

Method of Training the Emotional Intelligence of Parents in Educating Early Age Children in Karanganyar Wanatirta Kecamatan Paguyangan Kabupaten Brebes

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Abstract. This research aims to find out and provide a solution for how parents can educate children well according to their age. The research used in this study is qualitative field research. Because the data obtained directly from the results of field research. And in conducting research, researchers put this research into a type of explorative descriptive research, which aims to describe the actual conditions that occur in objects or phenomena that exist in the Karanganyar Wanatirta Kecamatan Paguyangan Kabupaten Brebes. Parents allow children to develop themselves without being directed by parents so that children behave in accordance with their age, such as smoking, gatherings that have no benefit and others. With this research, we give parenting to parents so that their parents have more open mindset to adjust parenting to their children according to their age and parents become more sensitive to the character of children, so that children and parents have high cooperation in daily life.

Keywords: Method and lecturer skills

1. Introduction

All praise and thanks to Allah the almighty God, for the blessings and grace we still bestow health and strength so that I can finish this research with good English. Every child born normal, both physically and mentally has the potential to be intelligent [1]. This is the case, because human nature is provided with the potential for intelligence by Allah SWT. In order to actualize himself as a servant (abid) and representative of Allah (caliph) on earth. As in the word of God

وَإِذْ قَالَ رَبُّكَ لِلْمَلٰئِكَةِ اِنِّيْ جَاعِلٌ فِى الْاَرْضِ خَلِيْفَةً قَالُوْۤا اَتَجْعَلُ فِيْهَا
مَنْ يُفْسِدُ فِيْهَا وَيَسْفِكُ الدِّمَآءَ وَنَحْنُ نُسَبِّحُ بِحَمْدِكَ وَنُقَدِّسُ لَكَ قَالَ اِنِّيْ
اَعْلَمُ مَا لَا تَعْلَمُوْنَ

:"Remember when your Lord said to the Angels:" Verily I want to make a caliph on the face of the earth. " they say: "Why do you want to make (the caliph) on earth a person who will cause damage to him and shed blood, even though we always glorify by praising you

and purifying you?" The Lord said: "Surely I know what you do not know." (Q.S. Al.Baqarah: 30) [2],[3]

At present, the role of the family begins to weaken due to social, political and cultural changes that occur. This situation has a big contribution to the release of children from the authority of parents, the family has lost its function in the child's emotional development. The lives of children from toddlers to school, some of their time is spent playing without supervision from parents. This does not rule out the formation of attitudes that are not in accordance with the morality of the mercy.

Therefore parents really need emotional intelligence guidance in educating children from an early age (toddlers) to school age. The influence of changes in the political, social and cultural system that causes the weakening of family functions on the emotional development of children, the role of parents here is very important in the formation of children's behavior patterns [4]. So that children's emotional intelligence can run and develop properly, then it should be given education and guidance conducted by parents, in this case the most competent is the teacher / lecturer to students in their growth so that he has a personality and intelligence that are both intelligent intelligence logic and emotional intelligence.

2. Methods

Type of research The research used in this study is qualitative research field research. Because the data obtained from the results of field research. And in conducting research, researchers incorporate this research into a type of exploratory descriptive research, which aims to describe the actual state of the object or phenomenon that exists. In addition, the approach used in this study is a phenomenological approach because it is directly related to the symptoms that appear in the surrounding environment [5], [6].

3. Results And Discussion

3.1. Results

Based on the results of observation and research on training emotional intelligence of parents in educating early childhood in Karanganyar Hamlet, Paguyangan sub-district, Brebes district, the mothers were very enthusiastic about the themes the researchers explained. because With this kind of training the role of parents becomes more sensitive to the development of the mindset of their children so that they become honest, disciplined, diligent, skilled, intelligent and others.

Given the important role of emotions in children's lives, it is not surprising that some of the traditional beliefs about emotions that have developed so far have remained firm without proper information to support or oppose them, for example there is a widely accepted belief that some people are born with a more emotional nature compared to others.

Consequently, it has become a reality accepted by society that nothing can be done to change the characteristics of a child. But thanks to research experts in various fields, especially psychology shows that genetic factors are not the only ones that affect children's emotionality, there are other factors that are very dominant, even determining children's emotionality, namely environmental factors [7].

These environmental factors include various other things such as the family environment as the environment that can first affect the development of children's emotionality, school environment, and the community environment. These various environmental factors can eventually lead to a variety of children's emotions (the emotional characteristics of children), which are different from adult emotions. Adults who do not understand the emotional characteristics of children tend to regard young children as "immature". Though actually not logical if adults demand that all children at a certain age have the same emotional patterns.

Besides that, in this case many researchers found various phenomena experienced by parents in teaching emotional intelligence to their children. One of them is up to the child because children are very difficult to control and some are truly disciplined in all matters such as school, prayer, recitation, study time, play time and others. This was formed due to the diversity of different family parenting practices.

In addition, in a place of research by researchers, researchers find children today, one of which smokes as is common, in addition there are still other deviant behaviors that occur at an early age. Even though seeing young age is very unnatural. Because in essence the child is a mandate that really must be maintained and in the future will have the potential to be intelligent. Therefore the researcher invites the role of parents to find out the right steps or ways to improve children's emotional intelligence, including:

1. Drawing feelings This method is used so that a child can draw feelings that are being experienced, for example with color. For example when angry a child draws in red, sad in green, happy in yellow and others. This method is used so that a child starts to get used to expressing the problem being experienced, so that later the child has an emotional closeness with strong parents. Children will be accustomed to telling everything experienced to parents so there is no inner pressure. From this the child will not look for a comfortable place other than parents because in this era, if the child is more comfortable with the situation outside the child's home will be more easily influenced by promiscuity or deviant promiscuity.
2. Teach self control

Self control is the ability of a person to control himself consciously so as to produce behavior that does not harm others, so that it is in accordance with social norms and can be accepted by the environment. In this case so that children are accepted in the community very good self-control is needed for example: attitude, good speech and others. Therefore, parents really need to instill moral education in the home environment as well as the way children behave towards their parents, how to speak in the house, trained in discipline, responsible, for

example, children practice rearranging their toys after playing. From this it will be formed self-control in children in the community environment by itself.

3. Teach self motivation

child really needs motivation from various parties, one of which is family. In this case the family has a very important role for example when children get less value, the role of parents must always provide motivation so that children feel valued for their efforts, listen to children's stories so that children can tell about something that is being experienced and parents provide a way outgoing that makes the child's feelings become calm and comfortable. As one parent said, he always teaches reading, writing, drawing and when parents find their children are bored or fed up, parents always give rewards so that their spirits return. It was seen that the child of Mahoti's mother was smarter than her age friends [8]

4. Train to empathize with others

Empathy is a feeling or thing that is generally very basic and indeed needs to be owned by every child, this sense of empathy can actually be done and taught to children from an early age. so that later children can feel what is felt by others, which can be felt real, later children can also place themselves and give something to others.

5. Show real examples

In this case the role of parents must really be considered because a child needs more examples than criticism and for that parents not only provide invitations but are accompanied by real examples. For example, parents tell their children to study, but their parents watch television, inviting their parents to worship chatting. This will greatly affect the emotional development of children. For that parents must be more sensitive when providing emotional learning or education to children and parents in this case must be careful in behaving, speaking, behaving. Because everything parents do will be emulated by children [9].

The background to children's emotional intelligence at an early age (pre-school age) is the family and community environment. Because in the family environment the child first gets an education and the community environment also greatly influences the formation of the child's emotional intelligence. So in the family environment must provide good examples such as providing motivation to children, giving good examples, polite words. In the community environment must be created a healthy environment in behavior, healthy in speaking and healthy in relationships.

With the holding of the parenting "Method of training parents' emotional intelligence towards early childhood" parents become more sensitive to how to educate children according to their age, not imposing children based on the wishes of parents.

3.2. Discussion

Emotional intelligence is a person's attitude which is very important, because this is very influential on one's attitude in carrying out an activity. Emotional intelligence is an emotional ability which includes the ability to control oneself, have endurance

when facing a problem, be able to control impulses, motivate yourself, the ability to empathize and foster relationships with others ". Emotional intelligence can place one's emotions in the right portion, sort out satisfaction and regulate moods to be calmer and more relaxed.

In this case, emotion refers to the feeling of information about a relationship. Meanwhile, intelligence (intelligence) refers to the capacity to provide valid reasons for a relationship. Emotional intelligence (EQ) is considered as important as intellectual intelligence (IQ). Because EQ itself has 80% capacity and the rest is in IQ. This proves that a person's success is very influential on emotional intelligence (EQ) owned by children. therefore in this case parents must always pay attention to the emotional intelligence of their children.

In addition the Qur'an has explained the emotions felt by humans, including: fear, angry, love, excited and jealousy.

4. Conclusion

Researchers can conclude that: Parenting "The method of training parents' emotional intelligence towards early childhood" is needed by parents, because there are still many parents who educate their children not according to their age. This is due to the lack of knowledge possessed by parents. Parents should when educating children with a happy heart, so when educating children do not always get angry. So the child will more easily receive advice and direction from parents. The results obtained from this study are that parents become more familiar with how to educate children according to their age. In order to be able to form a quality personal child, noble and high achieving and responsible in everyday life.

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