

Efforts to Cultivate Patience in Early Childhood through the August 17th Competitions

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Abstract: This research is motivated by the importance of cultivating patient behavior from an early age because this patient behavior is useful for the future. The purpose of this study was to see the development of patient behavior in the August 17th competition activities. This study uses a Literature Review using three stages, namely data collection, data assessment, and drawing conclusions. The results of this study are August 17th competition activities that can be carried out on children aged 4-5 years, namely the flag relay race, putting balls in a basket, cracker eating competition, marble carrying competition in a spoon, filling water into bottles, dribbling balloons. Although these activities are competitions that can build a healthy competitive spirit, these activities can also increase children's sense of pleasure, and can improve several aspects of child development, namely, cognitive, language, motoric, and social emotional, especially patient behavior, such as training children to be patient waiting for their turn to play then children will learn calmly and not rush in taking, dribbling, or putting in objects. In addition, children learn not to get angry and not give up or accept when they do not win.

Kata Kunci :

Anak usia dini, 17 Agustus, Perilaku sabar

Abstrak: Penelitian ini dilatarbelakangi oleh pentingnya penanaman perilaku sabar sejak dini karena perilaku sabar ini berguna untuk masa depan. Tujuan dari penelitian ini adalah untuk melihat pengembangan perilaku sabar dalam kegiatan lomba 17 Agustus. Penelitian ini menggunakan Tinjauan Pustaka dengan menggunakan tiga tahapan yaitu pengumpulan data, penilaian data, dan penarikan kesimpulan. Hasil dari penelitian ini adalah kegiatan lomba 17 Agustus yang dapat dilakukan pada anak usia 4-5 tahun yaitu lomba estafet bendera, memasukkan bola ke dalam keranjang, lomba makan kerupuk, lomba membawa kelereng dalam sendok, mengisi air ke dalam botol, menggiring balon. Selain kegiatan tersebut merupakan perlombaan yang dapat membangun jiwa kompetitif yang sehat, kegiatan tersebut juga dapat meningkatkan rasa senang pada anak, serta dapat meningkatkan beberapa aspek perkembangan anak yaitu, kognitif, bahasa, motorik, dan sosial emosional, terutama perilaku sabar, seperti melatih anak untuk bersabar menunggu giliran bermain maka anak akan belajar dengan tenang dan tidak tergesa-gesa dalam mengambil, menggiring, atau memasukkan benda. Selain itu, anak belajar untuk tidak marah dan tidak mudah menyerah atau menerima ketika tidak menang.

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INTRODUCTION

According to Law No. 20 of 2003 concerning the National Education System, early childhood education (PAUD) is a coaching effort aimed at children from birth to 6 years of age through the provision of educational stimuli in helping physical and spiritual growth and development so that children have readiness to



enter further education. In line with Hidayati et al. (2023) dan Mulyasa (2012) Early childhood education is one form of education that prioritizes basic growth and development. This is because the growth and development obtained in early childhood education becomes the foundation and basis for children in the future so that it needs to be optimized by providing the right stimulus. (Suyadi & Ulfa, 2015) (Purnamasari & Purwani, 2022). One of the developments that need to be optimized in early childhood is patient behavior.

Patient behavior is something that is important to optimize from an early age. Because patience is a person's ability to control themselves and prioritize thoughts over feelings. (Wahyuni & Safitri, 2021). Hal ini terlihat dari penelitian yang dilakukan oleh Lombu dan Suprihatin (2020) that children need to develop patient behavior from an early age so that when doing an activity children can get used to being patient, especially in waiting for their turn. Added by Rahman dan Masripah (2021) This patient behavior can develop a sense of tolerance for something, make children calm in dealing with problems, do not force their will when they want something. But on the contrary, when children are not introduced to patient behavior from an early age, it will make children have impatient behavior, such as grabbing their friends' toys, getting angry, being impatient when they want something, impatient to queue to play and do activities, impatient to complete tasks, and wash their hands and will become a problem when the child grows up (Hodijah et al., 2019). So to avoid these problems, parents and teachers have an important role to provide stimuli or stimuli that are useful for fostering patient behavior in children.

One of the responsibilities of parents, educators and other adults is to teach children how to control their emotions so that they can vent their emotions in the right and proper way. This is due to the fact that every emotional experience experienced during childhood affects future emotional mechanisms. If one receives proper emotional education since childhood, they will be able to process and manage their emotions appropriately. On the contrary, if one does not get proper emotional education since childhood, they will face problems in life in the future. (Bateman, 2020; Piquer et al., 2020; Wahyuni & Safitri, 2021). Ditambahkan oleh Nurmalitasari (2015) that emotional education that needs to be introduced to children includes mastering and expressing emotions towards body language, facial expressions, voice and words.

Shaping a four to five year old child to behave patiently is not possible by simply giving understanding or explanation. Guidance, modeling by parents and teachers, and hands-on practice that allows children to understand and apply what they are saying are necessary (Lombu & Suprihatin, 2020). Fun learning can help children realize their imagination, therefore a teacher has an important role in regulating the learning atmosphere that is liked by children, so that it can help develop the developmental aspects possessed by each child (Adiyanti et al., 2022). So parents, and teachers need to introduce and develop patient behavior with fun activities for children. One of them is through the August 17 race activities. The race can be because through this activity children can learn to recognize, regulate, and express their emotions. August 17 is one of the most respected and appreciated historical events by the people of Indonesia. It serves as a reminder of the nation's independence from colonialism as well as a celebration of solidarity, nationalism, and love for the Indonesian nation. (Azdkar et al., 2022; Febrianty et al., 2023). So it is fitting that independence day is celebrated and filled with positive activities in order to bring the country of Indonesia into a developed country. (Bahrudin et al., 2023).

17 Agustus The August 17th competition is a cultural activity that takes place every year on August 17th and The August 17 race has also become a community activity in celebrating the Independence Day of the Republic of Indonesia. From various groups also participated in the August 17 race starting from early childhood, parents to the elderly followed it with various competitions. August 17 race activities include good and positive activities for early childhood because the August 17 race which consists of putting nails in a bottle, marbles racing using cutlery, namely spoons, eating crackers, sack racing races, sarong relay races, and tug of war. (Azdkar et al., 2022; Febrianty et al., 2023). But added by Bahrudin et al. (2023) and Salsabila et al. (2022) activities that can be done on Independence Day for early childhood, namely flag relay competitions, putting the ball in the basket, eating crackers, carrying marbles on a spoon, filling water into a bottle, dribbling balloons. Although these activities are competitions that can build a healthy competitive spirit in children, these activities can also increase children's sense of fun, and can improve several aspects of child development, namely, cognitive, language, motor, and social emotional (Faridah et al., 2024). Added because it can be more able to develop children's social-emotional

activities compared to the competition (Salsabila et al., 2022). Based on the background that has been described, the writing is interested in seeing whether through the August 17 competition can foster patient behavior in early childhood.

RESEARCH METHODS

This research method uses a literature study. Literature studies are conducted to find studies by exploring various literature sources with a literature study approach that discusses efforts to foster patient behavior in children. The search analysis was national and international accredited journal articles relevant to the research topic. In the initial stage of searching for articles in the database, the author used the keywords "patience", "early childhood", "August 17". The literature review process begins with the identification of related journal searches through google scholar and found 20 related articles, then ruled out or excluded by reading the abstract title. After searching on google scholar, the researcher got 10 articles that could be used to analyze and read in more depth. The results of this literature review will be used as an identification of efforts to foster patient behavior in children carried out by teachers and parents, so that it is expected to provide understanding to readers, especially teachers and parents.

RESULTS AND DISCUSSION

Patient Behavior

Patience is a trait that must be possessed by every human being. According to the Big Indonesian Dictionary (KBBI), patience is endurance in the face of trials, not getting angry, staying calm and not rushing. The nature of patience will make humans live with peace and always be grateful for what they experience. This is related to Mansur's opinion in (Hodijah et al., 2019) that it is very good to instill good attitudes in children from an early age, one of which is patient behavior. By training children to get used to good things, behave politely both in daily behavior and in speech. As according to Supeni & Hakim (2019) that patience is an attitude of not complaining in the face of a problem within a certain time. This is in line with the opinion of Lumbu & Suprihatin (2020) Patient behavior that needs to be possessed by children aged 4-5 years, namely children are not easily discouraged, not easily angry, children can be calm when faced with a problem or other, and children are not rushed.

Thus, based on the expert opinion above, it can be said that patience is an attitude of facing and accepting a problem gracefully. And if every human being has patient behavior, they will feel the benefits and virtues of patience in humans. This is in line with Hodijah et al. (2019) & Wahyuni & Safitri (2021) Emotional experiences during childhood also affect future emotions. If a person receives proper emotional education since childhood, they will be able to process and manage their emotions appropriately. Conversely, if one does not get proper emotional education from childhood, they will face problems in life in the future.

One of the causes of children having an impatient attitude is the lack of awareness of adults in being firm with children, not giving children the opportunity to solve their own problems and not recognizing the emotions felt in children. So that when the child is doing race activities, adults will help the child to solve the problem. (Lombu & Suprihatin, 2020). This is in line with Hainstok's expression in (Hodijah et al., 2019) that lack of parental awareness of child development. In reality, there are many obstacles in instilling patient behavior towards children at Paud Al-Kalam. Some children still speak harshly, are impatient in doing things, and like to disturb their friends when learning and playing.

As according to Ernadewita in (Mutaqin, 2022) The benefits of patience are: (a) Being able to control their emotions; (b) Cultivating a forgiving attitude; (c) Being more calm and not in a hurry; (d) Not easily despairing; (e) Accepting reality; (f) Fostering sincerity. It can be understood that when applying patient behavior in life, especially in children, it will have a positive impact on the child's personality and the environment, such as holding back, waiting for their turn, waiting, listening to others speak, not crying when parting with their mother, not complaining easily, not rushing, always completing their tasks to completion, and trying not to hurt or retaliate with violence. (Wahyuni & Safitri, 2021).

This patient behavior can be obtained through competition activities, such as flag relay competitions, putting balls in baskets, eating crackers, carrying marbles in spoons, filling water into bottles, dribbling balloons. The race trains children to patiently wait for their turn to play then children

will learn to be calm and not rush in taking, dribbling, or inserting objects. In addition, children learn not to get angry or discouraged when they don't win. (Faridah et al., 2024; Lumbu & Suprihatin, 2020).

August 17th Competition

August 17 is Indonesian Independence Day, where Indonesia was freed from colonizers and became independent on August 17, 1945. Quoted from the UMJ journal, according to Jeje Rizal, a historian and culturalist in(Salsabila et al., 2022) said that the tradition of August 17 arose because of the enthusiasm of the people who wanted to enliven the struggle for Indonesian independence in a fun way. The August 17th race tradition is an activity that is routinely carried out every year in various regions in Indonesia, all groups celebrate and enliven the August 17th race. From young to old, they also participate, especially early childhood. (Azdkar et al., 2022; Bahrudin et al., 2023; Febrianty et al., 2023).

The types of competitions that are often contested on August 17 are: (a) cracker eating competition; (b) areca nut climbing competition (c) sack race competition; (d) marbles competition; (e) clog race; (f) gate decorating competition; and (g) tug of war competition then before the 17th of August takes place local residents put flags in each of their homes or on the streets around their homes. (Risalatul Amanah et al., 2023; Salsabila et al., 2022). According to Bahrudin et al. (2023) and Salsabila et al. (2022) Activities that can be done on Independence Day for early childhood include a flag relay race, putting the ball in a basket, eating crackers, carrying marbles on a spoon, filling water into a bottle, dribbling balloons. Although this activity is done simply, this activity can make children happy. In addition to being fun, this activity can have a good effect on children to train children's patience in carrying out the race, increase their sense of responsibility, train cohesiveness and strengthen cooperation between groups.

This activity has good goals, namely: (a) Foster a sense of nationalism; (b) love for the country; (c) commemorate the services of heroes who have fought for Indonesia's independence; (d) increase brotherhood and unity. (Bahrudin et al., 2023; Febrianty et al., 2023). According to Salsabila et al. (2022) The activity is a race that can build a

healthy competitive spirit in children but the activity can also increase children's sense of fun, and can improve several aspects of child development, namely, cognitive, language, motor, and social emotional. (Faridah et al., 2024) Added because it can be more able to develop children's social-emotional activities compared to the competition. (Salsabila et al., 2022). It can be understood that the 17 August competition activities are activities that have a positive influence on early childhood, such as training children to patiently wait for their turn to play then children will learn to be calm and not rush in taking, dribbling, or inserting objects. In addition, children learn not to get angry or discouraged when they don't win. (Bahrudin et al., 2023; Faridah et al., 2024; Febrianty et al., 2023; Lumbu & Suprihatin, 2020; Salsabila et al., 2022).

Efforts to Foster Patient Behavior through the August 17 Race

The August 17 race activities can develop social emotional aspects in children, one of which is patient behavior. Seen from research conducted by Bahrudin et al. (2023) The activities at the August 17 competition not only provide learning for children about History and culture but also develop children's social skills, creativity and character. They learn to work together, speak up, and adjust in a group environment. According to Faridah et al. (2024) The activity is a race that can build a healthy competitive spirit in children but the activity can also increase children's sense of fun. Moreover, developing patient behavior is not possible just by giving understanding or explanation. Rather, it is necessary to provide guidance, exemplary parents and teachers, and direct practice that allows children to understand and apply what they say. So that through the activities of the August 17 race, children can develop patient behavior because there are various competitions that are played, such as inserting nails in a bottle, racing marbles using cutlery, namely spoons, eating crackers, racing sacks, sarong relay races, water relay. This can be an alternative for children in fostering patient behavior and fostering a sense of nationalism or love for the Indonesian nation. (Risalatul Amanah et al., 2023; Salsabila et al., 2022).

Children are taught to always be patient when participating in various competitions provided such as putting nails in a bottle in the race,

children are taught to remain calm when putting their nails in the bottle so that the balance of the body is maintained and does not fall. Then there is the race of marbles using spoons, the race that children are taught to remain calm when carrying spoons and marbles with their mouths to walk to the finish line and so on. The sarong relay race and water relay, train children's cohesiveness in teams and cooperate with each other in completing the race and children can behave patiently and sincerely if they experience defeat. In addition to fostering patient behavior in children, we can invite children to participate in the 17 August competition held at school so that children can socialize with friends at school (Bahrudin et al., 2023; Febrianty et al., 2023). According to Salsabila et al. (2022) August 17 activities can train children to actively participate in activities outside the classroom, improve children's motor skills because children are involved in various kinds of competitions, and also increase children's patience because in this race children wait for their turn in playing, accept decisions, and do not rush in playing.

CONCLUSION

Patient behavior is very important to instill in children from an early age. In fostering patient behavior, parents and teachers can use a variety of fun strategies, one of which is through the August 17 race activities. Activities that can be done on Independence Day for early childhood, namely flag relay competitions, putting the ball in a basket, eating crackers, carrying marbles on a spoon, filling water into a bottle, dribbling balloons. Although these activities are competitions that can build a healthy competitive spirit in children, these activities can also increase children's sense of fun, and can improve several aspects of child development, namely, cognitive, language, motor, and social-emotional, especially patient behavior, such as training children to patiently wait for their turn to play then children will learn to be calm and not rush in taking, dribbling, or inserting objects. In addition, children learn not to get angry or discouraged when they don't win.

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