

THE EXPERIENCE OF PARENTS WHO HAVE TEMPER TANTRUMS TODDLER

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ABSTRACT

Background and aims: Temper tantrums are an expression of despair and anger are shown in negative behaviors such as yelling, screaming, crying, hitting, rolling, kicking, body convulse, Snap-stomping both feet and hands on the floor or ground, revolted, throwing bodies on the floor and ran away. This study aims to gain an in-depth information about the experiences of parents who have a toddler with temper tantrum.

Methods: The study design was a qualitative method of phenomenology with the data collection techniques are in-depth interviews with field notes. Study informants were five mothers who have a toddler with temper tantrum. Informants selected by purposive sampling.

Results: The result of study identified 13 themes as spesific goal were the behavior shown by toddler with temper tantum classified into the response of anger, grief response, time of temper tantrums and place of temper tantrums; the cause of temper tantrum that occurred on the physical needs of toddler, looking for attention and the of influence environment; perceptionof mother of toddler with temper tantrums were divided into the sight of temper tantrums and feelings in the face of children showed temper tantrums; upbringing by parents of toddler temper tantrums is to understand child development, controlling the child and spoil the child, and maternal expectations regarding toddler temper tantrums on the attitude children change for the better.

Conclusion: For the field of nursing research is expected to be used as additional data about the emotional development of children so as to provide health education to communities about the emotional development of children and their impact.

Keywords: Temper tantrums, parents experience

A. Background

Toddler period have began from they being walk to walk and run easily, which approximately age 12 to 36 months. Toddler characterized by increased independence, more of physical mobility and cognitive ability. Toddler also raise awareness of their ability to control and be pleased with the success of their abilities. This makes them repeat their success of efforts to control their environment. Unsuccessful efforts to control can be expressed by negaitif behavior as temper tantrum (Potter & Perry, 2005).

Temper tantrums are an expression of the sense of losing control over their feelings of anger. Behavior in general temper tantrums include: yelling, screaming, crying, hitting, rolling, kicking, body convulse, snap-stomping both feet and hands on the floor or ground, revolted, throwing bodies on the floor and ran away. Temper tantrums can occur in all stages of life cycle. However, the worst behavior usually occurs at age 18 months to 3 years. Temper tantrums in children over the age of 4 or 5 years rarely erupted into a difficult to control as the child was 2 years old. That's because that children are able to express anger and despair, but also tried to control he feelings that usually child no longer use temper tantrums to expressed his emotions (Hayes, 2003).

One of the factors affecting temper tantrums in children is a style of parenting. Parents have a major role to direction in child's personality (Novita, 2007). According Widyarini (2009), there are three types of parenting style. They are namely by democracy, authoritarian, and permissive's style. Children are cared for by authoritarian style will more of temper tantrums frequently. And while permissive parenting can make the child perform temper tantrums to get his way. However, children are cared for by the assertive style or democratic show temper tantrums rarely (Hayes, 2003).

Jayanthi's evidence on the relationship between parenting behaviors with temper tantrums on preschool in Semarang showed that 50% of democracy mothers have children who temper tantrums rarely, 30% permissive have child who showed temper tantrums if he is not fulfilled, 20% authoritarian style have child who more aggressive and always show temper tantrums. Based on Pakpahan study about the relationship between parenting behaviors of parents with temper tantrums toddler in South Jakarta in 2008 showed that 90% of the 10 informants have no good parenting and have temper tantrums child. 52.4% from 42 informants on good parenting have no ttemper tantrums child.

B. MATERIAL AND METHODE

This study aims to gain an in-depth information about the experiences of parents who have a toddler with temper tantrum. The study design was a qualitative method of phenomenology with the data collection techniques are in-depth interviews with field notes. Study informants were five mothers who have a toddler with temper tantrum. Informants selected by purposive

sampling. Key informants in this study are mother who have inclusion criteria:

- Mothers who have temper tantrums toddler.
- Mothers who lived in the region of Community Health Center in Plaju Palembang.
- There are statement to participate in this study by take a signature of research consent.
- Can communicate well.

The sources of data triangulation in this study were family members who living together with key informants. The research process was start from March to July 2011. Data collection tool were interview guides, stationery, field notes, mp3 player, and camera. There two phase of data collection procedures were pre field and field work stages. Pre field stage done by preparation of the study include prepare of design, choose the field of research, then take care of permissions. The information was analyzed immediately and gradually. Researcher obtained data , by changing the transcription of voice recordings into written form and record the results of field notes made during the interview process. transcription were clarified prior to informan. Then, transcript was read repeatedly 2-3 times of all participants in order to understand of infoman statement. Then grouping the data into various categories and determining the main themes. Further more, integrating into narrative descriptions.

C. RESULT

1. characteristics of the informants

Table.1 characteristics of the informants

Informants	Age of mother (year)	Age of toddler (year)	Language	ethnic	education	Job	Type of family
I	27	2	Palembang	Palembang	DIII	midwifery	extended
II	26	1,4	Palembang	Palembang	SMP	House wife	nuclear
III	22	2	Palembang	Komering	SMP	House wife	extended
IV	40	2,5	Palembang	Jawa	SMA	House wife	nuclear
V	40	3,1	Palembang	OKI	SMA	House wife	nuclear

Table.2 Characteristic of Triangulation Source

Triangulation Source	sex	age (year)	Language	Age	Education	Job	familial relationship
T-I	Female	22	Palembang	Palembang	S1	Student	niece
T-II	Female	40	Palembang	Palembang	SMP	House wife	mother
T-III	Female	40	Palembang	Palembang	SMP	House wife	Mother in law
T-IV	Female	8	Palembang	Jawa	SD	Student	daughter
T-V	Male	15	Palembang	OKI	SMP	Student	son

Information :

T = Triangulation Source

I = Informant

2. Temper Tantrum behaviour**a. Anger response**

Anger response was shown in goods slamming, hitting, pulling, screaming, and kicking.

“.....kadang jago sih, klo dio lagi dak seneng, klo misalnya main apo kita larang, malah kadang mainan itu dilempar (good slamming)...., ...kadang jago gebuk-gebuk (hitting) kita cak ini...,ya sambil jerit-jerit (screaming) kayak itu, besar-besarin suaro cak itu.....” (I-1) (informan tampak bersemangat, informan juga memberi contoh cara anak memukul, informan juga tampak berpikir)

“.....banting-banting apa yang ada di buang(good slamming), oh iya, dia suka mukul juga, menjambak, menjerit-jerit...,oh iya, dia suka mukul(hitting) juga, menjambak (pulling), menjerit-jerit.....” (I-2)

b. Grief Response**1. own body slammed**

Own body slammed who expressed by the informant:

“.....dia suka membanting badan, guling-guling (rolling) cak itu nah.....” (I-3) (informan sedikit tersenyum)

Sesuai dengan ungkapan triangulasi sumber, sebagai berikut:

“.....suka menghempaskan badan, ngeri kita takut kan...” (P-2)

2. Cried

Cried who expressed by the informant:

:

“.....paling nangis (cried).....” (I-1) (informan tampak berpikir)

“.....selain itu, dia juga suka nangis.....” (I-4) (informan tampak bersemangat)

“.....memukul, menendang, menjambak dan menangis.....” (I-5) (informan tampak biasa)

3. Time of Temper tantrums

Time of temper tantrums toddler were varies. Some of informant say it usually in the morning, but some was saying can not be ascertained.

4. Place of Temper tantrums

Place of occurrence temper tantrums toddler's according to all informants most often shown at home. One informant said that also likes to temper tantrums occur outside the home.

c. causes of Temper Tantom toddler

5. Physical needs

Temper tantrums caused when be feel hungry and thirsty was expressed by one informant, :

“.....paling minta susu bae (thirsty), kapan belum di buat, marah.....” (I-3) (informan tampak biasa sambil memangku anak)

5. Dissappointed

Children also showed temper tantrums when his request was not fulfilled, it was revealed by three informants, such as the following:

“.....tapi klo apo yang dio pengen dak dituruti (request was not fulfilled.....” (I-1) (informan sedikit tersenyum)

6. Environment

Two informants said temper tantrums was showed by the children when bullied by others, as follows:

“.....karena anak-anak waktu lagi maen galak bertengkar (was hostile/fight), nah ngambil batu dia, mau dilemparnya,.....” (I-4) (informan tampak bersemangat)

d. Mother Perceptions Regarding Temper tantrums

7. Thoughts about temper tantrums

Four informants thought about temper tantrums are common behaviour on toddler, and one informant claimed be confusion on toddler who expressed the temper tantrums.

8. Feelings When Facing Temper tantrums

Parents' feelings when faced they child who temper tantrums shown be upset, self-reflection, confused and patient

e. Parenting style of parent who have Temper tantrums Toddler

9. Understanding Child Development

Parents were handling environmental conditions, give advice to children about his attitude and behavior.

10. Controlling the child

Three informants confess were hitting their child when get upset, one informant said control children by diverting his attention, two informants said that hold the child, and two informants revealed to persuade the child.

11. spoiling Children

Four informants said to satisfy of the child when the child showed temper tantrums

f. Mother expectation regarding temper tantrum toddler

12. Towards better attitude

mother expectations of their child's behavior was **Towards better attitude** from temper tantrum to be not naughty be a good boy.

D. DISCUSSION

1. TEMPER TANTRUM

Anger response who expressed by the informants included five categories do goods slamming, hitting, pulling, screaming, and kicking. Hayes (2003) temper tantrums are divided into two types which anger temper tantrums and distress temper tantrums. anger temper tantrums are shown by foot stomping, kicking, hitting and yelling. While the grief response was indicate did body slam and crying. Body slam when expressed by the informant who can not walk. This is similarity with the theory which says that under the 3 years old children like to throw himself on the floor (LaForge, 2002). According Steede (2009), be slap your self behavior was an expression of feeling betrayed, abandoned, lonely, or combination of these.

Crying be shown by toddler because he has limitations of language. Making them difficult to express anger. The same statement of Hayes (2003), distress temper tantrums are indicated of weeping and sobbing, slap he self, and ran away. Very young children

express grief or loss with temper tantrums frequently. That's because of the limitations of language.

2. TIME AND PLACE

The time of occurrence temper tantrums was divided in two categories: in the morning and uncertain. Informants revealed occurred in the morning because the temper tantrums trigger in the morning. Uncertain temper tantrums because it occurred depended on the triggering factors are not fixed. This was in accordance with the statement according to Hayes (2003) there are some trigger of temper tantrum in the majority of children, which is seeking attention, wanting something that can not be owned, wants to be independent, frustration, jealous, weakness and hunger, emotional instability, emotional overload and stubbornness. trigger occurs at an uncertain time.

temper tantrums is expressed most often occur at home. But there was one informant who said that the temper tantrums also occur outside where children play. According to Hayes (2003) Tantrums are interactive, rather than reactive. Children will not have tantrums when he was alone. Tantrums are almost always occur when they with his parents or someone else is already accustomed to it. According to investigators, the occurrence of temper tantrums is not very influential.

3. TRIGGER OF TEMPER TANTRUM

a. Physical need

Based on this research, there factors which divided into three sub theme of physical needs, be feelings disappointment and environmental influences. Physical needs are expressed when they was hungry. This is in line with the theory of physiological causes that make them feel tired because of playing, sleepy, hungry or when they be sick. At this time the child becomes bupset because their has not been able to express it verbally to the parents. Eventually the child were be angry, and crying (Novita, 2007). In addition, according to Hayes (2003) one of the triggers of temper tantrums were they usually upset when he was tired or hungry. This is also the most common responses in children of temper tantrums.

b. Dissapointed

Based on this research, most of the informants said that the child will be temper tantrums if they want something. The desire which often leads to temper tantrums are toys and snacks. According to Novita (2007), the style of parenting also contribute to temper tantrums. Children who are spoiled and always get what they want, will show temper tantrums if his request was rejected. And for children who are too protected and dominated by their parents would oppose the parents domination with temper tantrums. Parents who are inconsistent also cause temper tantrums.

Meanwhile, according to Hayes (2003), which did not obey of they desire is a factor triggering temper tantrums. A child may find it difficult to accept the fact that they can not have everything they wants. Temper tantrums do initially to seek attention of parents. But more than that, succes of temper tantrums to have what they wants, then temper tantrums was be repeated. According to Surya (2005), the wishes of children be stimulated from the environment where the child resides. This means, the beahvior of a child is influenced by the environment.

c. **Environtmental influence**

Based on the results of this study, informants revealed that there is influence of environment on temper tantrum toddler. This occurs when a child is being bullied by his older brother or too disturbed by his friend. This is in line with the theory of causes of temper tantrums were environmental factors. A mischievous child describe to the environment in which the child resides. Environmental factors can lead to temper tantrums because children can not control his emotions when someone else is bothering him. That's because when the kids were enjoying the game to be disturbed, then the child can not control his emotinall reaction.

4. **PERCEPTION OF MOTHER ABOUT TEMPER TANTRUMS**

Perceptions of mothers about the temper tantrums are divided in to two themes were feelings of mother when faced her toddler who temper tantrum and tough of mothers of temper tantrums. Most of the informants think temper tantrums in children are common. Only one informant who thinks it should not be done. According to Surya (2005), a recalcitrant child can be a limiting factor for the formation of a mature personality if left in the long time. In addition, they also may have difficulty in making the learning process. This happens because the child has difficulty in focusing attention and concentration to studying. Temper tantrums must be experienced by every child, but it will be bad if the temper tantrums are sustainable.

Most parents feel annoyed when they children show temper tantrums. However, parents also feel confused, self-reflection and be patient during a temper tantrum. According to Surya (2005), parents feel helpless in the face of a recalcitrant child. So as usually they express anger in a negative way such as hitting and pinching the child. It will give model of behavior of temper tantrums to children, because parents were an important role in teaching children to express their emotions. Parents who do self-reflection because they feel guilty in their child educate. In addition, parents who try to be patient, due to lack of knowing how to face temper tantrums.

5. **TYPE OF PARENTING**

There are many informant who know the development of their child by controlling environment and giving advice when their child have temper tantrum. Prasetya (2003) shown that knowing the developmental of child are democratic style in parenting.

Parent who apply democracy style were acceptance their child in all of their heart and have thought of clearly future. But parents do not hesitate to control children. Dare to rebuke when a child misbehaves Widyarini (2009). Initial steps taken by parents was guide the child to gradually be independent, respect for the child not only as biological beings, but it is a human being who also have the mind and emotion. children who have care by this style be more independent, strict with themselves, have introspection and have ability of self-control, good job in team work with synergistic and friendly to the others, so it's easy to get along with peers and with older people.

parenting style by control the children were cope with children's behavior by hitting the child, holding, seduce and distract. According Prasetya (2003), which controls by parents to children like this in accordance with the attitude of authoritarian parenting. This is consistent with that disclosed by Widyarini (2009), and Prasetya (2003), that the authoritarian parenting, parents tend not to think about what will happen in the future, the focus is more on present. Parents control the child because the interests of parents. Parents assess and prosecute child to meet the absolute standards set unilaterally by parents, absolutize obedience and respect or manners. Parents feel never make mistakes. Parents do not realize that later on kids with parenting, it may be causing the problem more complicated. Although children with authoritarian parenting has competence and responsibility, but tend to withdraw socially, less spontaneous and seemed less confident. Boys with this parenting are at risk of antisocial behavior, aggressive, impulsive, and other maladaptive behaviors. Girls tend to become dependent on their parents (Prasetya, 2003).

Handling temper tantrums by means spoiling and indulgent parenting style referred to as a child. According Widyarini (2009), and Prasetya (2003), indulgent parenting is a child-centered parenting in the interests of the child. Parents do not control the behavior of children in accordance with the needs of the child's personality development. Parents never dared not reprimand or scold the child's behavior even though such behavior has crossed the line. Although children with this parenting tend to be more energetic and responsive compared with children with authoritarian parenting, but they seem less socially mature (spoiled), impulsivity, selfishness and lack of confidence.

6. THOUGHT OF MOTHER ABOUT TEMPER TANTRUM

Informant hope be divided in two categories are being no bad boy and know what their must do if trigger be done (know the impact of tantrum). But

almost of the informant hope their child changed in to positif behavior and do not temer tantrum again. According Surya (2005), parents hope their child obeyed their directed and do not shown tmeper tantrum. It is similarity on the result of this study.

CONCLUSSION

Temper tantrum in toddler in region of Plaju Palembang Health Center shown four theme were anger, grief response, time of *temper tantrum* and place of *temper tantrum*. Trigger of temper tantrum shown three theme were physical need, dissapointed, and environtmental influence. The thought of mother about *temper tantrum* were comonly occured in child, and confused about the child behaviour. And the feeling of mother were upset, confuse, self reflection, and be patient. Type of parenting style shown in three theme were know developmental of child, controling child, and spoilling the child. Mother hope in their child who have temper tanrum are change to better toward may not tempertantrum and knowing its impact.

This study sugested parents to colect information deeply about emotional developmental of their child, managemet of temper tantrum, and its impact. Also sugested to follow resercher about methode to manage temper tantrum in qualitatif design, in depth inetrview, observation and focus group discussion.

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