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The Relationship between the Role of Parents to the Growth of Preschool Children in Kalimati Village, Tarik District Sidoarjo

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Abstract

Growth and development are processes that occur in living things. Growth is said to increase in physical size, due to the multiplication of cells and the increasing number of substances between cells. Growth and development concern all aspects of progress achieved from the womb to adulthood (Irianton Aritonang, 1996). Based on an initial survey with interview techniques for 10 respondents conducted at the Posyandu Kalimati in January 2020 showed that there are still many toddlers with poor nutritional status. The purpose of this study was to analyze the Relationship of the Role of Parents to the Growth of Preschool Children in Kalimati Village, Tarik Sidoarjo District in 2020. The design of this study included a cross sectional analytic study with a survey approach. The population in this study were all parents and toddlers in the Kalimantan village of Tarik Sidoarjo in 2020, amounting to 30 respondents.

Keywords: growth, parental role, pre-school children

Introduction

Growth and development are processes that occur in living things. Growth is said to increase in physical size, due to multiplication of cells and increase in the number of substances between cells. Growth and development concerns all aspects of progress achieved from in the womb to adulthood (Irianton Aritonang, 1996). The role of parents in the formation of children's character and personality is very important, one of which is teaching children how to speak in everyday interactions. Of course there are many other examples that can be developed, namely other habits according to each cultural environment, for example getting used to appreciating children's work regardless of their shape and not comparing children's work with the work of their own siblings. The family can act as the basic foundation for starting character cultivation steps through habituation to behaving and behaving according to the expected character. Habit which is accompanied by role models and strengthened by instilling values. To find out the growth of toddlers can be seen through the nutritional status of toddlers. From data from the 2018 basic health research report for the nutritional status of toddlers based on weight/age indicators. In the province of East Java, the prevalence of under-fives under five is less than 20% and according to the 2015 MDGs target, it should be less than 18.5%. of the 38 districts in East Java, there are 7 districts that have not reached the national target, namely Jember district 30.4%, Probolinggo 24, 6%, Nganjuk 20.9%, Bangkalan 24.4%, Sampang 31.2%, Pamekasan 27% and Sumenep 29.4% (RI Ministry of Health, 2018).

Based on the initial survey with technique interviews with 10 respondents who were conducted at the Kalimati Posyandu in January 2020, found 6 (60%) of toddlers had poor nutritional status. Meanwhile, 4 (40%) toddlers had good nutritional status. This shows that there are still many

toddlers whose nutritional status is less.

The determining factor for the development of children both physically and mentally is the role of parents, especially the role of a mother, because the mother is the first and foremost educator for children who are born until they are adults. In the process of forming knowledge, through various parenting styles conveyed by a mother as the first educator is very important. Education in the family plays a very important role in developing character, personality, cultural values, religious and moral values, as well as skills. In this context the process of socialization and enculturation occurs continuously. It aims to guide children to become human.

The role of parents in the formation of children's character and personality is very important, one of which is teaching children how to speak in everyday interactions. Of course there are many other examples that can be developed, namely other habits according to each cultural environment, for example getting used to appreciating children's work regardless of their shape and not comparing children's work with the work of their own siblings. The family can act as the basic foundation for starting character cultivation steps through habituation to behaving and behaving according to the expected character. Habit which is accompanied by role models and strengthened by instilling values.

METHODS

This research is a cross-sectional quantitative analytic study with a survey research approach. The population in this study were all parents and pre-school children in the village of Kalimati, Tarik, Sidoarjo in 2020, there were 30 respondents. Samples were taken by techniques of simple *random sampling* taken by the formula Slovin which amounted to 28 respondents. The independent variable in this study is the role of parents on an ordinal scale with good, adequate, and poor categories, while the dependent variable is the growth of preschool-age children on an ordinal scale with normal, thin, very thin and fat categories. Measuring tools used in this study were questionnaires and sheet observation. The questionnaire has been tested validity with the result that there are three item items that are > 0.05 , which means that the item item is not valid, namely question number 3, 9 and 11, while for the test reliability results obtained cronbach's *alpha* (0.769) > 0.6 , it can be concluded that the questionnaire is reliable or consistent. This research was conducted in Kalimati Village, Tarik Sidoarjo District from January to July 2020. The sample selection was carried out randomly without knowing the characteristics of the respondents while still asking for the respondents' consent to conduct the research, the samples were given questionnaires and their weight was measured to be included in the observation sheet. After collecting the researchers did editing, *coding, scoring, tabulating, entry data and cleaning*. The analysis of this research was tested by using test *Spearman rank* with the interpretation is when p value $>$ *level of significant* (0.05) then the conclusion is that H_0 is accepted and H_1 is rejected, meaning that there is no relationship between the role of parents on the growth of preschool-aged children in the Kalimati village, Tarik district. Sidoarjo year 2020 and when p value $<$ *level of significant* (0.05) then the conclusion is that H_0 is rejected and H_1 is accepted, meaning that there is a relationship between the role of parents on the growth of preschool-aged children in the Kalimati village, Tarik district. Sidoarjo year 2020.

RESULTS

The role of parents

Table 2. Frequency Distribution of Parental Roles

No	Counseling	Frequency (f)	Percentage (%)
1	Less	7	25
2	Enough	7	25

3	Good	14	50
	Amount	28	100

Source: Primary research data 2020

Based on table 2 above, it shows that of the 28 respondents, half (50%) have good parental roles, namely 14 respondents.

Toddler Growth

Table 3. Distribution of Toddler Growth frequency

No	Toddler Growth	Frequency (f)	Percentage (%)
1	Normal	6	21
2	Which ones	8	29
3	So skinny	5	18
4	Fat	9	32
	Amount	28	100

Source: Primary research data 2020

Based on table 3 above, it shows that out of 28 respondents, the majority (32%) of toddlers were obese, namely 9 respondents.

The Relationship between the Role of Parents and the Growth of Preschool Children

Table 4. The relationship between the role of parents on the growth of preschool children

		Parent's role * Cross Tabulation growth					Total
		normal	which	branch t cross	fat		
the role of parents	Good	Count	0	4	4	6	14
		% of Total	.0%	14.3%	14.3%	21.4%	50.0%
	Enough	Count	1	4	1	1	7
		% of Total	3.6%	14.3%	3.6%	3.6%	25.0%
	less	Count	5	0	0	2	7
		% of Total	17.9%	.0%	.0%	7.1%	25.0%
Total	Count	6	8	5	9	28	
	% of Total	21.4%	28.6%	17.9%	32.1%	100.0%	

Based on the results of statistical tests using calculations spearman, noted that $p\text{-value} < 0.05$, that is, with a value of $0.009 < 0.05$, it can be concluded that H_0 rejected and H_1 accepted which means that there is a relationship between the role of parents on the growth of preschoolers.

DISCUSSION

The role of parents

Based on table 2 above, it shows that of the 28 respondents, half (50%) have good parental roles, namely 14 respondents.

Parents are the primary and first educators for their children, because it is from them that children first receive education. Thus the first form of education is in the family. In general, education in the household does not stem from awareness and understanding born of educational knowledge, but because naturally the atmosphere and structure provide natural possibilities for building an educational situation. This educational situation is realized thanks to the association and

relationship of mutual influence between parents and children. The process of growth and development which is the main, essential and positive process in children, is something that is important for these children. The process of growth and development takes place at the time of conception, namely the union of the mother's egg with the father's spermatozoa, until the end of adolescence by going through the prenatal, infant, preschool, elementary school and teenage years. In an attempt to produce strong and quality next generation, consistent and continuous efforts are needed from parents in carrying out the task of nurturing, nurturing and educating their children both physically and mentally until the child is an adult and/or able to stand on his own, where this task is the obligation of parents. Likewise with married couples who end in divorce, fathers and mothers are still obliged to look after, care for and educate their children. (Sujiono, Y.N, 2019).

In this study, most of the role of parents in the growth of their toddlers is good. The determining factor for the development of children both physically and mentally is the role of parents, especially the role of a mother, because the mother is the first and foremost educator for children who are born until they are adults. In the process of forming knowledge, through various parenting styles conveyed by a mother as the first educator is very important. Education in the family plays a very important role in developing character, personality, cultural values, religious and moral values, as well skills simple. In this context the process of socialization and enculturation occurs continuously.

Growth of Preschool Aged Children

Based on table 3 above, it shows that out of 28 respondents, the majority (32%) of toddlers were obese, namely 9 respondents.

Growth (*growth*) is a change in size, number, size, dimensions of cells, organs and individuals as measured by weight (grams, pounds, kilograms), length (cm, meters), bone age and metabolic balance (body's retention of calcium and nitrogen). Development (*development*) is the increase in ability (*skill*) in a more complex body structure in a regular and predictable pattern as a result of the maturation process (Ibnu Fajar, 2013:27). Under five years or often abbreviated as Toddler is one of the human age periods after infancy before early childhood. The vulnerable age of toddlers starts from two to five years, or is commonly used as a month calculation, namely 24-60 months. This age period is also known as preschool age (Wikipedia, encyclopediagratis.com), accessed on March 19 2015.

The results of research conducted by the village of Kalimati Subdistrict the attraction of Sidoarjo district shows that the nutritional status of PAUD children is on average fat. This shows that the process of growth and development which is the main, essential and positive process in children, is something that is important for these children. The process of growth and development takes place at the time of conception, namely the union of the mother's egg with the father's spermatozoa, until the end of adolescence by going through the prenatal, infant, preschool, elementary school and teenage years. The first years are an important period for physical growth and development. Intelligence development, skills motor and social, emotions run so quickly, that it can be said that the success of the first years largely determines the future of the child, if it is not detected it will significantly reduce the quality of human resources in the future.

The Relationship between the Role of Parents and the Growth of Preschool Children

Based on the results of statistical tests using calculations spearman, noted that ρ -value < 0.05, that is, with a value of 0.009 < 0.05, it can be concluded that H_0 rejected and H_1 accepted which means that there is a relationship between the role of parents on the growth of preschoolers.

The determining factor for the development of children both physically and mentally is the role of parents, especially the role of a mother, because the mother is the first and foremost educator for children who are born until they are adults. In the process of forming knowledge, through various parenting styles conveyed by a mother as the first educator is very important. Education in

the family plays a very important role in developing character, personality, cultural values, religious and moral values, as well skills simple. In this context the process of socialization and enculturation occurs continuously. It aims to guide children to become human. The growth and development of brain nerve cells during prenatal, apart from being influenced by genetic factors, are also influenced by dietary factors. Nutritious and balanced food is needed by the body so that brain nerve cells can grow optimally. While still in the womb, pregnant women must consume nutritious food, avoid too much caffeine, smoking, alcohol, drugs that can inhibit the growth of brain nerve cells in their fetus. Body health and immunity greatly affect the development of children's intelligence. A healthy child's body develops properly, including the brain. Mother's milk is very important for the health and immunity of children. **Breast milk contains nutrients that are suitable for the condition of the ducts child digestion.** Breast milk contains a yellowish liquid called colostrum. Colostrum contains antibodies, a substance that is useful for the body to defend it self from disease (immunity). So if the baby grows healthy in the first years of life then this will increase the number of nerve cells nerves in the brain where this growth adds to the development of the baby's intelligence. After a child is born, the early years of life are the most critical for brain growth and development (Suyanto, 2015).

Based on this research shows that there is a relationship between the role of parents on the growth of pre-school children. The role of parents in the growth of pre-school children is very important. Nutritious and balanced food is needed by the body so that brain nerve cells can grow optimally.

CONCLUSION

- Half (50%) of the respondents in the Village of Kalimati Sub district Tarik Sidoarjo Regency in 2020 has a good parental role, namely 14 respondents.
- The majority (32%) of respondents in the village of Kalimati Sub district Tarik Sidoarjo Regency in 2020 toddlers are fat, namely as many as 9 respondents.
- Based on the results of statistical tests using calculations spearman, noted that ρ -value < 0.05, that is, with a value of 0.009 < 0.05, it can be concluded that H_0 rejected and H_1 accepted which means that there is a relationship between the role of parents on the growth of preschool-aged children in the Kalimati Village, Tarik District, Sidoarjo Regency in 2020.

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