondents (90.7%) were declared independent. From the results of the study, a p value = 0.000 (below $\alpha \leq 0.05$) was obtained, so it can be concluded that there is a significant relationship between parental parenting and physical independence in preschool-age children

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