

Emotional Connections: Parental Strategies for Building Attachment in 4-5 Year Old Children

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Abstract: This study aims to describe how the role of parents in building attachment (attachment) in children aged 4-5 years. This is important to examine considering how far the role of parents to early childhood attachment in social life where the development of attachment is strongly influenced by parental sensitivity in responding to children, whether the response is given as soon as possible when the child needs help or there is a delay in response and whether the response given is the right response or not. The method used in this study is qualitative with data collection techniques using triangulation techniques (observation, interviews and documentation) by taking a sample of parents and child as many as 3 people each as respondents. Based on the results of data analysis, it can be concluded that the role of parents that have been carried out in building attachment to children as a whole makes efforts including giving advice and habituation so that children feel comfortable in socializing without having to be accompanied by attached figures. Factors that affect attachment in children aged 4 – 5 years are: A child's satisfaction with gifts from his parents, the action of reaction or response to any behavior that shows attention and frequent interaction with children, then the child will give attachment to his parents.

Kata Kunci:

Kelekatan, strategi orang tua

Abstrak: Penelitian ini bertujuan untuk mendeskripsikan bagaimana peran orang tua dalam membangun kelekatan (attachment) pada anak usia 4-5 tahun. Hal ini penting untuk dikaji mengingat sejauh mana peran orang tua terhadap kelekatan anak usia dini dalam kehidupan sosial dimana berkembangnya kelekatan sangat dipengaruhi oleh kepekaan orang tua dalam menyikapi anak, apakah respons tersebut diberikan sesegera mungkin ketika anak memerlukan pertolongan atau terdapat keterlambatan respon dan apakah respon yang diberikan merupakan respon yang tepat atau tidak. Metode yang digunakan dalam penelitian ini adalah kualitatif dengan teknik pengumpulan data menggunakan teknik triangulasi (observasi, wawancara dan dokumentasi) dengan mengambil sampel orang tua dan anak masing-masing sebanyak 3 orang sebagai responden. Berdasarkan hasil analisis data dapat disimpulkan bahwa peran orang tua yang telah dilakukan dalam membangun kelekatan pada anak secara menyeluruh melakukan upaya antara lain memberikan nasehat dan pembiasaan agar anak merasa nyaman dalam bersosialisasi tanpa harus didampingi oleh figur lekat. Faktor-faktor yang mempengaruhi kelekatan pada anak usia 4 – 5 tahun adalah : Kepuasan anak terhadap pemberian orang tuanya, tindakan reaksi atau respon terhadap setiap perilaku yang menunjukkan perhatian dan seringnya berinteraksi dengan anak, maka anak akan memberikan kelekatan kepada orang tuanya.

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INTRODUCTION

Early childhood education is regulated in Law number 20 of 2003 concerning the National Education System article 1 point 14 that early childhood education is guidance aimed at children from birth to 6 years, which is done through providing educational stimuli to help physical and spiritual growth and development so that children have readiness to enter further education. Education for early childhood is needed in developing aspects of religious and



moral values, cognitive, socio-emotional, language, physicalmotor and art. One aspect that is often overlooked is the social-emotional aspect.

The social aspect of children is related to the level of interaction between early childhood with other people, ranging from parents, siblings, playmates to the wider community. The emotional development aspect is the expression of feelings when children interact with others. The socio-emotional aspect is the sensitivity of children to understand the feelings of others when interacting in everyday life. Social development in children is the stage of growth and development of children to establish relationships with their environment. Children as social beings cannot escape from interactions with their environment from birth especially when the child's social-emotional has presented a sense of attachment.

Attachment between children and parents refers to the emotional bond formed through interactions and mutually influencing relationships between children and parents. It involves feelings of security, support, and emotional involvement arising from positive and responsive interactions between parents and children. This meaning of attachment can be explained by several important elements, namely; emotional security, child growth and development, emotional regulation, and the importance of the parental role. The urgency of attachment between children and parents involves establishing a strong psychological foundation for children to better face the challenges and developments of life. Positive attachment provides the psychological support necessary for the child's emotional well-being, forms the basis of self-confidence, and promotes positive social development.

Attachment can be said to be good if children with parents have an influence on children's emotional, social, and cognitive competence where children can develop good relationships with others. children who have secure attachment to parents, have high and positive self-esteem towards others, have interpersonal closeness and feel comfortable in a relationship and can work together to solve problems, are less irritable, are less likely to attribute hostile desires to others, and expect positive and constructive results from conflict, so they are able to form relationships that last a long time, with commitment, and are satisfying (Rahmatunnisa, 2019).

Attachment theory was first proposed by Bowlby who emphasized the importance of children forming attachments with parental figures early in life. Attachment is a strong tendency to seek closeness and contact with certain figures, especially in conditions that are difficult to obtain protection, comfort, support, and care. The development of this attachment is strongly influenced by the sensitivity of parents in responding to children, whether the response is given as soon as possible when the child needs help or there is a delay in response and whether the response given is the right response or not. Attachment can be formed through a process so it is important to build this attachment since children are at an early developmental age (Scharfe, 2017). In building attachment, there is a need for the role of parents towards children. Parents are significant figures or influential people in a child's life. They are "socialization agents" because parents have more time intensity and become examples in children's behavior in everyday life.

Parents have roles such as providing moral education, providing facilities in the learning process, helping children in the learning process at home and others. The role of parents is very good in determining children's academic achievement. Parents who pay attention to learning in children, children will be more active and more eager to learn (Valeza, 2017). The institution of attachment between parents and children has a significant impact globally. Attachment is a universal and fundamental phenomenon in human relationships, and the role of parents in shaping this attachment plays an important role such as child safety and well-being, cultural direction, mental and emotional health.

RESEARCH METHODS

In this study, researchers used qualitative field research methods, namely research that requires going to the field to make observations about phenomena in a natural setting (Ali, 2015). This research is field research where researchers go directly to study theoretically about the role of parents in building attachment in children aged 4 - 5 years at KB Nurul Yaqin.

This research was conducted at the KB which is located in Bungursari District, Purwakarta Regency. Researchers chose the location in this KB based on observations in terms of attachment (attachment) between children and parents really need the role of parents to build the values of social emotional

development. Therefore, parents need to provide assistance in guidance to children including paying attention to their social environment.

This research was conducted starting from research planning, research implementation to report writing from January to June. The population of this study is based on the number of students in KB Nurul Yaqin totaling 75. The sample that is the focus of research is parents and children aged 4 - 5 years with a total of 21 students.

RESULTS AND DISCUSSION

Based on the results of the study, it was found that the role of parents that has been carried out in building attachment to children as a whole, parents make efforts including giving advice and habituation so that children feel comfortable in socializing without having to be accompanied by their close figures. In interviews with three respondents, it was found and produced that the attachment used by the three respondents referred to secure attachment and avoidant attachment.

The role played by parents as an effort to build attachment to their children is one of them by inviting children to communicate and play, both inside and outside the home. Parents need to invite children to talk in any case, such as talking about any problems outside the home or talking about what they do at school. Parents and children have good communication, this will make children more open to their parents.

Furthermore, the role played by parents as educators to foster attachment in children is that parents always teach character to children based on customs and culture, it indicates that parents play a role in their children's education, another thing that is the obligation of parents as their role in the family is to establish communication in order to strengthen relationships so that they can present themselves in front of children as a figure who can always provide comfort for their children.

Parents and children have different attachment patterns to develop the process of early childhood growth and development. The attachment pattern applied by children with parents will affect several aspects of children's lives, researchers found that children's attachment to parents at the KB which is the author's research location is a secure attachment pattern because it has the characteristics of high self-esteem and high

interpersonal trust and as the most successful and desirable attachment picture. Secure attachment will have a major influence on the development of children who become the next generation of quality for the country.

The results of observations in the field show that the majority of children at KB Nurul Yaqin have a secure attachment pattern, where children feel safe and comfortable when accompanied by their parents. As for some children who have an avoidant attachment pattern, but there is a development where the child begins to show a pattern of safe attachment. In building attachment, it cannot be separated from the factors that influence it. Supporting factors in building attachment in children aged 4 - 5 years at KB Nurul Yaqin are: First, parent motivation. The definition of parental motivation can be interpreted as an internal state that encourages parents to act or behave in order to achieve certain goals related to the role of parents, such as meeting children's needs, educating, and creating a positive family environment. This motivation can be influenced by a variety of factors, including personal values, expectations of the parental role, and the need to provide emotional and physical support to children.(Deci, E. L. & Ryan, 2000) Second, parental role modeling, parental role modeling, can be defined as positive behaviors that parents uphold and model for their children. This example includes the values, ethics, and attitudes of life that children want to emulate in the process of character building and personal development (Berk, 2012). Third, environmental factors, in the context of psychology and human development, can be explained as any conditions, influences, or elements around an individual that affect their development, behavior, and life experiences. Environmental factors can include physical, social, economic, and cultural aspects that influence individuals (Bronfenbrenner, 1979).

The inhibiting factors in building attachment in children aged 4 - 5 years are: First, parents' limited time. Children's attachment to parents is strongly influenced by the quality of time spent together. If parents have significant time constraints, there can be a negative impact on children's attachment, due to the lack of interaction, attention, and emotional support provided by parents. Second, parents' lack of knowledge about attachment.

Parents' lack of knowledge about attachment can occur when they do not fully understand the importance of rich and deep interactions with their children in forming healthy emotional bonds. This lack of knowledge can be due to a variety of factors, including a lack of education or understanding of child development and the importance of attachment in providing a stable foundation for a child's well-being.

CONCLUSION

The results of the study concluded that the role played by parents as an effort to build attachment to their children is one of them by inviting children to communicate and play, both inside and outside the home. Parents need to invite children to talk in any case such as talking about any problems outside the home or talking about what they do at school. Parents and children have good communication, this will make children more open to their parents. In the role of parents there are several aspects such as exemplary, coach or mentor, supervisor and facilitator. From the results of observations in the field, it shows that children at KB Nurul Yaqin have a secure attachment pattern, where children feel safe and comfortable when accompanied by their parents. As for some children who have an avoidant attachment pattern, but there is a development where the child begins to show a pattern of safe attachment. The supporting factors for parents in building attachment in children 4 - 5 years old at KB Nurul Yaqin are: 1). Motivation from parents, 2). Exemplary parents, 3). Environmental factors. While the inhibiting factors of people in building attachment to children are: 1). Limited parental time, 2). Lack of parental knowledge about attachment.

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