



## THE INFLUENCE OF PARENTING PATTERNS ON TANTRUM INCIDENTS IN TODDLERS IN THE WORKING AREA OF THE LABUHAN RUKU COMMUNITY HEALTH CENTER, TALAWI DISTRICT, BATUBARA REGENCY IN 2025

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### ABSTRACT

**Background:** This study investigates the influence of parenting styles on tantrum incidence among toddlers in the work area of Labuhan Ruku Public Health Center. Using a descriptive-analytic method with a cross-sectional design, the study involved 40 respondents. The results indicate that neglectful parenting was the most prevalent style, while distress tantrums were the most common type. A significant association ( $p = 0.005$ ) was found between parenting styles and tantrum types. These findings highlight the need for parenting interventions to reduce tantrum behavior in toddlers.

**Keywords:** parenting style, tantrum, toddler, emotional behavior, public health.

### INTRODUCTION

The World Health Organization (WHO) and UNICEF (1994) reported that 20–30% of children experience psychosocial problems, and 3–12% suffer from mental disorders. Children are the future generation of the world and will bear responsibility in the future. The future of a nation depends on the mental health of its children. Learning difficulties in children are often related to the emotional disturbances they experience. To build emotional well-being, parents and teachers play a vital role. They serve as the main figures influencing children's lives and behaviors.(Shetty & Padmakumari, 2025)

Early childhood is a critical period in shaping a person's personality, as this is when rapid development occurs in all aspects of a child's potential, particularly emotional development. At this stage, children begin to seek ways to behave in order to gain recognition, feel valued, and

experience involvement within the family. This search for meaning and space within the family is fundamental for every child, especially between the ages of four and six. In everyday life, emotional development, often referred to as emotional intelligence, is frequently overlooked by many families. This is because many families still prioritize intellectual. Development (IQ) over emotional growth. In reality, emotional intelligence needs to be nurtured and strengthened in every child, as it is closely related to other types of intelligence, such as social, moral, interpersonal, and spiritual intelligence. Therefore, supporting children's emotional development is not an easy task for parents.(Greene, 2013)

According to research by Poteagal (2003), involving 335 children aged 18 to 60 months, tantrums typically last between 0.5 to 1 minute, with 75% lasting 5 minutes or less. When children throw themselves to the floor for about 30 seconds, tantrums tend to be shorter and require less parental intervention. Approximately 29% of tantrums are associated with the relationship between parents and children. During a tantrum, children express emotions through screaming. As children grow older, the likelihood of tantrums decreases due to the development of feelings such as shame and guilt. Children who scream for more than 6 minutes or have prolonged tantrums may experience dysphoria, requiring soothing or comforting. Anger peaks quickly at the onset of a tantrum and gradually diminishes. When children cry and seek comfort, providing a sense of safety and security is an effective strategy to help regulate their emotions or manage their tantrums.(Petermann, 2017)

The age range of 1 to 3 years is particularly vulnerable to temper tantrums, as children at this stage lack the ability to effectively communicate their desires and needs. Temper tantrums can have serious consequences, such as injuries from rolling on hard floors. A temper tantrum is an emotional outburst usually marked by crying and screaming, but it can also be an extreme expression(*Temper Tantrums: Definition, How To Deal, And Prevention*, 2025)

of frustration characterized by uncontrollable behavior, such as aggressive body movements, throwing objects, rolling on the floor, head banging, and foot stomping. In younger children, tantrums may also result in vomiting,

bedwetting, or difficulty breathing due to excessive crying and screaming. These behaviors pose safety risks, especially if there are hard objects around the child. Ignoring tantrums may endanger the child's physical safety and hinder emotional self-regulation, potentially leading to increased aggression and difficulty adapting to external environments.(Miftahujannah et al., 2024) Parenting styles that allow children to explore freely and set their own behavioral boundaries without much parental involvement can have negative effects. A lack of engagement, demands, and supervision from parents can hinder a child's ability to respect others, resulting in dominance, rule rejection, egocentrism, poor self-control, and difficulty dealing with social restrictions. As a result, such children are more prone to temper tantrums when their wishes are unmet.(Sutthi & Sukontamarn, 2024) Parenting also involves behaviors and attitudes regarding closeness with the child. Excessive pressure or unrealistic expectations beyond a child's capacity may lead them to lie or cheat in order to be accepted socially. During this developmental stage, children show increasing skills and cognitive development. Interaction with parents and the home environment plays a crucial role in stimulating a child's growth.(Munthe, 2022)

A preliminary survey conducted among toddlers and parents in the working area of Labuhan Ruku Public Health Center, Talawi District, Batubara Regency in 2022 revealed that out of 15 respondents, 55%



of children experienced tantrums. Reported tantrum behaviors included difficulty calming down for up to 20 minutes when upset, tendencies to throw, hit, and break objects, roll on the floor or ground, and hit others while crying. Among the eight toddlers with tantrums, the predominant parenting styles reported were authoritarian and neglectful.(Manurung et al., 2022)

Based on the issues above, the researcher is interested in conducting a study titled: "The Influence of Parenting Styles on the Incidence of Tantrums in Toddlers in the Working Area of Labuhan Ruku Public Health Center, Talawi District, Batubara Regency in 2022."

## RESEARCH METHOD

This study uses an observational or survey approach, where data is collected through questionnaires without any intervention to the research subjects. The research is descriptive-analytic with a cross-sectional design. It aims to examine the relationship between risk factors and specific health conditions (Charsel, 2018).

### Conceptual Framework

The conceptual framework is a visual and narrative representation of the relationship between relevant variables in the research problem. It helps the researcher understand how these variables interact and contribute to the studied phenomenon (Notoadmojo, 2017).

Concepts are abstract ideas formed through general understanding and need to be broken down into measurable variables for empirical observation.(Jia et al., 2024)

### Variables

- **Independent Variable:** Parenting Style

**Dependent Variable:** Toddler's Temper Tantrum

Operational definitions clarify the meaning and scope of each variable and guide the development of measurement tools.(Dellantonio & Pastore, 2024)

### Population and Sample

- **Population:** Mothers and toddlers in the working area of Labuhan Ruku Public Health Center, Talawi District, Batubara Regency, in 2022 (n = 40).
- **Sample:** All members of the population were included using total sampling (saturated sampling).

### Data Collection Method

Research permission was first obtained from STIKes Mitra Husada Medan and then from the Head of Labuhan Ruku Health Center.

- **Primary Data:** Collected directly through questionnaires covering child characteristics, tantrum types, and parenting styles. Data were gathered via online forms or face-to-face interviews, and the instrument was pre-tested for validity and reliability.
- **Secondary Data:** Obtained from the local health center reports, literature, and relevant journals.

### Research Location and Period

- **Location:** Labuhan Ruku Health Center, Talawi District, Batubara Regency

**Time:** May – June 2022



## Data Processing and Analysis

- Data Processing:** Involves editing, coding, data entry, and cleaning (Hidayat, 2011).
- Univariate Analysis:** Frequency distribution tables are used to describe respondent characteristics and research variables, using:

$$P = fn \times 100\% P = \frac{f}{n} \times 100\% P = nf \times 100\%$$

Where: P = Percentage, f = Frequency, n = Total Sample Parenting style responses: "Yes" = 1, "No" = 0

- Democratic: Q1–Q5
- Authoritarian: Q6–Q10
- Permissive: Q11–Q15
- Neglectful: Q16–Q20
- Abusive: Q21–Q25

## RESULT

Research Results After conducting the study, the factors influencing the failure of exclusive breastfeeding in Sri Damai Village, Palembang Province, in 2024 were identified, with a total of 34 respondents. Univariate Analysis

## DISCUSSION

As shown in Table 4.6, there is a significant influence of parenting style on the occurrence of tantrums in toddlers in the working area of Labuhan Ruku Public Health Center, with a p-value of 0.005 ( $p < 0.05$ ). The majority of tantrums were of the distress type (29 respondents or 76%), while anger-type tantrums were less common (9 respondents or 24%). The most frequent

The characteristics of respondents based on the factors influencing the failure of. Based on the study titled "*The Influence of Parenting Styles on the Incidence of Tantrums in Toddlers in the Working Area of Labuhan Ruku Public Health Center, Talawi District, Batubara Regency, 2022*", the research findings revealed several key insights. In terms of age distribution, the majority of toddlers were between 13–24 months old, accounting for 14 respondents (30.2%), while the least were aged 37–48 months, with only 2 respondents (5%). Regarding gender, most respondents were male, totaling 25 children (66%), whereas females accounted for 13 children (34%).

In terms of birth order, the second child was the most common (18 respondents or 47%), while the least common were seventh-born children (13 respondents or 13%).

When examining parenting styles, the most prevalent was the neglectful style, reported by 9 respondents (24%), and the least common was the abusive style, reported by 7 respondents (18%). Concerning the types of tantrums, the majority of toddlers exhibited distress-type tantrums, with 29 respondents (76%), while 9 respondents (24%) showed anger-type tantrums. Furthermore, the cross-tabulation analysis between parenting style and tantrum type indicated a significant relationship, evidenced by a p-value of 0.005 ( $p < 0.05$ ), demonstrating that parenting style significantly influences the occurrence and type of tantrums among toddlers

parenting style was neglectful (9 respondents or 24%), and the least was abusive (7 respondents or 18%).

In a study by Potegal (2003), involving 335 children aged 18 to 60 months, tantrums typically lasted between 0.5 to 1 minute, with 75% lasting less than 5 minutes. Tantrums involving children dropping themselves to the floor for 30 seconds tended to be shorter, requiring minimal parental intervention.

Furthermore, 29% of tantrums were associated with the parent-child relationship. Children commonly express tantrums through screaming. As they grow older, tantrums tend to decrease due to the development of feelings like shame and guilt. Screaming lasting more than six minutes may lead to dysphoria, making children need comfort. Anger generally peaks early and then subsides. To regulate emotions, children may cry and seek reassurance, making it important for parents to provide a sense of safety and security. (Sutthi & Sukontamarn, 2024)

According to Kohn, parenting refers to the way parents interact with their children, encompassing rule-setting, rewards and punishments, authority, and attentiveness to the child's needs. Tarsis Tarmudji defines parenting as the parent-child interaction in caregiving, educating, guiding, disciplining, and protecting the child to develop according to social norms.

M. Shochib (1998:14) states that parenting is a meeting point between parents as educators and children as learners, to guide children toward self-discipline. This interaction reflects the parenting approach, seen in various situations faced by the parent and child together.

The researcher concludes that tantrums in children may be influenced by inappropriate parenting styles. Improper parenting may cause children to become irritable and struggle with emotional regulation.

## Conclusion and Suggestion

Based on Table 4.6, the results indicate that there is a significant relationship between parenting styles and the incidence of tantrums in toddlers in the working area of Labuhan Ruku Public Health Center, Talawi District, Batubara Regency, in 2022, with a p-value of 0.005

( $p < 0.05$ ). The majority of tantrums were of the distress type, reported by 29 respondents (76%), while the anger type was less common, with 9 respondents (24%). The most frequently applied parenting style was neglectful (9 respondents or 24%), and the least common was abusive (7 respondents or 18%).

## SUGGESTION

Based on the results of this study, several suggestions are proposed. For the research location, it is recommended that efforts be made to improve the application of positive parenting styles among parents of toddlers in the working area of Labuhan Ruku Public Health Center, Talawi District, Batubara Regency. For the institution, the Mitra Husada College of Health Sciences (STIKes Mitra Husada Medan) is encouraged to increase knowledge and awareness regarding parenting styles and their impact on tantrum behavior in toddlers, particularly through academic activities and community outreach. For future researchers, this study is expected to enhance their insight, skills, and capability in developing more in-depth research related to tantrum incidents and contributing factors among toddlers. Finally, for the community, particularly mothers, it is suggested that they improve their understanding of parenting practices and how these affect tantrum behavior by actively participating in parenting classes or related educational programs.

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