

## Parenting Factors on Early Childhood Self-Confidence

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### ABSTRACT

Developing children's self-confidence from an early age helps build rational thought processes, solve problems, increase achievement and performance levels and make good decisions in the future. This study aims to describe the parenting factors that trigger children's lack of confidence. This greatly impacts children's emotional and social development in their environment to provide several interventions to develop children's self-confidence. The subjects in the study of family factors on self-confidence in early childhood were two children in group B. The type of research used is a qualitative descriptive approach. Data collection using observation and interview techniques. Children who lack confidence may find it difficult to interact with other peers. The results showed that there are several factors of parenting patterns on children's self-confidence, such as authoritarian parenting, gender bias and parental knowledge. Parents and teachers play an important role in directing, motivating, and directing children to dare to perform in front of the class, talk to peers, and socialize with others. Then form interventions with play while learning that parents can do with children at home in order to develop children's self-confidence.

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## 1. INTRODUCTION

Early childhood is someone who really needs maximum stimulation in the process of growth and development. The stimulus needed by early childhood can be done in a family or school environment. One of the growth and development of early childhood is self-confidence which must be instilled in children (Mayar et al., 2019). Self-confidence is one aspect of personality that is very important in a person. Self-confidence is important for every individual to have, without self-confidence, a person will cause problems in his life. This is because self-confidence can make a person actualize all his potential. Children's self-confidence can be developed or stimulated through the family environment (Hulukat, 2016).

Parents have a very important role in shaping a child's character. One of the character-building efforts is to build self-confidence in children. The role of parents in building children's self-confidence includes being a good listener, showing respect, providing opportunities to help, training children's independence, sorting out parents' praise for children, helping children to be more optimistic, fostering children's interests and talents, inviting them to solve problems, finding ways to help others, providing

opportunities for children to gather with adults and directing them to prepare for the future (Rahman, 2013).

It is important for parents to form good children, so parents play an important role in helping children develop their potential and achieve their developmental tasks. In addition, as the successor of the nation, self-confidence is very important to be instilled in children so that children grow into a figure who is able to develop their potential and can adjust to their environment. One important aspect of a child's social-emotional development as an adult is self-confidence (Fabiani & Krisnani, 2020). Factors that can affect children's self-confidence include parental factors. The freedom of time given by parents must be followed by the role of parents to be responsible for educating children. Parenting that is given to children well will make children feel valuable and confident (Rahman et al., 2022). Parenting by parents has a big influence on the development of children, because from there, children will also learn to take an attitude (Nur'aini, 2023). Parenting is a pattern carried out by parents in carrying out care and assistance activities for children. This pattern is usually applied repeatedly because it has become a character or habit.

Some previous studies include Adywibowo (2010) on Strengthening children's self-confidence through referential conversations, that children who have low self-confidence, will have traits and behaviors, among others; (1) unwilling to try new things, (2) feeling unloved and unwanted (3) having a tendency to blame others, (4) having rigid and hidden emotions, (5) easily frustrated and depressed underestimating talents and (6) their own abilities and being easily influenced by others; Cimi, Erlyani dan Rahmayanti (2013) that children's self-confidence is influenced by many factors, one of which is parenting; In contrast to the results of research conducted by Rahman and friends, it is said that children with democratic parenting types tend to have higher self-confidence than children raised with authoritarian parenting and permissive parenting.; Rahman, Yanuarsari dan Latifah (2022) that children with democratic parenting tend to have higher self-confidence than children raised with authoritarian parenting or permissive parenting; Vega, Hapidin dan Karnadi, (2019) that parenting has a positive direct effect on self-confidence, verbal violence has a negative direct effect on self-confidence, and parenting has a negative direct effect on verbal violence. In contrast to previous research, this study focused on two children with a group B background aged 5-6 years who had problems with their self-confidence. Therefore, this study aims to describe the parenting factors and determine the role of parenting applied by parents on children's self-confidence.

## 2. METHODS

The subjects of this study were two children in group B. This research uses qualitative research methods with the type of case study research. In this study, data collection used observation techniques, namely information sourced from children's actions obtained through observation and interviews to complement information about child development and about parents' backgrounds obtained through teachers. The observation technique was carried out using references from (Hakim, 2002) and has been modified and the indicators used in the interviews are based on (Wibowo, 2012), which have been developed into questions. This interview was conducted with the teacher to find out or obtain data related to the research subject matter so that the data obtained by observation could be strengthened through the interview results. After the data is collected, the data is processed or analyzed first and then conclusions are drawn. The reason this research uses the above methods is because the data is qualitative, the subjects studied are only two people and the data obtained will be described descriptively (Syamsudin, 2014).

## 3. FINDINGS AND DISCUSSION

### 3.1 Informant Overview

The first subject is a child with the initials (D). His family background is that his father is a trader while his mother is a housewife, D is the first child. D's behavior is obtained that the child cannot be calm in doing assignments, the child does not talk and socialize with other children, the child is

silent in class, the child does not want to come forward when asked to do something. While the second subject, a child with the initials (K), his family background is that his father is a construction worker while his mother is a housewife. K is the first child of 2 siblings. K's behavior is that the child is easily discouraged in doing assignments, the child cannot be separated from parents when studying at school, the child speaks nervously when asked by the teacher, the child depends on the teacher and mother when the task is not finished, the child is also often alone from his friends. Based on the researcher's interview with the teacher, it is known that K always dares not be left by his mother during lessons, his mother who waits in class often scolds her child if her child does not dare to answer the teacher or come to the front of the class and then compares him with other children who are braver.

Parenting style is a description of parents' attitudes and behavior towards their children in interacting and communicating during parenting activities. In providing parenting activities, parents will provide attention, rules, discipline, rewards and punishments, and responses to children's wishes. The facts in the field are that there are still many parents who do not understand and provide encouragement for their children to be confident, parents help their children's activities in daily activities, for example parents do their children's schoolwork, take food, compare children with neighboring children, do not give children the opportunity to choose clothes in the closet, thus making children always depend on parents in their activities. The same thing also happened in the two cases above (Fabiani & Krisnani, 2020).

(Safitri, Sofia dan Irzalinda, 2019) on the role of parents on the self-confidence of children aged 5-6 years said that in addition to parenting, parents should also be able to provide stimulation, habituation and train children to develop children's self-confidence from an early age so that children do not depend on others so that children are accustomed to doing anything themselves. Parents also need to involve children in doing anything or any activity so that children's self-confidence can grow and develop properly. Parenting provided by parents is very helpful for children in developing children's self-confidence. for that parents are expected to apply appropriate and appropriate parenting patterns for the development of children's self-confidence.

### 3.2 Parenting Factors

The results of initial observations made by researchers were obtained, namely; (1) children who do not dare to come forward when asked to do something, (2) children who are only silent when the teacher invites them to sing, (3) children who cry when they don't finish doing something, (4) children who are waited for by parents outside and children who are scolded by their parents when asked by the child's teacher to come forward but the child does not want to come forward, (5) do not finish doing the assignments given by the teacher, (6) children do not want to try new things, easily frustrated or crying, (7) children who are always waited for by their parents in front of the class.

**Table 1.** Interview with Parent D

Question	Answer
Can you tell us a little bit about your parenting up until now?	My parenting at home, where I have one child, a girl, is with a parenting pattern where we as parents give more control over what the child will do.
Have you ever heard the term "authoritarian parenting"?	This term is familiar to me, because I also learned more or less about parenting from my parents in the past.
Do you always use authoritarian parenting, as you described earlier? And give the reason.	For me, who still has 1 child and a girl, authoritarian parenting is not a problem if I use it, in the sense of taking care of and providing the best for the child, such as all the needs are already available, the child only has to obey what we as his parents tell him, of course, the reason is to be a good child and obey the parents.
What do you think about democratic parenting?	In my opinion, all parenting patterns are good, depending on which parents want to apply, all parenting patterns must have advantages and disadvantages.

The results of interviews conducted by researchers to the parents of child D showed that the mother said she educated her child with parenting patterns that fully controlled what the child would do with the aim of protecting and providing the needs of the child so that the child only had to follow the orders of the parents and the parents also thought that the parenting patterns applied by parents would make their children become good and obedient children. The results of observations made by researchers on children obtained results, namely with the initials D, obtained data that the child cannot be calm in doing assignments, the child does not talk and socialize with other children, the child is silent in class, the child does not want to come forward when asked to do something. Researchers concluded that the parenting pattern applied by parents is authoritarian parenting. So that D children have a negative impact. This causes less or low self-confidence in children.

In this study, the role of parents is very influential in the processing of children's self-confidence. This is in accordance with what was said (Novita, 2019) about the Relationship Between Parenting and Self-Confidence in Children According to Parents in Kindergarten, the growth of one's self-confidence can be influenced by the role of parents. Parents' confidence in themselves to teach their children and be part of the school is closely related to their children's academic success. In addition, parents who felt confident that they were overseeing their child's education appeared to be more involved in their child's education, both at home and at school, than parents who lacked confidence.

Researchers concluded from the case of D who has characteristics of lack of confidence, namely: (1) Having deficiencies and weaknesses of all mental, physical, social and economic, (2) D has a small body or commonly called stunting, (3) does not understand how to clean his nose so that other children do not want to be friends with him considering his stature, (4) his family's economy is low because he is late in paying school fees, (5) Often alienates himself from groups that are considered more than himself at recess he does not join his friends to play even though he is accompanied by a teacher to socialize with his friends, (6) Tends to depend on others in solving problems. In this case, the role of parents is very important in supporting the development of their children both in terms of mental development, physical, child hygiene, fulfilling parental affection, teaching children to complete tasks or accompanying children to complete tasks and others. This is in line with research (Ferlin dan Putri, 2022). The Relationship between Parenting Patterns and Early Childhood Self-Confidence, says Parenting patterns used by parents will have different consequences for each child. The attitude shown by parents when parenting children is related to the formation of the child's personality, including the child's self-confidence and the child's self-confidence will be better, if the parenting pattern applied by parents is also good.

Based on previous research conducted by (Mawarni, Marmawi and Miranda, 2021) on the Relationship between Parenting Patterns and Self-Confidence of 4-6 Year Old Children at Raudhatul Jannah Kindergarten, Bengkayang Regency, it is said that children who get care from authoritarian parenting have low self-confidence, because by controlling children's behavior through orders that cannot be argued with will make children feel pressured and children feel afraid to show their confidence.

Parent D said that *he knew this authoritarian parenting was familiar to me because I also learned more or less about parenting from my parents and what authoritarian parenting was like from his parents first*. Parents' knowledge of authoritarian parenting applied to their children is understood by parents so that parents apply this parenting pattern in the hope of protecting and providing the best for children, such as all needs are available, children only have to obey what we as parents tell them, of course the reason is to be a good and obedient child to parents. Researchers concluded that parents hope that by applying authoritarian parenting patterns, they will make good and obedient children so that parents do not judge children's self-confidence.

Authoritarian parenting is equated with a lack of affection, brutality, control, and coercion, as stated by (Padjrin, 2016) on Parenting from the Perspective of Islamic Education. The psychological toll of this kind of upbringing is high: the child will have a confidence crisis, his potential will not be fully realised, trauma will be experienced, and so on. According to a second study (Nuraeni, Adjie, & Dewi,

2022), titled "Analysis of the Role of Parents on the Self-Confidence of 5-6 Year Old Children," parents play a pivotal role in shaping their children's self-perceptions from a young age. How parents educate their children will vary according to their own levels of education and experience. The knowledge parents have about the impact they can have on their children's self-esteem is similar.

**Table 2.** Interview with Parents of Child K

Question	Answer
Can you tell us a little bit about your parenting up until now?	My parenting style at home, where I have one child, a boy, is a parenting style where we as parents are more dominant in making decisions.
Have you ever heard the term "authoritarian parenting"?	I have, and I apply that parenting style.
Do you always use authoritarian parenting as you described earlier? And give the reason.	Of course, the reason is that as parents, we have to be strict in educating our sons, otherwise they will become naughty and rebellious towards their parents.
What do you think about democratic parenting?	I think that educating boys cannot be done with democratic parenting, unlike girls who are easy to direct. Because boys will be leaders later, so they must know what should be done for their future, if they choose the wrong parenting style, the children will become disobedient and fight against their parents.

From the results of the teacher interview, it is known that K always dares not be left by his mother during lessons, his mother who waits in class often scolds her son if he does not dare to answer the teacher or come to the front of the class and then compares him with other children who are braver. From the results of the interview, the mother said that she applied authoritarian parenting to her son because the boy will be a leader later, so he must know which one should be done for his future, if it is wrong in choosing parenting, the child will be disobedient and against his parents. Observations of the second child with the initials K (5 years old) found that the child is easily discouraged in doing assignments, the child cannot be separated from parents when studying at school, the child speaks nervously when asked by the teacher, the child depends on the teacher and mother when the task is not finished, the child is also often alone from his friends.

Good parenting is when parenting is in accordance with the characteristics of the child, when parents want to increase the child's self-confidence. So parents must provide the right stimulus to the child, let the child explore outside or inside the room. Give children the opportunity to choose what they want, without having to force them (Ulya & Diana, 2021). The results of this study indicate that verbal violence in Bandardawung Village is influenced by parental knowledge, parental experience, environment and economy. Verbal violence that is often carried out is scolding children, yelling at children, demeaning children, threatening children, giving extreme punishment and comparing children. The level of self-confidence of children in Bandaradwung Village can be said to be still low (Khoiriyah, 2022).

K's parents believed that they had to be strict in educating their son because otherwise he would be naughty and disobedient to his parents. Parents have the most significant influence on children's development, and the main parenting factors that promote children's development and well-being are well known to parents. However, many behavioral problems and lack of confidence in children are associated with poor parenting practices. Parenting interventions that address parental skill deficits and teach positive parenting principles based on social learning theory are effective and recommended treatments for behavioral disorders (Ulya & Diana, 2021). For this reason, parents must love their children sincerely and selflessly. Children who are in sincere love will grow confident and

be more easily educated in the truth. On the other hand, accepting and loving children based on their abilities is conditional love (Macarau, 2022).

Case K exhibits characteristics of low self-confidence, specifically: (1) Demonstrates excessive anxiety when confronted with moderately challenging problems, often resulting in crying and refusal to participate in classroom learning activities conducted in front of the class, (2) Displays nervousness when questioned by the teacher, frequently seeking assistance from their mother and struggling to articulate a response, (3) Exhibits a tendency to give up easily, failing to complete challenging tasks assigned by the teacher and relying on their mother to complete them on their behalf. According to the findings from interviews conducted with K's parents, it was reported that they exhibited a higher degree of dominance in decision-making and employed an authoritarian parenting style.

This is in line with research conducted by (Sari, 2020) on the influence of parental authoritarian parenting on children's social life, which is studied in that there is a great influence of parental authoritarian parenting on children's social life. Where there are many negative influences on children's social life. Children lack a social sense because children feel insecure and tend to be quiet. Children are afraid of making mistakes and are afraid of trying new things. The results of another study conducted (Mardiah dan Ismet, 2021) on the impact of authoritarian parenting on children's social development, shows that authoritarian parenting has a negative impact on children's social skills. Children with authoritarian parenting tend to close themselves, not confident and shy to face and interact with the social environment.

This also has an impact on children's attitudes. The results of the study (Susilo dan Sawitri, 2015) about parental authoritarian parenting and attitudes towards bullying in class XI students states that parental authoritarian parenting effectively contributes 8% to attitudes towards bullying. This also agrees with research conducted by (Sofiani dan Mufikan, 2020) on Gender Bias in Parenting for Early Childhood, who said that gender bias in parenting for early childhood tends to be more practised by parents who apply authoritarian parenting. As for the impact of gender bias in caring for children on the development and growth of children, there is jealousy in children which results in children comparing themselves with siblings, lack of confidence, jealousy, emotional disorders (bad mood), becoming rebellious children (difficult to manage), behavioural disorders (aggressive, hyperactive). One factor that influences parenting in this study is the perception factor of parents who think authoritarian parenting is the best form of education to help lay the foundations and develop children's self-discipline. This perception is usually due to the experience of parents who also received similar parenting.

#### 4. CONCLUSION

Self-confidence is a mental or psychological condition of a person to evaluate himself as a whole with positive feelings in the form of confidence and confidence in his potential so that he can solve problems or tasks that occur in his life. The parenting style characterised by authoritarian tendencies can potentially impede the development of self-confidence in children. Enhancing children's self-confidence can be facilitated by parents and teachers through a range of strategies, including demonstrating respect for children's emotions and viewpoints, including children in the process of planning family-oriented endeavours, and actively participating in recreational activities with children. Facilitate their autonomy, encourage children to engage in problem-solving and critical thinking activities, provide a supportive and nurturing environment that fosters emotional well-being, promote positive social interactions and cooperation among children, establish clear and consistent rules and expectations, and provide constructive feedback and encouragement to foster children's self-esteem and motivation. Provide youngsters with the opportunity to engage in acts of altruism and assist others. The limitations of this study are that the sample used is limited to only one school and only on aspects of parenting and children's self-confidence. For future researchers, in-depth research is needed to

clarify and provide the latest findings related to parenting patterns that affect early childhood self-confidence.

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