

Vol 09 No. 01 (2025) page 269-275

p-<u>ISSN 2548-8201</u> | e-ISSN <u>2580-0469</u> https://ummaspul.e-journal.id/maspuljr/



The Relationship between Maternal Knowledge and the Incidence of Temper Tantrums in Toddlers at the Patumbak Health Center in 2024

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Abstrak

Pemahaman terhadap tumbuh kembang anak merupakan aspek penting yang harus dimiliki oleh orang tua untuk mengoptimalkan tumbuh kembang anak. Kurangnya stimulasi dari orang tua dapat menyebabkan keterlambatan tumbuh kembang pada anak. Amukan merupakan luapan emosi yang tidak mengenakkan dan mengganggu. Akibat dari amarah misalnya anak yang melampiaskan kekesalannya dengan berguling-guling di lantai yang keras dapat menyebabkan anak tersebut terluka, melampiaskan amarahnya dengan cara membenturkan kepalanya ke tembok, mencabut rambutnya, dan membahayakan orang di sekitarnya. Amukan dapat mengganggu tumbuh kembang anak, apalagi jika tidak ditangani dengan baik. Penelitian ini bertujuan untuk mengetahui "Hubungan antara pengetahuan ibu dengan kejadian amarah pada balita di wilayah kerja Puskesmas Patumbak Tahun 2024". Penelitian ini merupakan penelitian kuantitatif analitik dengan menggunakan analisis cross sectional. Dilaksanakan pada bulan Februari sampai dengan Maret 2024 di wilayah kerja Puskesmas Patumbak tahun 2024. Populasi dalam penelitian ini adalah 120 orang dan jumlah sampel sebanyak 55 orang dengan menggunakan teknik accidental sampling. Instrumen penelitian menggunakan kuesioner dan pengolahan data secara univariat disajikan dalam bentuk tabel distribusi frekuensi dilanjutkan dengan analisis bivariat menggunakan SPSS vs 25, selanjutnya disajikan secara deskriptif dan analitis melalui uji statistik. Hasil penelitian menunjukkan bahwa sebagian besar pengetahuan ibu tentang temper tantrum pada anak usia toddler di Puskesmas Patumbak adalah 21 orang (38,2%) dengan pengetahuan kurang, 19 orang (34,5%) dengan pengetahuan cukup dan 15 orang (27,3%) dengan pengetahuan baik. Dari hasil uji chi square diperoleh nilai P(0,000) < (0,05) yang berarti ada hubungan antara pengetahuan ibu dengan kejadian temper tantrum pada balita di wilayah kerja Puskesmas Patumbak.

Kata kunci: Pengetahuan, Ibu, Temper Tantrum, Balita.

Abstract

Understanding child development is an important aspect that parents must have to optimize child development. Lack of stimulation from parents can cause developmental delays in children. Temper tantrums are unpleasant and disturbing emotional outbursts. The consequences of temper tantrums, for example, a child who vents his frustration by rolling on a hard floor, can cause the child to become injured, venting his anger by hitting his head against the wall, pulling out his hair, and endangering people around him. Temper tantrums can hurt a child's development, especially if not handled properly. This research aims to determine "The correlation between maternal knowledge and the incidence of temper tantrums in toddlers at the Patumbak Community Health Center in 2024". This research was quantitative analytical research using cross-sectional analysis. Held from February to March 2024 in the Patumbak Community Health Center working area in 2024. The population was 120 people, and the sample size was 55 using the accidental sampling technique. The research instrument used a questionnaire, and univariate data processing is presented in the form of a frequency distribution table

followed by bivariate analysis using SPSS vs 25, then presented descriptively and analytically through statistical tests. The survey results showed that the majority of mothers' knowledge about temper tantrums in toddler-aged children at the Patumbak Community Health Center was 21 people (38.2%) with poor knowledge, 19 people (34.5%) with sufficient knowledge, and 15 people (27.3%) with good knowledge. From the results of the chi-square test, the value P(0.000) < (0.05) was obtained, which concluded that there was a correlation between maternal knowledge and the incidence of temper tantrums in toddlers at the Patumbak Community Health Center.

Keywords: Knowledge, mother, Temper Tantrum, Toddler.

Introduction

Developments occur during toddlerhood when children enter a stage known as the "golden age." Because the growth and development that occurs in the toddler will affect and determine the next child's growth and development, the stage of toddlerhood, which starts between the ages of one and three, is an essential time for children. Speech, language, creativity, social, emotional, intellectual, moral, and psychological skills, as well as the foundation of children's personality, are formed during this period. At the time toddlers, the body's organ systems also undergo growth and development (Natasha Prasma et al., 2022). At this age, children can do simple homework, doodle spontaneously, understand commands, imitate the work of others, and tell simple stories based on their imagination (Yus, 2015).

According to research conducted in the United States, between 50% and 80% experience regular tantrums with children aged 2 to 3 years, and 20% of them experience tantrums every day. The behaviour has peaked by the end of the third year of life. (Ramadia, 2018). According to research in Chicago, 50-80% of children aged 2-3 years have temper tantrums every week, 20% of which occur for 15 minutes almost every day with three or more tantrums. A study in Finland found that 87% of 132 parents reported that their child had experienced temper Tantrums (Andriani, 2023). The Central Statistics Agency (BPS) estimates that the population of young people in Indonesia will reach 30.73 million in 2022. In Indonesia, the number of tantrums per 10,000 children in 2019 was 152 (or 0.150.2%), a significant increase from the 2-4 per 10,000 children that occurred ten years earlier. In Indonesia, toddlers often go on a rampage; Between 23% and 83% of children between the ages of 2 and 4 have experienced it (Agustina & Sutarno, 2022).

Parents must understand children's growth and development to help children grow and develop optimally. Parents must provide for children's stimulation growth development to run smoothly. Delayed child growth and development can be caused by a lack of stimulation from parents (Mawaddah & Widayati, 2021). Parents, especially mothers, must be more vigilant about their children's abilities, such as controlling children's new activities and skills. Generally, children will behave more naughty, stubborn, defiant, disobedient, unwilling to be helped and reject expressions of affection. Children begin to recognise sadness, upset, joy disappointment. However, in some cases, children experience disturbances in regulating and handling emotions (Devi & Suarni, 2024; Madyawati, 2016; Simanjuntak, 2013).

A child who can control his angry emotions well will show a calm picture of emotions. In this case, the emotions in question are how the child can control his emotions; generally, when he is angry, the child expresses his emotions with facial expressions, body style, and the child's words. However, there are still children who fail to manage their emotions due to many factors such as parenting, environment, obstruction of children's desire to get something, emotional problems with parents, competition with siblings, communication problems and lack of understanding of parents Tantrum which is addressed as something unsettling troublesome. Most children who fail to manage their emotions often cry, whine, scream, slam or break things, stomp their feet, or rollover. This behaviour in children is a form of negative behaviour, excessive emotions, or a temper tantrum (Fatimah et al., 2021).

Consequences of *temper tantrums* It is pretty dangerous; for example, a child who vents his anger by rolling on a hard floor can cause the child to be injured and vent his anger by banging his head against the wall, grabbing his hair and

endangering the people around him. A temper tantrum can hurt a child's development, especially if not handled appropriately. Recent research shows that long, frequent, violent and self-harming tantrums not only indicate developmental disorders but are also linked to future occurrences of aggression and antisocial behaviour (Muizzulatif & Machmud, 2022).

Parents often commit wrong actions by scolding their children to discipline them or hitting them. Some parents disobey their children's wishes while in a tantrum for fear of hurting their child or others. When spotting signs of Tantrum Handling, parental awareness will positively impact children's development (Bukhari, 2015; Clarke-Fields, 2022). Research conducted by Herivanto (2015) states that parents, especially mothers with less Knowledge about temper tantrums, have a 0.324 times higher risk of temper tantrums in children than parents with good Knowledge. (Sari & Apriliawati, 2018). Putri Research (2021), Knowledge and behaviour of tantrums go hand in hand. A p-value of less than 0.05 means a significant relationship between the behaviour. Tantrum children with Knowledge. He argues that parents should learn more about the behaviour of Tantrum their children so that they recognise them and handle them appropriately (Putri, 2021).

Based on the results of a preliminary study conducted at the Patumbak Health Center on September 26, 2023, from observations, several children cried and screamed. It can be seen that parents try to persuade children, but after that, they become angry and threaten to stop crying because they feel upset. There were 4 out of 7 parents interviewed said their children often cry and go berserk when they do not understand and obey their children's wishes. When parents say that, they persuade their child to stop crying. However, 4 out of 7 parents interviewed admitted that they faced children who were tantrums by scolding, yelling, pinching, and even leaving their children alone because parents felt confused about what to do if their children had tantrums. Based on the above problems and considering the importance of parental Knowledge about temper tantrums in children, the author is interested in researching the relationship between maternal Knowledge about temper tantrums and the incidence of temper tantrums at toddler age at the Patumbak Health Center.

Method

This study uses cross-sectional. The research design used is analytical (Lambang, 2020; Ramadona et al., 2021). This study aims to determine the relationship between maternal knowledge and the incidence of temper tantrums in toddlers at the Patumbak Health Center in 2024. The population in this study is 120 people. Sampling was done using accidental sampling. The number of samples in this study is 55 mothers who have toddler children.

Result and Discussion Univariate Analysis

 Frequency Distribution of Mothers' Knowledge Regarding Temper Tantrums

Table 4.1Frequency Distribution of Mothers' Knowledge
Regarding Temper Tantrums

Frequency (n)	Presentase (%)	
21	38,2	
19	34,5	
15	27,3	
55	100	
	21 19 15	

Source: SPSS Output

Based on Table 4.1, out of 55 respondents, the majority of mothers' knowledge about temper tantrums was less than 21 people (38.2%), while the minority of mother's knowledge about temper tantrums amounted to 15 people (27.3%).

2. Occurrence of Temper Tantrum in Toddlers

Table 4.2
Distribution of Frequency of Temper Tantrum
Occurrence in Toddler Children

Frequency (n)	Presentase (%)	
25	45,5	
30	54,5	
	100	
	25	

Source: SPSS Output

Based on table 4.2, it is known that out of 55 respondents, the majority of toddlers experienced temper tantrums amounting to 30 people (54.5%).

Bivariate Analysis

1. The Relationship of Maternal Knowledge with the Incidence of Temper Tantrum in Toddlers

Table 4.3
The Relationship of Maternal Knowledge with the Incidence of Temper Tantrum in Toddlers

Knowledge of	Event						
temper tantrums	No temper Temper tantrum tantrum		•	Total		P Value	
	N	%	N	%	n	%	
Lack of knowledge Enough knowledge	3	9,5	18	11,5	21	21,0	
Good knowledge	9	8,6	10	10,4	19	19,0	0,000
	13	6,8	2	8,2	15	15,0	
Total	25	25,0	30	30,0	55	55,0	

Source: SPSS Output

Mother's Knowledge About Temper Tantrums

Based on data analysis, it is known that the mothers' knowledge of *temper tantrums* is less than that of the majority. Understanding a child's Tantrum is an important skill that parents must have because it allows them to distinguish between right and wrong and develop specific predictions or strategies to deal with children's tantrums (Idhayanti et al., 2022).

Based on the above review, there is an assumption that parents must indeed have good information about diseases in children. Mothers with little or inadequate information will have a bad impact on their children because they do not know anything about what is happening to their children and how to deal with it. That education, experience, socio-culture, and environment can all impact a mother's knowledge (Katmini, 2020; Parhan et al., 2022). Therefore, mothers are expected to know more about temper tantrums by seeking information in print and online media or by asking others who understand it, such as health workers. This is based on research by (Hasanah et al., 2020), Researchers concluded that if a mother has a low level of knowledge, it will affect the incidence of temper tantrums in children based on the analysis Chi Square A p-value of 0.002 was obtained for the

relationship between the mother's knowledge level and the onset of *tantrums*. Therefore, mothers or parents are expected to increase their insight by reading or asking others who may understand the hissing attack because good parental information will lower children's temper tantrums.

Occurrence of *Temper Tantrums* in *Toddlers*

A survey about *temper tantrums* in children under five was conducted, and the results show that 25 children (45.5% of the total) *experience temper tantrums*. Feelings of disappointment in children when they do not get what they want, children who feel uncomfortable or disturbed, or children who are sick can all contribute to the occurrence *of temper tantrums*, parenting (Nurfadilah, 2021); the child's inability to express things verbally, the child's needs are not met, parental knowledge. (Idhayanti et al., 2022).

Based on the above analysis, it can be concluded that children are under the toddler age. He has been unable to show his heart, and the child's communication is not good. Negative behaviours, such as tantrums, are used by children to express feelings such as sadness, anger, disappointment, and irritation. When a child is a toddler, their immediate family, parents and siblings, as well as their external environment, place and playmates, begin to impact their behaviour. Children begin to interact with their friends and develop new ways of behaving so that they start to feel feelings and experience tantrums. Many factors, such as the child's unmet needs, affect the occurrence of temper tantrums in children. Therefore, parents' duty to provide attention is essential and persuasive in improving children's development. This is to the research conducted by (Vivin & Daryati, 2020), based on the results of Kendall" 's Tau B, a p-value of 0.000 (p < 0.05) was obtained, so it was concluded that there was a meaningful relationship between knowledge and parental coping mechanisms in dealing with a temper tantrum in children toddler. The coefficient value of the two variables is 0.72, meaning the plier tightness is fairly strong. So, the relationship between information and parents' survival strategies in dealing with attacks on children is significant and an essential aspect of strength. Researchers believe that parents will be better able to respond to children who are angry in a positive way if they have more knowledge. This parental information can create the ability to adapt to changes in how children behave. Health workers (nurses, midwives, and doctors) can strengthen parents' knowledge by providing relevant information to the child's daily activities. For example, parents can use agreements to teach discipline toward goals, negotiate to learn how to solve problems and compromise to achieve what is expected of them when dealing with a behaviour *Tantrum* child. When this response is repeatedly displayed, parents will develop adaptive coping mechanisms. Children will see and imitate their parents' reactions, and children will eventually be able to control themselves better (Vivin & Daryati, 2020).

The Relationship of Mother's Knowledge with the Incidence of Temper Tantrums in Toddlers

The analysis results obtained a correlation of 0.000, which means that the level of strength of the relationship between the mother's knowledge and the incidence *of temper tantrums* is very significant.

Due to the mother's lack of experience and information on how to deal with *tantrums*, respondents' knowledge was lacking. If mothers need information, they will provide an excellent opportunity to show their children how to handle their feelings or anger well. This is according to (Fithriyah et al., 2019), who states that parental caution when finding indications of seizures and treating them will positively impact children's incidence. Therefore, mothers need to learn as much as possible about early childhood education and parenting to understand their child's education and how to deal with *tantrums*.

Much reading and listening to information about temper tantrums and the experience of raising children resulted in respondents having a high level of knowledge. According to (Notoatmodjo, 2012), the information collected by the senses of sight and hearing forms parental knowledge. If something gets attention, has been experienced before, and there is a degree of closeness and similarity between events, information will be processed faster. Education, information or mass media, socio-cultural, environmental, and experience can influence that knowledge. Even though the respondents' knowledge is extensive, it does not mean that the child will not experience temper tantrums. Many things can affect temper tantrums, such as how parents communicate with their children and

how they parent (Nurfadilah, 2021). Responders who have good knowledge of children do not experience *temper tantrums*; according to koentjoroningrat in (Sari & Apriliawati, 2018) said that the higher a person's level of knowledge, the easier it will be to absorb information from various sources to provide a good education to children. The ease with which a person absorbs information will affect the formation of new, healthier behaviours, such as health information on dealing with children with *temper tantrums*. This is appropriate because 13 respondents have good knowledge of having children who do not experience *temper tantrums*.

Research conducted by Heriyanto (2015%) in Sari (2018) states that parents, especially mothers, who lack knowledge about hissing attacks have a 0.324 times greater risk of attacks in children than parents with good information (Sari & Apriliawati, 2018). It can be assumed that a parent with less information is not guaranteed to imply that their children will have a hissing attack because each child has a different mentality and circumstances. Hissing can occur due to various things, for example, children's anxiety in conveying the ideal meaning, the way parents behave as too spoiled or perfunctory, the child's state of looking awkward and discouraged can be one of the causes of hysterical children, young people are angry (Awwad, 1995; Ezra, 2021; Farida, 2023).

Based on the explanation above, it is concluded that there is a relationship between maternal data and the birth rate of babies at the Patumbak Health Center, as shown by the test results Chi-Square, which produces a p-value of 0.000 with an alpha of 0.05. This is to the findings of Putri research on the causes of tantrum behaviour in children. Regarding factors related to behaviour, such as information, attitudes, and parenting. There is a relationship between knowledge behaviour. and *Tantrum*Obtained ip-value = 0.001 means that the p-value < 0.05 indicates a substantial relationship between knowledge and angry behaviour in children (Putri, 2021). The conclusion in this study is p-value $(0.000) < \alpha$ (0.05), meaning that H is accepted, which means that there is a relationship between maternal knowledge and the incidence of temper tantrums in children of age toddler at the Patumbak Health Center.

Conclusion

- 1. Mother's knowledge about *temper tantrums* in *toddlers* at the Patumbak Health Center was limited to 21 people (38.2%), 19 people (34.5%) and 15 people (27.3%) to good knowledge.
- 2. There is a relationship between maternal knowledge and the incidence of *temper tantrums* in *toddlers* at the Patumbak Health Center with *the results of the chi square* p value test of 0.000 < 0.05.

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