

# Confirmation of Five Factors That Affect Temper Tantrums In Preschool Children: A Literature Review

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**Background:** Temper Tantrum can cause aggressive behavior that endangers the child and the people in their environment, makes the child feel inferior, curses, injures, and even causes death (Rahmah, 2016). The research objective is to determine the effect of family environment, parenting, self-adjustment, children's independence and emotional intelligence on the temper tantrums of preschool children. **Method:** The research method used by the author is literature review. The author uses several databases such as Pubmed, Science Direct, Ebsco, and Google Scholar. The keywords used, among others Environment, Parenting, Temper Tantrum, Preschool Children. The literature used is written in English and Indonesian, publication years from 2009-2019, Randomized Controlled Trial (RCT). **Results:** The results showed that the variable Temper Tantrum of preschool children was directly influenced by the family environment 29.8%, 22% parenting style, 8.68% adjustment, 4.53% children's independence, 7.06% emotional intelligence. While the direct effect of the family environment on self-adjustment is 44.7%, adjustment to emotional intelligence is 13.72%, parenting styles for self-adjustment are 3.61%, parenting styles for self-sufficiency 16.15%, family environment on independence 67.55% of children, parenting patterns of emotional intelligence 7.87%, family environment to emotional intelligence 54.49%, family environment to parenting 66.12% of parents, independence of children to adjustment 10.11% with Thus it was concluded that the family environment most influenced the temper tantrums of preschool children at RW 02, because the family environment was the child's first medium in socializing. **Conclusion:** Suggestions for children's independence and parenting styles for parents should give new enthusiasm for the activities given as well as for the children's achievements, achievements or efforts in realizing certain goals, which can be in the form of giving numbers or values, gifts, praise and awards, establishing good communication between children and parents (Andriyani, 2016).

## I. Introduction

The age range of 0-6 years is the golden period of child development. Children begin to recognize and learn to face feelings of disappointment when what they want cannot be fulfilled. Early age is the age where children experience rapid development and growth which is often referred to as the golden age.(3)

Early childhood will behave egocentrically which is often referred to as being selfish, especially children who experience temper tantrums due to their unfulfilled wishes, children will show negative behavior so that their parents' attention is drawn to them, both negative behavior and manipulated behavior. Environmental conditions that are not supportive, make older children do Temper Tantrum behavior and finally he shows bad behavior to get attention from the environment such as throwing tantrums, rolling on the floor and can hurt himself.(4)

Temper Tantrum influenced by several factors, namely environmental, psychological, adaptability, then influenced by parenting styles. Based on the description above, it is necessary to have further research on Temper Tantrum in pre-school, because at that time it is a very decisive age in character building, personality and children experience rapid growth and development.(5)

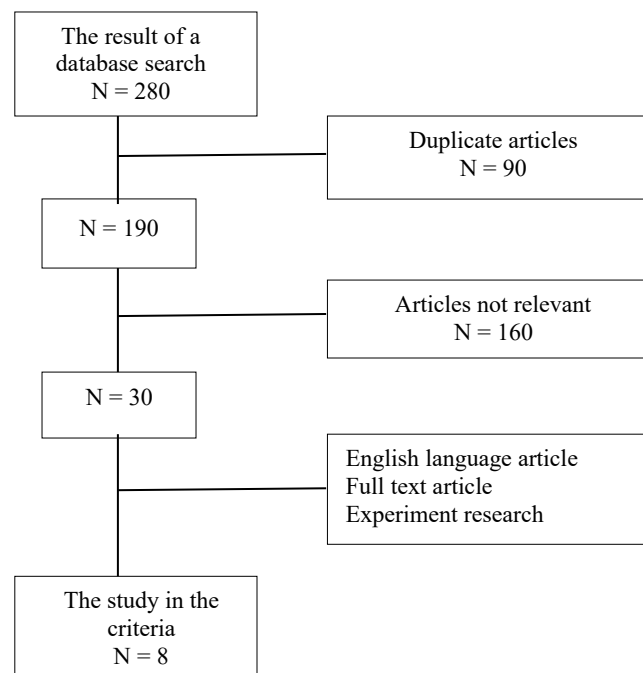


## II. METHODS

The research method used by the author is literature review. The author uses several databases such as Pubmed, Science Direct, Ebsco, and Google Scholar. The keywords used, among others Environment, Parenting, Temper Tantrum, Preschool Children. The literature used is written in English and Indonesian, publication years from 2009-2019, Randomized Controlled Trial (RCT).

## III. RESULTS

The results of the research database were 280 articles. A total of 95 articles have the same or similarity with the title, 160 articles are irrelevant. After using inclusion and exclusion criteria, 6 articles were found to be suitable for this literature



**Figure 1. Flowchart of the exclusion process and final selection**

**Table 1. Study Characteristics**

No	Research	Variable	Method	Analysis Results
1	(Sham. Subhan 2013) The Relationship between Parenting Patterns and the Incidence of Temper Tantrums in Toodler's Age Children in Dewi Kunti PAUD Surabaya.(6)	Parenting, tempered tantrums, children under five, caregiver education	This research is an analytic study with a quantitative and cross sectional approach. Cross sectional design	The results showed that 25 children (65.8%) had controlled temper tantrums and 13 children (34.2%) had uncontrollable temper tantrums. A total of 28 people (73.3%) have parenting tend to be democratic. While authoritarian parenting was applied by as many as 10 people (26.3%). The results were significant with $P = 0.016$ ( $P < 0.05$ ), indicating a relationship between parents and temper tantrums.
2	(Dinantia, 2014) The relationship between parenting style	Parenting style, temper tantrum, toddler	This study used an analytical research	The results of the study found that the majority of parents who became respondents aged 21-35 years (early adults) amounted to 56 people (66.7%),

	and the frequency and intensity of temper tantrum behavior in toddlers. (4)		design with cross sectional research type.	with mothers as the most respondents, amounting to 80 people (95.24%). Most of the parents' jobs were as IRT, amounting to 71 people (84.52%), with high school education amounting to 37 people (44.05%). The majority of toddlers who were assessed for their temper tantrum behavior were 19-24 months old, with the majority being female, amounting to 47 people (55.95%).
3	(Wakschlag, 2012), Tantrums and Anxiety in Early Childhood: A Pilot Study, "Early Childhood. (7)	Tantrums, anxiety and early childhood	This study used the Achenbach Child Behavior Checklist	The results showed that there was a positive correlation between the intensity and duration of tantrums with anxiety and depression in children. Children who have a history of frequent tantrums are at risk of experiencing emotional and behavioral disorders at a later stage of development.
4	Defining the developmental parameters of temper loss in early childhood.	Developmental, temper and early childhood	This study used the Achenbach child behavior checklist	The results of the study of 1490 subjects, 83.7% of preschool children sometimes experience tantrums and only 8.6% who experience tantrums every day. Temper tantrums can occur because of emotional and behavioral problems.
5	(Fitriana, 2018) Music Therapy through the Orff Method: A Case Study of a Therapy Program for Children with Temper Tantrums. (5)	Music therapy, and tantrums	This research is the orff method, showing that orff music therapy is a combination of rhythmic communication such as body language, movement, and improvisation by singing and playing simple percussion instruments.	The results of the study were obtained when listening to music, children felt safe and free. Thus, music can have an influence on children's mental development.
6	(Andriyani, 2016) Correlation of Family Roles on Adolescent Adaptation. (2)	Family and conformity	This research uses the method quantitative.	The family environment has a very important and significant role in adolescent adjustment with the research correlation coefficient of $r = 0.769$ and significance ( $P = 0.000$ ( $P < 0.01$ ), meaning that the family environment is one of the variables. which gave a relative contribution to adolescent adjustment amounting to 59.2% while 40.8% was influenced by other factors.
7	(Syaiful) Difference of	Independence, Parental	This research uses	This is indicated by the acquisition of t count < t table ( $0.268 < 2.048$ ) and the sig.

	independence of children aged 5 - 6 years in TK Kartini. Demak.(8)	Care, Grandparenting.	quantitative methods with this type of research comparison, namely research comparing two or more groups in one variable.	$> 0.05$ ( $0.791 > 0.05$ ), then $H_0$ is rejected. So it is concluded that there is a significant difference between the independence of children cared for by parents and those cared for by grandparent.
8	(Nurmawati) The Relationship Between Self-Concept and Independence in BK Students.(9)	Self-concept and independence	The sample technique used is stratified proportional random sampling.	The research data used the product moment statistical technique. Based on the data analysis, it was obtained $r_{xy} = 0.535$ and $r_{table} = 0.254$ . This means $r_{xy} = 0.535 > r_{table} = 0.254$ . So $H_a$ is accepted and $H_0$ is rejected, which means that there is a significant relationship between self-concept and independence of the 2005 and 2006 UNNES BK students.

#### IV. DISCUSSION

##### Effect of Family Environment on Temper Tantrum in Pre-school Children

The family environment is the child's first educational environment, because it is in this family that children receive education and guidance for the first time.(3) The results of family environmental testing of Temper Tantrum were obtained with a statistical T value of  $10.90 > 1.96$ . Thus the results of this study there is an effect of the family environment on Temper Tantrum.(9)

##### The Effect of Parenting Patterns on Temper Tantrums in Pre-school Children

Parenting has certain styles, there are four main forms of parenting styles, namely, authoritarian parenting, in which authoritarian parents force their children to respect them and follow their orders. The results of the parenting test for Temper Tantrum were obtained with a T statistical value of  $11.50 > 1.96$ . Thus the results of this study have an effect of parenting on Temper Tantrum. So that the parenting parameters to Temper tantrum are said to be significant.(6)

So it can be concluded that the researcher concludes that parenting influences the Temper Tantrum due to the care of parents as protectors and educators in the foundation of character building for children in the family and in the environment 11.

##### The Effect of Self-Adjustment on Temper Tantrums in Pre-school Children

Adjustment is a factor that includes kinship, employee views, political freedom and social relations.13 This shows that adjustment is how to act, think and feel that comes from individuals or groups with the surrounding environment that affects the development and formation of the pre-school personality in the face of Temper Tantrum.

Researchers stated that adaptation affects the incidence of Temper Tantrum in pre-school because children are not able to adjust to their daily activities. Where he must begin to adapt to himself and the environment around him.(10)

##### Effect of Independence on Temper Tantrum

Independence is the ability or skills that children have to do everything themselves, whether related to self-help activities or activities in their daily lives without depending on others.(9)

The results of testing the independence of children against temper tantrums can be obtained with a statistical T value of  $1.979 > 1.96$ . Thus the results of this study have an effect on children's

independence on temper tantrums. So that the parameters of children's independence against temper tantrums are said to be significant. This shows that the independence of children is the ability of children to make decisions to act, have responsibility, and are not dependent on others, but believe in themselves, which occurs in preschool children in the face of temper tantrums.(9)

### **The Effect of Emotional Intelligence on Temper Tantrums**

The results of emotional intelligence testing of Temper Tantrum were obtained with a statistical T value of  $4.683 > 1.96$ . Thus the results of this study have the effect of emotional intelligence on Temper Tantrum. So that the emotional intelligence parameter against tantrums is said to be significant. This shows that emotional intelligence is the ability of children to control their own emotions and others, distinguish one emotion from another and use this information to guide one's thinking and behavior processes in passing Temper Tantrums in pre-school.(3)

### **The Effect of Self-Adjustment on Emotional Intelligence in Pre-school Children**

The results of the self-adjustment test for emotional intelligence were obtained with a statistical T value of  $10.180 > 1.96$ . Thus the results of this study have the effect of adjustment on emotional intelligence. So that the parameters of self-adjustment to emotional intelligence are said to be significant. This research is in line with the research conducted by Nisa's research entitled Contribution of Family Life Climate to Self-Adjustment of Elementary School Students in Bandung in 2011 and it was found that 13.8% of school-age children were in the low category indicated through not being able to establish relationships with peers, violating school rules and regulations and not having the courage to have an opinion. So it can be concluded that children who have low self-adjustment will also have low emotional intelligence.(2)

Thus, self-adjustment affects emotional intelligence because in interacting with the child's family and society, a brave or shy attitude will be formed which is formed by his own habit of interacting.(2)

### **The Effect of Parenting Patterns on Self-Adjustment in Pre-School Children**

One of the factors of parenting is the system theory or Ecological Framework, where the theory is based on the ecological concept which sees humans as part of the system. This theory emphasizes that every system consists of elements. Elements in the system are interconnected with each other and influence each other, where changes in one element will affect other elements in the same system.(2)

The results of testing the parenting style of parents for self-adjustment were obtained with a statistical T value of  $1.988 > 1.96$ . Thus the results of this study have an influence on parenting style on self-adjustment. So that the parameters of parenting parents towards self-adjustment are said to be significant. This study is in line with the study entitled parenting parents to twins in Tambarkromo District, Pati Regency in 2016 which states that democratic and authoritarian parenting patterns for twins

Twins are also given the opportunity to determine or choose all their desires and their respective activities, so that children feel more valued and understood, and have a strong sense of self-confidence and a positive self-concept. So it can be concluded that the parenting style affects the adjustment in pre-school.

So, parenting can affect self-adjustment because there are parents who severely limit children's interactions with their surroundings so that children can influence their socialization.

### **The Effect of Family Environment on Self-Adjustment in Pre-School Children**

For a child, family is a community of life because in the family environment where he is himself. The family is also a place for children in the context of their learning process to develop and shape themselves in their social functions.(11)

The results of family environmental testing for self-adjustment were obtained with a statistical T value of  $22.744 > 1.96$ . Thus the results of this study have an influence on the family environment on adjustment. So that the parameters of the family environment for adjustment are said to be significant.

This research is in line with research entitled the contribution of the climate of family life to the adjustment of elementary school students to 55 grade VI SD Jembar Bandung Foundation in 2011 shows the results that the more conducive the family life climate is, the higher the students' ability to adapt. Therefore, children can make adjustments to meet their inner needs and the demands of their environment and be able to overcome the obstacles they face, so that Temper Tantrums can be avoided.(12)

### **The Effect of Family Environment on Emotional Intelligence in Pre-school Children**

Factors that affect emotional intelligence that come from outside a person. External factors of emotional intelligence are factors that come from outside and influence attitude change. This influence can be either individually or in groups. Individual influence groups or groups influence individuals. This triggers the environment more. Their emotional life is rich, but natural, with a sense of comfort with themselves, others and their environment.(11) The results of testing the family environment on emotional intelligence can be obtained with a statistical T value of  $33.310 > 1.96$ . Thus the results of this study indicate the influence of the family environment on emotional intelligence. So that the parameters of the family environment on emotional intelligence are said to be significant.(13)

### **Effect of Parenting Parents on Emotional Intelligence in Pre-school Children**

One of the parenting theories is the Ethological theory which is a theory initiated by Ainsworth and Bowlby, which is based on the principle of first-time socialization with the mother who is a source of food, comfort and attention.(14) In the early life of a mother's child, it is a social and emotional experience that provides satisfaction and support to the child. The position and function of a family in human life are primary and fundamental. Child development generally includes physical, emotional, social and intellectual conditions.(14)

## **V. CONCLUSION**

From this study it can be concluded that the family environment that most influences Temper Tantrum in pre-school children in the Abadijaya Village, Sukmajaya District, Depok City in 2017, due to the family environment is the first children's media in socializing. Where children form their character, habits and fulfillment of needs in attention and food needs. The family environment has a big influence on children's growth and development, especially regarding social judgments about good, bad, smart or stupid, and so certainly affects children in evaluating themselves and others

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