

## **PARENTS BECOME THE BASIS OF BUILDING CHILD INDEPENDENCE**

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### **ABSTRACT**

This study aims to determine the parenting style of parents in building children's independence, because the role of parents is very important in building independence in children. Education in early childhood is an effort to stimulate, guide and provide learning aimed at developing skills in children. Parents as caregivers of children must have an understanding of their child's development. The development of children's intelligence at an early age develops optimally at the age of 4 years. Along with these developments, children will actively move, imitate units, or say something to interact with those around them. Therefore, the development of a child is influenced by the treatment of parents and families towards him.

**Keywords:** Independence, Children, Parents.

### **BACKGROUND**

Early childhood education is an important developmental phase that a child must go through. In this phase, where children maximize aspects of development, one of which is the aspect of independence. The independence of early childhood starts from the family, where children will be taught by their parents to become independent individuals and ready to enter society.(Syafriana & Andini, 2021, p. 68).

In this modern era, the problem of children's independence is often encountered, especially in this difficult era, where children are often used to playing with cell phones/gadgets so high that it makes children lazy and makes children rarely interact.(Falahah & Suwanda,

2022, p. 761). However, sometimes the child's independence problem is caused by the parents themselves. There are still fathers and mothers who spoil their children. Incidentally, children can do it themselves. Children are often supervised and often limited. This is done by parents who depend on their children. (Tri Wulandari, 2019)

Independence is the ability of individuals to control and regulate their own thoughts, feelings and actions freely and try to overcome feelings of shame and doubt (Desmita 2012). Another opinion explains that independence is a person's ability to be responsible for what is done with little or one's ability to be responsible for what is done without burdening others (Anggraeni, 2017).

The independence that exists in children can support them in self-regulation such as decision making, problem solving, self-confidence, social skills, and interpersonal intelligence (Rusmayadi & Herman, 2019)(Danauwiyah & Dimyati, 2022, p. 589). To instill a spirit of independence in children, it takes a series of serious efforts that start from within the family.

Children's education basically starts from the process of interaction between parents and children in the family. What is habituated at home, will become a capital of knowledge, understanding and habits in children. In the current area, we often encounter the problem of child independence, especially now that children are often accustomed to playing with cellphones/gadgets, which will result in children being lazy and making children unable to socialize with their surroundings. However, sometimes the problem of child independence arises from the parents themselves, parents still pamper children, they can do it on their own, children are often supervised and are still often limited, this makes children dependent on their parents.(Pratiwi et al., 2020).

But there are also parents who do not give freedom to their children, to remember the age of immature children, parents often limit the association of children, as well as the activities that children do both inside and outside the home, this situation causes children not to be themselves, children do not have a social soul even children are not independent.

## **THEORITICAL REVIEW**

### **Definition of Independence.**

Independence comes from the word independent, in Javanese means standing alone. Independence in the psychological and mental sense implies the condition of a person in his life who is able to decide or do something without the help of others. Such ability is only possible if a person has the ability to think carefully about something he is doing or deciding, both in terms of the benefits or advantages as well as the negative aspects and losses that will be experienced.(Sa'diyah, 2017, p. p. 33)

Independence is not an ability that children are born with, but the result of the learning process. Basri (2000: 53) states that independence is the result of education. Kastawijaya and Kuswanto (2000: argue that children's independence must be fostered since the child is still a baby by instilling consistent discipline so that the independence possessed can develop as a whole(Ambarsasi et al., tt, p. p. 4).

Independence in character education is an attitude and behavior that is not easily dependent on others in completing tasks. Independence for children is very important because with independent nature, children will not easily depend on others. Many say that it is difficult for children to experience independence because they are often pampered and prohibited from doing this and that, for example eating is always being fed(Umairoh & Ichan, 2018). Independence is not only independent in a narrow sense but also in a broad sense, namely how children experience and carry out social activities. Independence is an important skill in one's life that needs to be trained from an early age. A person is said to be independent if in living life he does not depend on other people, especially in carrying out daily activities. Thus every child needs to be trained or guided to develop independence according to his capacity and developmental stage(Sa'diyah, 2017, p. p. 34).

Independent character has an important role for early childhood, namely to help children be able to do everything on their own without needing the help of others, according to Fadhillah & Khorida (2013, p. 195) independence is "children's independence from other people in completing their tasks" so that the child will not be a burden to the people who live around him. The formation of independent character is very important to be applied to each individual from an early age because the formation of independent character in each individual

will minimize the occurrence of behavioral deviations that often occur today, especially in children aged 5-6 years.(Tsani et al., tt),

Children's learning independence is the child's ability to carry out learning activities that are based on the activities, responsibilities and motivations that exist within the child itself. In an orphanage, it is the caretaker who has the responsibility of guiding and fostering and nurturing the orphanage's children to foster an independent and compassionate attitude.(Abdayani et al., 2018, p. p. 406).

Independence is an attitude and behavior in solving a problem without the help of others. This means that in living life you can do something and decide problems by yourself. Small example if the child is able to do the activities of eating, washing hands, bathing or other small work by himself, the child has led to self-understanding.

### **Parenting Style**

Based on the grammar, parenting consists of the words pattern and foster. According to the General Indonesian Dictionary, the word pattern means model, system, way of working, form (fixed structure), while the word foster means guarding, caring for, educating children so they can stand on their own. Parenting is a parenting pattern that applies in the family of interactions between parents and children while carrying out parenting activities(Falahah & Suwanda, 2022).

Parenting activities are carried out by educating, guiding, providing protection and supervision of children. Individual experiences and opinions make a difference in the application of parenting styles to children. According to Syaiful Bahri (2014: 51) parenting style is the habit of parents, father or mother in leading, nurturing and guiding children in the family. Nurturing in the sense of guarding by caring for and educating him.

Every family usually has a different parenting style. The way parents raise or educate children will affect the development of their child's independence. Parents who forbid too much or issue the word "don't" to children without being accompanied by a rational explanation will hinder the development of children's independence. Likewise, on the other hand, parents who create a safe atmosphere in family interactions will encourage the smooth development of their

children. Likewise, parents who tend to compare one child to another will also have a negative effect on the development of children's independence (Pratiwi et al., 2020).

Furthermore, according to Hasnida (2014: 103) parenting is a system or method of education and coaching that is given by someone to another person, in this case the parenting style given by parents/educators to children is to care for and educate them with understanding.

## **METHOD**

This research is entirely based on literature review or literature study. Therefore the nature of the research is library research (library research). all of them come from the literature and other documentation materials, such as writings in journals, as well as other media that are relevant and are still being studied (Habibatullah et al., 2021, p. p. 2-3).

## **RESULTS AND DISCUSSION**

### **BUILDING CHILDREN'S INDEPENDENCE THROUGH PARENTS**

#### **1. The Role of Parents in Building Children's Independence**

Instilling an attitude of independence in children needs to be done early so that the attitude of independence in children really grows within themselves. At the age of children, children's attitudes are formed into a foundation that will be carried into adulthood. The role of parents who have to be extra patient to train children so that they can form children's independent attitudes from an early age. In addition to training children, parents also play a role in accustoming children to be independent. Apart from training and getting used to it, the next role of parents is to control children's activities related to the child's independence. The role of parents is to train, solve problems, provide choices, motivate, role model / role model, praise and provide support so that the child's independence is formed. (Setiani et al., 2022, p. 55).

The process towards independence is not a one-time process. But it is a long process that must be experienced by someone. By analogy, the earlier this attitude is possessed by someone the better, considering that in every phase of his life a person will make history for himself, and of course this must be done carefully and carefully. Early age plays a very important role for the formation of one's independence (Idrus, 2003, p. 75). So that the role of parents is very important in building children's independence in everyday life.

Apart from instilling the value of independence in our children, we must also develop self-discipline in them. This relates to how children can follow the rules in the form of values, norms, and rules at home or at school. Obedience and obedience to the rules that apply, both at home, school, and society carried out by young children will help children adapt to the surrounding environment and also children will be more accepted in their environment(Nasution, 2017).

## **2. Parents' Parenting Patterns in Growing Independent Children's Optimistic Attitudes**

One of the roles of parents is to make children independent, which means increasing children's ability to meet their own needs or with a little guidance from parents, family members or others (Lie, 2004). Independence must be developed in children so that children can live life without dependence on others.

Childhood and adolescence is an important period in the process of developing independence, so the understanding and opportunities given by parents to their children in increasing independence are very large. Although the world of education (schools) also plays a role in providing opportunities for children to be independent, the family remains the main and first pillar in shaping children to be independent, because all knowledge and intellectual intelligence and skills are first obtained from parents.(Aizah, 2021).

Parenting is an overall interaction between parents and children, where parents intend to stimulate their children by changing behavior, knowledge and values that are considered important by parents, so that children can be independent, grow and develop healthily (Hidayati , 2014)(Sofiani et al., tt, p. p. 768).

### **a) Authoritarian Parenting**

According to Gunarsa (2002), authoritarian parenting is parenting in which parents apply rules and limits that absolutely must be obeyed, without giving children the opportunity to express their opinion, if children do not comply they will be threatened and punished. This authoritarian parenting style can result in loss of freedom in children, less initiative and activity, so that children become less confident in their abilities. In line with Hurlock, Dariyo (Anisa, 2005),

states that children who are educated in authoritarian parenting tend to have apparent discipline and obedience.(Adawiah, 2017, p. p. 35).

### **b) Permissive Parenting**

Permissive parenting style provides children with freedom and opportunities without any demands to do things without sufficient supervision. Everything the child wants. Meanwhile, according to Yatim and Irwanto (1991:96-97) that: permissive parenting is characterized by the freedom given to children to behave according to their own wishes.(Winda asnur satiani et al., 2022, p. p., 55) will be obeyed by parents and parents do not demand anything from their children. Helmawati (2014, p.139) states that in permissive parenting parents must follow the wishes of the child whether the parents agree or not. In permissive parenting, parents rarely or even never reprimand children when they make mistakes and provide very little guidance to children(Lestari, 2019, p. p. 55).

### **c) Democratic Parenting**

Democratic parenting is the behavior of parents towards children which is characterized by freedom and order, parents provide non-binding directions and input to children. Parents are objective, by giving attention and giving control to children's behavior according to children's abilities. This parenting style provides understanding guidance and intense interaction between parents and children(sari & Rosyidah, 2018, p. p. 4).

One of the factors in the family that forms independent children is parental guidance. In accordance with the opinion of Ismaniar & Sunarti (2018), parents play a role in guiding and fostering children's independent behavior. In line with this, Sa'diyah, (2017) & Sari, Kurniah, & Suprpti (2016), said that the intensity of parental guidance for children is related to child independence so that the higher the parental guidance, the more independent the child's behavior will be.(Effendi & Syuraini, 2019, p. p. 167-168),

The process of cultivating an attitude of independence in children, parents also have different ways depending on parenting style. There are parents who give their children the opportunity to carry out their daily activities independently, this is a learning process for them children, but there are also parents who provide assistance to their children(Pratiwi et al., 2020).

## CONCLUSION

The role of parents is very important in the development, education and formation of character in children. The formation of children's independence is influenced by parenting styles. The role of parents in educating children is very important for the development of children's independence because parents are personal figures who will be imitated by children, it is parents who will be an example and guide in the formation of independence.

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