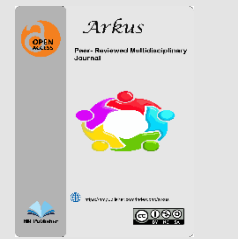




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The Effect of Parenting Training on the Ability of Parenting Styles for Children in Ciwareng Village, Purwakarta Regency, Indonesia

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ABSTRACT

Parenting is one of the important factors that influences children's development. The right parenting style can help children grow and develop into healthy and prosperous individuals. However, not all parents have good parenting skills. Parenting training can be an effort to improve parents' parenting skills. This research aims to determine the effect of parenting training on parents' parenting skills towards children in Ciwareng Village, Purwakarta Regency, Indonesia. This research uses quantitative methods with a pre-posttest control group design. The research sample was 60 parents who had children aged 6-12 years. The experimental group was given parenting training for 6 meetings, while the control group was given no training. The research results show that parenting training has a significant influence on parents' parenting abilities. The experimental group that received parenting training showed greater improvements in parenting abilities compared to the control group.

1. Introduction

Parenting is the way parents treat, educate, and guide children. Parenting can be defined as a way that parents interact with their children, which includes aspects such as affection, control, communication, discipline, and hope. Parental parenting styles have a significant influence on child development. The right parenting style can help children grow and develop into healthy and prosperous individuals, both physically, mentally, and socially. The right parenting style can provide children with the security, love, and support they need to grow and develop. Inappropriate parenting patterns can cause various problems in children, such as behavioral problems, such as aggression, hyperactivity, and discipline problems; Emotional problems, such as anxiety, depression, and self-esteem problems; and Academic problems, such

as learning difficulties and low academic achievement.¹⁻³

Proper parenting can help children grow and develop in a healthy physical manner. Parents who provide sufficient love and attention to their children will make the children feel safe and comfortable so that they can grow and develop optimally. The right parenting style can help children develop thinking, problem solving and learning skills. Parents who provide support and motivation to children will help children develop self-confidence and abilities. The right parenting style can help children develop social skills, such as the ability to communicate, collaborate, and work together. Parents who teach children about the importance of empathy and tolerance will help children become more social and friendly individuals.⁴⁻

⁷ This study aims to determine the effect of parenting

training on parents' parenting skills towards children in Ciwareng Village, Purwakarta Regency, Indonesia.

2. Methods

This research uses quantitative methods with a pre-posttest control group design. This design is used to compare two groups, namely the experimental group and the control group. The experimental group was given certain treatments, while the control group was given no treatments. The research sample was 60 parents who had children aged 6-12 years. Samples were taken randomly from the elderly population in Ciwareng Village, Purwakarta Regency, Indonesia. The experimental group consisted of 30 parents who were given parenting training during 6 meetings. The parenting training discusses various aspects of parenting, such as love, control, communication, discipline, and hope. The control group consisted of 30 parents who were not given parenting training. Research data was collected using a questionnaire that measured parents' parenting abilities. The questionnaire consists of 50 items, which are divided into 5 dimensions, namely: Dimensions of affection, Dimensional control, communication dimension, Disciplinary dimensions, and dimensions of hope. Research data was analyzed using the t-test. The t-test was used to test the mean differences between the two groups.

3. Results and Discussion

The research results show that parenting training has a significant influence on parents' parenting abilities. The experimental group that received parenting training showed a greater increase in parenting skills (88.6 ± 9.21) compared to the control group (45.32 ± 2.32), $p < 0.001$. The increase in parenting skills of parents in the experimental group was seen in all dimensions of parenting, namely affection, control, communication, discipline, and hope.

Authoritative parenting is a parenting style characterized by a balance between affection and control. Parents who apply an authoritative parenting

style provide sufficient love and attention to their children but also set clear rules and discipline. This parenting style has been proven to have a positive impact on children's development, such as increasing children's independence, problem-solving abilities, and social skills. Authoritarian parenting is a parenting style characterized by high control and low affection. Parents who apply an authoritarian parenting style set strict rules and discipline but provide little love and attention to their children. This parenting style can cause various problems in children, such as behavioral problems, emotional problems, and academic problems. Permissive parenting is a parenting style characterized by high affection and low control. Parents who apply a permissive parenting style give excessive love and attention to their children but do not set clear rules and discipline. This parenting style can cause various problems in children, such as behavioral problems, emotional problems, and academic problems. Neglectful parenting is a parenting style characterized by low affection and control. Parents who apply a neglectful parenting style provide less love and attention to their children and do not set clear rules and discipline. This parenting style can cause various problems in children, such as behavioral problems, emotional problems, and academic problems.⁸⁻¹⁰

Knowledge about child development is important for parents to understand their child's needs and stages of development. By understanding a child's development, parents can provide care that suits the child's needs. Knowledge about parenting styles is important for parents to understand the various types of parenting styles and the impact of each parenting style on children's development. By understanding parenting styles, parents can choose the right parenting style for their children. Communication skills are important for parents to communicate with children effectively. Effective communication can help parents build good relationships with children, as well as help children learn and develop. Discipline skills are important for parents to educate children with firmness and affection. Effective discipline can help

children learn about rules and responsibilities. Problem-solving skills are important for parents to deal with various problems that arise in raising children. Problem-solving skills can help parents deal with problems calmly and wisely.^{9,10}

Lectures are the most commonly used method in parenting training. Lectures can provide extensive information about various aspects of parenting. Discussions can provide an opportunity for training participants to exchange ideas and share experiences. Discussions can help training participants understand the training material in more depth. Exercises can help trainees apply the knowledge and skills they have acquired. Exercises can be done individually or in groups.^{10,11}

Parents who take parenting training will meet other parents who have children of the same age and challenges. This can help parents understand that they are not alone in facing various challenges in raising children. Through discussions with other parents, parents can gain new perspectives on various aspects of parenting. This can help parents see problems from a different perspective and find more effective solutions. Exchanging experiences with other parents can help parents build a support network. This support network can be a source of strength and motivation for parents in raising children.

In the discussion session, a parent shared his experience on how he dealt with his child's behavior problems. This experience can be an inspiration for other parents to overcome similar problems. In practice sessions, parents are divided into groups to discuss how to set effective rules and discipline. This discussion can help parents gain a new perspective on how to implement effective discipline. Once parenting training is complete, parents can join a parent support group. This support group can be a place for parents to share experiences and support each other in raising children. Parenting training that provides opportunities for parents to exchange experiences can be more effective in improving parents' parenting skills.¹²

Parenting training provides support and motivation for parents to implement good parenting patterns. Providing materials and information that can increase parents' understanding and awareness of the importance of good parenting patterns. Provide opportunities for parents to practice applying the knowledge and skills they have acquired. Encourage parents to share experiences and support with other parents. The support and motivation provided by parenting training can help parents Maintain commitment to implementing good parenting patterns, overcome challenges in parenting, and increase self-confidence in parenting.^{11,12}

In the lecture session, a resource person explained the importance of love in raising children. This can increase parents' awareness of the importance of giving love to children. In training sessions, parents are given the opportunity to practice applying effective communication skills. This exercise can help parents improve their communication skills with children. In the discussion session, a parent shared his experience about how he dealt with his child's behavior problems. This experience can provide motivation for other parents to remain patient and consistent in implementing good parenting patterns. Parenting training that provides support and motivation for parents can be more effective in improving parents' parenting skills.¹³

4. Conclusion

This research shows that parenting training is an effective effort to improve parents' parenting skills. Therefore, parenting training can be one of the programs offered by the government or related institutions to improve the quality of child care in Indonesia.

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