

The Urgency Of Holistic Parenting In Optimising Child Development

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Abstract.

Child growth and development are influenced by the nurturing environment, especially mother-child interactions, parenting style, and family stimulation. parenting style, and family stimulation. Objective of this research is to assess the knowledge and skills of holistic parenting skills performed by parents. This research is qualitative with a literature study approach. Primary data sources were accessed from scientific journals, scientific books, videos, images and other sources that are compatible with this paper. The sources were sorted, analysed and conclusions were drawn. Parenting patterns are associated with the incidence of stunting in toddlers. Parents' knowledge can help them to maximise their efforts to develop their children's character and apply the right parenting parenting. Parents who know about parenting will endeavour to fulfil their children's developmental needs.

Keywords : Parenting, Child and Development.

I. INTRODUCTION

The parenting is a process that aims to improve and support the physical, emotional, social, financial, and intellectual development of a child from infancy to adulthood. This is the responsibility of parents, because parents are the first teachers for children in learning many things. Both academically and in life in general. That is why parents have a great responsibility in providing the right care for their children. Good parenting is important so that children can grow up to be capable individuals and fit into society. Every parent has the right to decide what kind of parenting style they want to apply to their children. Whether it is permissive, authoritarian, or authoritative parenting, these are some of the options to educate and raise your child. The thing you need to remember is that parenting style will affect your child's personality and character in the future. The quality of a nation's Human Resources (HR), especially HR that is physically strong, mentally strong, and healthy and has a level of intelligence, intelligence, and health. physically strong, mentally strong, and healthy and has a level of intelligence, emotional maturity, and high spiritual maturity, determine the nation's progress. the progress of the nation.

In recent years, the discussion of human resource development in human resources development in Indonesia has received its own spotlight. Parenting interventions, such as self-confidence and skills parenting skills, and directly teach empirical strategies to parents to apply to their children, for example, developing skills to help prevent and manage anxiety, helping parents in teaching children to solve problems, building skills for future development, and fostering strong family relationships[1]. Parenting is an important aspect in shaping children's personal development. Parents need adequate knowledge and adequate knowledge and skills in order to provide the right care for children. Parenting knowledge includes understanding how to care for children, how children develop, and the diverse roles parents play in children's lives. knowledge parenting includes understanding the different appropriate approaches to meeting physical and biological needs and socioemotional and cognitive needs of children as they develop. Parenting Education is education that seeks to improve or facilitate behaviours behaviour of parents that will influence positive positive developmental outcomes in their children[2]

II. METHODS

The research method used is library legal research. The data used is The data used is secondary data obtained from textbooks, articles, opinions of experts and journals. The type of research in this thesis is qualitative research with a descriptive approach. It is a research procedure that produces descriptive data in the form of written or oral words from research informants and the behaviour of observed research objects. or oral from research informants and the behaviour of observed research objects. The specification of this research is descriptive analytical, which is to describe, find legal facts thoroughly and examine systematically applicable laws and regulations are associated with legal theories and positive legal implementation practices related to the problem. The data analysis stage is to describe the data in the form of good and correct sentences, while the analysis used in this research is a qualitative technique, namely an analysis using how to collect the data obtained and explain it clearly, so that a conclusion can be drawn from it. explain clearly, so that a conclusion can be drawn from the existing problems.

The study focuses on an analysis related to written materials such as journals, articles, books, and other written materials. written materials such as journals, articles, books, and other written materials. Humans also gain knowledge of what it means for parents to live in a culture: Generational, social, and media images of parents, children, and families live inherited or ready to play an important role in helping people important in helping people formulate their parenting cognitions and guide their their parenting. Parenting knowledge should parents should have so that they can take care of children better and support the growth and development of the child. However, in reality, not all parents have adequate knowledge and skills regarding childcare. The lack of knowledge and skills of parents about parenting can lead to mistreatment of children. Child Mistreatment to a child is any action against children, including placing children in situation that may cause adverse effects on the welfare, safety adverse effects on the welfare, safety, dignity and development of the child.

III. RESULT AND DISCUSION

Parenting education is usually provided by a formal and non-formal educational institutions with a target focus, types, methods of delivering parenting education delivery methods. Methods parenting education delivery methods include handbooks and manuals; television, video and audio series; group-based parenting and group-based parenting and child development classes, home visiting programmes; and combinations of the above. Every parent will have different challenges in parenting their children every parent will have different challenges in parenting their children. These parenting challenges which is the basis of why parenting education programmes parenting education programmes have various types, target focus, and delivery methods. People parents can join the parenting education programme that best suits them to help solve problems in parenting child. Parenting techniques include people working in response to the the child's actions and those that occur independent of the child's actions in an attempt to facilitate behaviour that is socially acceptable behaviour. In general, the parenting techniques proposed by Grusec above are techniques that are commonly applied in parenting. The first is the technique of discipline. Every parent must teach disciplinary behaviour to their children. However, the characters of children and parents are different so that each parent can apply different disciplinary techniques that are deemed most effective. different disciplinary techniques that are considered the most effective considered most effective to foster children's disciplinary behaviour.

Second, monitoring techniques. This technique is used by parents to find out what activities the child is doing, how condition of the child, and the impact on the child. This monitoring technique is applied by parents since the child was born even until the child grows up. growing up. Third, Reward or reward. This technique is applied by parents who parents who give rewards when their children obey and perform positive behaviour. positive behaviour. Fourth, daily routines. This technique provides tasks that are done every day such as helping with washing dishes, sweeping, making the bed. This technique aims to foster an independent attitude and perseverance in children. Fifth, prearming is a technique that is done in in terms of communication. Parents communicate to children what is good for them to do and what is not good or forbidden to do and explain why. Actions taken by parents to fulfil their children's nutritional needs Among

other things, preparing balanced nutritious food, avoiding foods that are harmful to children's health, processing food well, making harmful to children's health, processing food properly, making menu plans and menu creations, observing children's growth and development and menu plans and menu creations, observing children's growth and development, and encouraging children to eat even when they do not want to. The role of parents in parenting is very important, and providing children with a complete and balanced diet can help them grow and develop in a healthy way. A family's ability to fulfil the physical, mental and social needs of growing children with time, attention, and a balanced diet can help them grow and develop. physical, mental and social needs of growing children with time, attention and support is a part of of good parenting [3]. One of the factors that contribute to to the prevalence of child undernutrition is maternal ignorance of the the importance of proper breastfeeding and complementary feeding. Children's nutritional status will suffer as a result[4]. Parenting in health maintenance is an effort to maintain children's health.

Children by parents including being taught about the application of Clean and Healthy Living Behaviour Clean and Healthy Behaviour (PHBS), providing good sanitation in the environment of the child's play area / home, immunising children completely, taking children to children's play area/home, immunising children completely, bringing children to the posyandu regularly, providing vitamin A and deworming drugs. Child care parenting is the actions of parents in caring for their children. Children include providing first aid at home, first handling of accidents in children, early detection of sick children, early detection of children's illnesses, and early treatment of children. Resources in the neighbourhood for treatment, and treating the child if the child is sick. Health of toddlers and their families can be influenced by mothers who have a lot of knowledge, such as knowledge, such as washing hands with soap and running water before and after eating. According to Ayu et al., there is a relationship between parental attitudes, parenting scores, and independence in personal hygiene, A similar study also showed an association between children's independence between 5 and 6 years of age in personal hygiene and parental care [5]. Other findings revealed there is a relationship between parenting patterns and the level of independence of personal hygiene in preschool children in Celegeh village, Barebali village, Lombok [6]. There is a significant relationship between knowledge and parental care skills in mentally retarded children at SLB Negeri 2 Padang in 2017 [7]. Parents as figures who play an important role in the in the parenting process are required to continue to support in maintaining children's growth not only physically but most importantly also form emotional attachment and psychological bond with the child [8].

It is important for parents to use parenting patterns, because the way parents parenting will be closely related with how the child feels about themselves and how they relate to others. other people [9]. Thus, parents need sufficient and appropriate understanding and skills about parenting. Parenting is the steps taken by the guardian in providing security to the child, which is assessed by the ability of the guardian to provide security to the child. to provide security to the child, which is assessed by the guardian's ability to implement children's freedom in the family. Parents' inability to communicate sexuality issues to their children is hampered when they lack parental supervision, lack of sexuality, and lack of sexuality. to their children is hampered when they lack parental supervision, such as when they are busy working [10]. Providing a sense of security and affection to children so that the emotional side of the child's character emerges, while fathers teach identity, protect children from the outside world, and instil the rational side in children. Regarding the prevention of ASF, parents must have adequate knowledge, attitudes, and behaviours [11]. Knowledge can be obtained through books, mass media, health workers, or personal experience. According to (Sulistianingsih & Widayati, 2016), what mothers learnt in the past will have a direct impact on the way parents educate their children [12]. will have a direct impact on the way parents educate their children. Some research revealed that parental information regarding the deterrence of brutality towards children is still lackin. Parents still lack knowledge of the characteristics of perpetrators and victims of sexual violence[13].

IV. CONCLUSION

Parenting knowledge should parents should have so that they can take care of children better and support the growth and development of the child. However, in reality, not all parents have adequate knowledge and skills regarding childcare. The lack of knowledge and skills of parents about parenting can lead to mistreatment of children. Parenting by parents is influenced by several factors such as the social and physical environment where the family lives, the economic status of economic status of the parents, and the parenting model parenting models that parents have previously learnt. Parents can expand their knowledge and skills in parenting through Parenting Education programmes. Parenting Education is an education that seeks to broaden parents' knowledge and skills in parenting. It is education that seeks to improve or facilitate behaviours behaviour of parents that will influence positive positive developmental outcomes in their children.

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