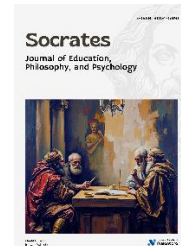




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The Importance of Parents Role in Developing Early Childhood Emotional Intelligence

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Abstract: The role of parents is very crucial in developing emotional intelligence in early childhood, especially in the golden period of child development (0-6 years). Emotional intelligence includes the ability to recognize, manage emotions, empathize, and build healthy social relationships. This intelligence does not develop naturally, but requires consistent parenting, guidance and education. Parents, especially mothers, play a role as the main educators in shaping children's personality, behavior and social-emotional competencies through positive interactions and providing good role models. . Support for children's creativity, independence and communication is the main factor in this process. Children with good emotional intelligence will grow into confident individuals, able to resolve conflicts, and have strong social skills. This research emphasizes the importance of parental strategies in building emotional intelligence in early childhood to support their short-term and long-term success.

Keyword: Role of Parents, Emotional Intelligence, Children, Early Childhood

INTRODUCTION

Early childhood refers to children between the ages of 0 and 6. Children in this age range experience a growth cycle during which they are much better at learning than adults (Amelia, 2018). Early childhood is a golden period in child development, both physically, cognitively, and emotionally. At this stage, children begin to recognize and manage emotions, develop empathy, and build healthy social relationships. According to Goleman (2000), strong emotional intelligence helps children become more confident, able to resolve conflicts, and develop positive social skills. However, the development of this emotional intelligence is highly dependent on the role of parents as primary educators at home.

Parents, especially mothers, play a crucial role in shaping their children's social, emotional, and educational patterns in the future. The psychological climate and, especially, the specifics of family relationships play a crucial role in shaping a child's personality. Furthermore, the reciprocal relationship between parents and children within the family continues to influence childhood and, subsequently, adulthood (Yuliasari & Lestari, 2021). Vasilyeva and Schernakov state that parents have a functional role as family members' social responsibilities to their

children, in accordance with family life, family rules of conduct, traditions, and established interpersonal relationships. (Nur Utami & Raharjo, 2021).

Emotional intelligence, or EQ, is a person's ability to self-regulate, manage their desires, and emotions, as well as their self-awareness. In this context, self-awareness refers not to physical aspects such as skin color, hair color, or height, but rather to knowledge of one's potential and abilities, as well as understanding one's weaknesses and feelings or emotions. Therefore, an individual should utilize, express, control, and communicate with others. An individual with emotional intelligence generally possesses problem-solving skills, independence, empathy, friendliness, and respect. The key to emotional intelligence is patience (Djamarah, 2004).

Developing children's emotional intelligence is crucial because it does not develop naturally. A child's emotional maturity does not simply follow their biological development, but also depends on the educational process or parenting style implemented by both parents, as well as ongoing guidance and training. Children's emotions often differ from those of adults, especially as they enter adolescence. Characteristic emotions in children are excessive anger and fear, which are fundamental factors in their emotional development (Lestari, 2016).

A child's socio-emotional potential, stable from childhood, continues into adulthood and becomes permanent. As noted by Abe & Izard, emotional and social competence exhibits relatively stable patterns over time, from preschool to adolescence (Juniarti & Nurlaeni, 2017). Hurlock argues that social development is the acquisition of the ability to behave in accordance with social demands. One step in developing emotional intelligence is to accustom children to social skills. This means the ability to behave in accordance with social norms, values, or expectations. A child's social-emotional development is largely determined by parent-child interactions.

Therefore, teaching children social norms and rules, as well as morals, must begin at age 0. From this explanation, it is clear that a child's social emotions are shaped by interactions between parents and children and by parental modeling. However, in Indonesia, this still poses a problem, as evidenced by the lack of understanding of children's emotional and social development. Therefore, we have chosen the title "The Importance of Parents' Role in Developing Emotional Intelligence in Early Childhood" to discuss the efforts and strategies parents can employ to foster emotional intelligence in children and the impact on children in the short and long term.

METHOD

The research used a review study. Data collection techniques were Data Source Identification, Literature Search, Literature Selection, Data Extraction, and Data Management. The data collection instruments used were a selection criteria framework (inclusion/exclusion), a literature search tool, a data extraction form, and a Study Quality Evaluation Checklist.

RESULTS AND DISCUSSION

Emotional intelligence is the ability to recognize one's own and others' feelings, motivate oneself, and effectively manage emotions within oneself and in relationships. Emotional intelligence is related to emotional skills, with six essential emotional skills: self-understanding, emotional management, empathy, communication, collaboration, and conflict resolution (Dulewicz & Malcolm, 2000).

According to Goleman (2017), emotional intelligence is a person's ability to regulate, manage, and express emotions through self-awareness, self-control, empathy, self-motivation, and social skills (Goleman, 1996). Emotional regulation and self-management are explained in detail as managing one's emotions so that they can play a positive role in managing one's life. Emotions shape one's feelings, fostering compassion, caring, and empathy for others. Emotions can also lead to the opposite traits: hatred, indifference, and resentment. Self-control, or self-control, is a series of processes that shape an individual's psychological, physical, and

behavioral patterns, allowing them to determine their behavior based on certain standards, such as morals, societal rules, and values, leading to positive behavior (Zulfah, 2021).

Bar-On explains that emotional intelligence is a set of personal, emotional, and social abilities that influence a person's ability to successfully cope with environmental demands and pressures. Furthermore, Patton (2000) states that emotional intelligence is the power behind the throne of intellectual abilities, the foundation of emotional development, encompassing the skills of controlling impulses, being optimistic, effectively channeling strong emotions, and maintaining self-discipline in achieving goals. These two opinions explicitly demonstrate the importance of emotional intelligence for parents, as those primarily responsible for early childhood care. Parents play a crucial role in the emotional development of early childhood, and therefore, parents must maximize their role.

Parents play a significant role in developing emotional intelligence in early childhood. Parents are the closest people to their children. Parents also have a role to nurture and guide their children by providing good examples (Mujiyatun, 2019) in living their daily lives. In addition, parents also introduce their children to things in this world and answer clearly about anything the child does not understand. Parents are the center of a child's spiritual life and as the cause of socialization with the outside world, so every emotional reaction of a child and his thoughts in the future will be influenced by his attitude towards his parents in his early life. Therefore, parents or mothers and fathers play a crucial and very influential role in a child's education. A child's emotional development is greatly influenced by the role of parents. The first educators for children are the parents themselves. In the golden age, early childhood tends to be very close to their parents, especially mothers. The role of parents in emotional development is very important, considering that early childhood is very trusting and relies completely on their parents. Technically, parental attitudes can support the development of a child's potential. Parental attitudes that support children's potential include: 1) respecting children's opinions and encouraging them to express them, (2) giving children time to think, reflect, and imagine, (3) allowing children to make their own decisions, (4) encouraging children to ask lots of questions, (5) assuring children that parents value what they want to try, do, and produce (6) supporting and encouraging children's activities, (7) enjoying being with children, (8) giving sincere praise to children, (9) encouraging children's independence in working and (10) establishing good cooperative relationships with children.

Every human being needs the help of others to develop their emotional intelligence. In the family environment, parents, God, will provide assistance in improving one's emotional intelligence. In the educational environment, teachers will provide assistance. In the community, peers, neighbors, and society in general will provide assistance in improving one's emotional intelligence. However, among these three, parents play the most dominant role in shaping one's emotional intelligence. In terms of time intensity, a person spends more time in the family environment than in other environments. Furthermore, parents have a close relationship with a child from before birth. Therefore, it is reasonable to say that a child has a strong emotional bond with its mother, even if the child and parents have not seen each other for a long time. Therefore, Islam mandates parents to develop a child's emotional intelligence. This is because children will develop good behavior, not only in managing themselves but also in interacting and socializing with others.

Most people assume that raising a child involves diapers, messy meals, and chasing after a crying or actively playing child. But parenting goes far beyond meeting a child's basic survival needs, and parents have a significant impact on a child's development, including personality, emotional development, and behavioral patterns, among many other factors. It is crucial for children's overall development that parents are present and supportive, and this support fosters self-confidence and growth in many areas (Nurhasanah et al., 2021).

Sometimes physical attention alone is not enough, because a child's emotional development is a crucial part of their future life. Parents who are close but not involved

or emotionally responsive tend to raise children who are more stressed and less engaged in play or activities. A study examining the relationship between parental investment and children's competence showed that parental emotional involvement is important and influences the outcomes of their children's competence and emotional regulation. Parents should keep this in mind when evaluating the quality of time they spend with their children. If they don't invest sufficient time and dedication in communicating their emotions to their children, it will be difficult for them to learn to express their own emotions (Khusniyah N. L., 2018).

Every wise parent certainly has the awareness to educate their children. Many parents work hard, toil, and earn money to educate their children so they can become intelligent. Some are even willing to live modestly, sacrificing whatever they can to achieve these desired children. However, the problem is that the sacrifices and hard work of parents who hope for intelligent children are often not accompanied by adequate awareness and knowledge (know why and know how) about developing the child's own intelligence (Surasono, 2000).

To develop a child's emotional intelligence, consider the points put forward by experts, namely: (1) understanding or reading situations, (2) being able to listen and hear others, (3) being ready to communicate, (4) having empathy, (5) being mentally prepared and not afraid of rejection, (6) being rational and focused.

From the points above, efforts to develop a child's emotional intelligence as put forward by experts serve as a reference for families in educating their children, especially so that their emotional intelligence can develop properly.

Related to supporting factors for a child's emotional intelligence is fostering good relationships/communication between the child and both parents, the child's relationship with the environment, and their relationship with themselves. Inhibiting factors originate from social interactions and stem from the child's own lack of self-awareness, leading to uncontrolled emotions. Poor social interactions can lead to delinquent behavior. These inhibiting factors can be addressed by parents paying close attention to their child's emotional development at every age, as they grow into adulthood.

Essentially, the primary supporter of a child's emotional development is their family, not the external environment or school. Therefore, families should prepare themselves to educate their children from an early age, before they enter the world, so they are better prepared to face the challenges they face.

Parents who educate their children by striving to develop their emotional intelligence (EQ) through their ability to recognize their own emotions, manage them effectively, demonstrate compassion, communicate effectively, and exhibit a high level of empathy will be crucial for parents and caregivers in helping their children succeed in life.

CONCLUSION

The role of parents is crucial in fostering emotional intelligence in early childhood, especially during the "golden period" of child development. Emotional intelligence, which encompasses the ability to recognize and manage emotions, and build social relationships, does not develop naturally but requires consistent education, guidance, and parenting.

Parents, as primary educators, influence children's emotional development through loving interactions, positive role models, and support for their independence and creativity. With good emotional intelligence, children will grow up to be self-confident, empathetic, able to resolve conflicts, and possess strong social skills, which are essential for their future lives.

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