



## THE ROLE OF PARENTS IN CHILDREN'S GROWTH AT RAUDLATUL ISLAMIC PRE-SCHOOL

Siti Kholifah<sup>1\*</sup>, Sari Yulianti<sup>2</sup>, Rosita<sup>3</sup>, Nurhaelah<sup>4</sup>, Hj Rasitah<sup>5</sup>, Rahmawati<sup>6</sup>, Siti Muhayah<sup>7</sup>,  
Siti Nur Yuliyanti<sup>8</sup>, Eha Julacha<sup>9</sup>, Siti Fadilah<sup>10</sup>, Siti Khotimah<sup>11</sup>, Aan Anipah<sup>12</sup>

<sup>1,2,3,4,5,6,7,8,9,10,11,12</sup>Pendidikan Anak Usia Dini, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Bina Bangsa, Indonesia

Email: [sitikholfahsyarif@gmail.com](mailto:sitikholfahsyarif@gmail.com)<sup>1</sup>, [sariyulianti107@gmail.com](mailto:sariyulianti107@gmail.com)<sup>2</sup>, [ita73394@gmail.com](mailto:ita73394@gmail.com)<sup>3</sup>, [nurhaelahelah369@gmail.com](mailto:nurhaelahelah369@gmail.com)<sup>4</sup>,  
[hjitarosita73@gmail.com](mailto:hjitarosita73@gmail.com)<sup>5</sup>, [rw7681251@gmail.com](mailto:rw7681251@gmail.com)<sup>6</sup>, [muhayahay@gmail.com](mailto:muhayahay@gmail.com)<sup>7</sup>, [sitinuryuli.yanti26@gmail.com](mailto:sitinuryuli.yanti26@gmail.com)<sup>8</sup>, [nuralipa944@gmail.com](mailto:nuralipa944@gmail.com)<sup>9</sup>,  
[if2402276@gmail.com](mailto:if2402276@gmail.com)<sup>10</sup>, [pancatujuh2@gmail.com](mailto:pancatujuh2@gmail.com)<sup>11</sup>, [aananipah41@gmail.com](mailto:aananipah41@gmail.com)<sup>12</sup>

### Abstract

Parents significantly influence the growth and development of early childhood, particularly during the "golden age." Parenting styles significantly shape children's physical, cognitive, social, and emotional development. This study analyzes the role of parents in the education, care, protection, and health of children using action research and literature study methods. The survey results indicate that good parenting patterns, balanced nutrition, and positive interactions support optimal child development. However, limited knowledge and resources are challenges. Therefore, parents must receive education on PKM (Community Service) activities or socialization of smart parenting, both offered at Paud Raudotul Islamiah, to provide care conducive to their children's optimal development.

**Keywords:** Health, Education, Parenting, Protection

### INTRODUCTION

The early childhood development period is very important when forming children's physical, cognitive, social-emotional, and motor skills. During the period between the ages of one and six, children go through a period referred to as the "golden age" or golden age. During this time, their brains develop rapidly and begin laying the groundwork for future learning. This process is significantly impacted by parents' primary caregiver role in their children's lives. Parents not only have the responsibility of meeting the fundamental requirements of their children, but they also play an active role in providing stimulation that helps children develop in various ways because of their involvement.

According to Habullah (2011), the role of parents is the main educator of early childhood during the golden age, responsible for fulfilling children's needs and care with the closest level of emotional closeness. Meanwhile, according to Novita, D. (2016), citing the view of Wibowo (2012), parents must also play a role in fostering and improving children's development from an early age to develop optimally according to their potential. Parents have a very important role in the education and development of early childhood, especially during the golden age. Parents are the main educators for their children and are responsible for meeting children's needs and providing loving care. In addition, parents also play a role in fostering and improving children's development from an early age so that their potential can develop optimally.

In the interim, the facilitation of children's growth and development is significantly influenced by the quality of parenting. The primary foundation for children's physical, psychosocial, cognitive, and motor development is a caring environment characterized by positive discipline, attention, and affection. Unfortunately, many parents face difficulties managing child care due to limited

knowledge, economic factors, or other social problems. Failure to provide good parenting can cause disorders in child development, both physically and mentally, which have an impact on the child's quality of life in the future.

Cognitive aspects Children, including the ability to think, solve problems, and understand the world around them, are greatly influenced by the stimulation given by parents from an early age. Children who receive attention from their parents through conversations, educational games, and an introduction to basic concepts such as numbers, colours, and letters will be more ready to learn when they enter school. However, lack of attention or parenting methods not by the child's developmental stage can cause delays in the child's cognitive abilities.

Behavioural and social development In addition, children are significantly impacted by their parents' parenting styles. The development of children's social skills, which are necessary to interact with their peers and other people, is facilitated by loving interactions, consistent emotional support, and the early introduction of social values. Problems in a child's emotional development, such as anxiety, aggression, or difficulty forming healthy social relationships, can be caused by unhealthy parenting styles, such as violence or neglect. These characteristics can be passed down from generation to generation.

In addition, children's physical and motor development is greatly influenced by the fulfilment of good nutritional needs and the opportunity to move and play actively. Parents have a big role in ensuring children get nutritious food, enough sleep, and physical stimulation supporting gross and fine motor development. Children who are malnourished or less active can face delays in their physical development, which affects motor skills and overall body health.

Satisfaction of children's requirements Early childhood encompasses several highly significant aspects, including but not limited to health, protection, care, and education. The provision of nourishing food, monitoring children's growth and development, and administering the required immunizations are all essential components in maintaining children's health.

Parents must protect children from physical and psychological dangers and create a safe and violence-free environment. Good care involves providing sufficient attention and affection and guiding children in understanding existing social rules. Early childhood education at home and in educational institutions such as PAUD is important to stimulate children's cognitive and social development and prepare them for formal education.

However, many parents face challenges in fulfilling all these aspects. Many are hampered by busy work, a lack of knowledge about good parenting, and limited resources to provide optimal education and stimulation for children. It can hinder children's development and put them at risk of facing various problems later in life.

Therefore, it is important to dig deeper into how parents play a role in raising children and how they can optimally fulfil their children's physical, emotional, social, and educational needs. This research aims to conduct a more in-depth analysis of the parent's role in fostering the growth and

development of young children, particularly in providing care, fulfilling children's health needs, protecting children, and educating children. It is hoped that by holding this seminar on smart parenting, parents of Paud Raudotul Islamiah will be able to pay more attention to the development of their children and provide them with the support they need to develop into healthy individuals who are prepared to face challenges in the future.

## **DISCUSSION**

### **The Role Of Parents In Growing Children**

The role of parents in child development is a complex process involving various physical, cognitive, emotional, and social aspects. In this case, parents play a vital role because they are the first caregivers who provide the foundation for forming children's character, values, and skills. According to various theories and views of experts, parents act as providers of children's basic needs and as directors, educators, and role models that influence their development.

#### **1. The Role of Parents in Physical and Health Aspects of Children.**

Children's physical development includes body growth, gross and fine motor skills, and health aspects that affect overall well-being. According to Anwar and Ahmad (2016), which is also referred to by Aulina Fitria and colleagues, fulfilling all needs in the child's growth and development process is very important to ensure optimal development. These needs include adequate nutrition, appropriate stimulation and intervention, and a supportive environment. If one of these needs is not met properly, it can hinder or reduce the quality of the child's growth and development. Bowlby (1988), in attachment theory, emphasizes that a strong emotional relationship with parents will provide a sense of security that supports children in growing physically healthy. Children who feel emotionally secure will better overcome their physical and social challenges. This theory emphasizes the importance of early relationships in shaping children's emotional and social development. It also understands how children form bonds with parental care and how early affects their relationships and emotional well-being later in life.

#### **2. The Role of Parents in Children's Cognitive Development.**

Children's cognitive development, including thinking skills, problem-solving, and interaction with the environment, is highly dependent on the stimulation provided by parents. As the primary companion, parents play a role in supporting children to reach more advanced stages of development. By communicating, playing, and guiding children, parents can help them face various challenges while improving critical thinking skills.

Piaget (1972), in his theory of cognitive development, also shows that parents have an important role in creating experiences that support the stages of children's intellectual development. Parents who provide opportunities to explore and think independently help children develop the cognitive skills to learn effectively.

### 3. The Role of Parents in Children's Emotional and Social Development

Children's emotional and social development is greatly influenced by how parents guide them in understanding, controlling, and expressing emotions. Each stage of a child's development presents emotional challenges that must be faced, and success or failure in overcoming them will impact future growth. As primary caregivers, parents are important in providing a sense of security and the emotional support needed for children to get through each developmental crisis well.

Regarding social skills development, Baumrind (1991) argues that a loving and consistent parenting style will influence children's social skills, such as interacting with peers, managing conflict, and showing empathy. An authoritative parenting style that combines discipline with emotional support is the most effective in supporting children's social and emotional development.

### 4. The Role of Parents in Children's Education

Parents act as the first educators and the main partners in the child's learning process. A conducive family environment is key to a child's educational success. Parents' active involvement in supervising schoolwork and supporting children's extracurricular activities can help improve their motivation and academic achievement.

Parents actively involved in their children's educational experiences benefit their children's intellectual, social, and emotional growth. By providing support in the learning process at home and establishing routines centred on classroom instruction, parents can create an environment conducive to their children's optimal development.

### 5. Parenting Styles and Their Impact on Child Development

Parenting style significantly impacts a child's development, especially regarding behavioural control, social skills, and emotions. Baumrind (1967) identified four main parenting styles: authoritative, authoritarian, permissive, and neglectful. The authoritative style, which involves clear rules but still provides emotional support, is most effective in supporting positive development in children. Children raised with this parenting style tend to have higher self-esteem, better social skills, and the ability to manage emotions more effectively.

On the other hand, authoritarian parenting, which emphasizes strict discipline without providing enough emotional support, can cause children to feel stressed and lack self-confidence. A permissive style, which tends to be loose without clear boundaries, can cause children to be less disciplined and have difficulty managing their emotions.

## **RESEARCH METHODS**

This PKM (Community Service) activity was carried out on February 11, 2025, at 09.00 WIB, at Paud Raudotul Islamiah, Curug District, Serang City, Banten. The implementation of this PKM (Community Service) activity is a smart parenting socialization activity attended by the parents of

Paud Raudotul Islamiah. A resource person, Mrs. Siti Kholifah, M.Pd, gave the smart parenting activity.

This PKM activity or smart parenting socialization uses two main research methods: action research and library research. Both methods are used to gain a deeper understanding of the role of parents in child development, both from the resource person's direct experience and relevant scientific references.

#### 1. Action Research Method

The action method in this study was carried out by direct interviews with the resource person, Mrs. Siti Kholifah, M.Pd, to obtain real information about the role of parents in supporting children's growth and development. This interview explores the resource person's experiences, knowledge, and views regarding good parenting patterns and factors that influence children's growth and development.

The action method includes interviews and observations of parenting patterns applied by parents in everyday life. This observation aims to understand further how parent-child interactions affect physical, cognitive, emotional, and social development. With this method, researchers can obtain more accurate data through real conditions in the field.

#### 2. Library Research Method

The literature study method enriches the research with relevant theories and concepts from credible sources. These sources include academic books, scientific journals, research articles, and reports from health and educational institutions on factors that influence child growth and development.

This study compares the findings of interviews and observations with theories proposed by specialists through a literature review. Because of this, the findings of this study are not only based on individuals' experiences but also supported by a scientific foundation, which further strengthens the validity of the findings.

Combining action methods and literature studies is expected to provide a more comprehensive understanding of how parents can optimally support children's physical, psychological, and social growth and development.

## **RESULTS AND DISCUSSION**

Based on the interviews with informants and literature analysis, it was found that parents' role in child development is very important, especially in health, protection, care, and education.

#### 1. Health: The Importance of Maternal Happiness for Child Development

The health of pregnant women greatly affects the growth of the fetus in the womb. When a mother feels happy, the hormones in her body are more stable, which positively impacts the baby's

development. Conversely, excessive stress can increase cortisol hormone levels, which risk inhibiting fetal growth and affecting the health of the child after birth.

According to the resource person, Mrs. Siti Kholifah, M.Pd, pregnant women need to avoid stress and consume healthy foods so that breast milk production is optimal and the baby is born healthy. Field's research (2011) supports this, which states that happy pregnant women have a greater chance of giving birth to babies with normal weight and good brain development.

Therefore, parents have an important role in maintaining the physical and mental health of pregnant women. Support from partners and the surrounding environment is necessary to create a positive atmosphere for pregnant women and minimize the risk of health problems during the baby's birth.

## 2. Protection: Fulfillment of Balanced Nutrition for Optimal Child Growth

A healthy and balanced diet is part of protecting children's health. According to interviews with sources, excessive consumption of one type of food, such as eating only eggs every day, is not good for health. The body needs various nutrients to support optimal growth and development.

A diet that is not diverse can result in certain nutritional deficiencies, such as low fibre and vitamins, that play an important role in maintaining the body's immune system. To support food intake that includes carbohydrates, proteins, healthy fats, vitamins, and minerals is needed. Ensuring that a variety of daily diets supports optimal child growth and development ensures that children get enough nutrition to support their overall health and development.

Parents have a role in protecting children's health by ensuring they get a balanced, nutritious diet. This protection includes meeting nutritional needs from the womb to the child's growth period to prevent growth disorders and the risk of disease due to deficiencies or excesses of certain nutrients.

## 3. Parenting: The Role of Parents in Maintaining Children's Mental and Physical Health

Good parenting includes physical and emotional aspects. A mother who is happy during pregnancy will be better able to provide the attention and affection that her child needs after birth. Prolonged stress can result in less-than-optimal parenting patterns, affecting the child's psychological development.

According to Hurlock's (2002) theory of child development, the emotional relationship between parents and children from birth is crucial for forming a healthy personality. Children who grow up in an environment full of love and attention will have better social and emotional development.

In addition, parenting encompasses implementing healthy eating habits within the family unit. If parents set an example of a balanced diet for their children, eating nutritious foods and avoiding unhealthy eating habits will become second nature to them. Parents must actively form healthy eating habits to ensure children can develop to their full potential.

## 4. Education: Educating Parents about Healthy Lifestyles

Education is an important aspect of supporting children's growth and development. Parents must be educated about the importance of maternal health, a balanced diet, and good parenting to accomplish their roles optimally.

According to the source, many parents do not fully understand the impact of the emotional condition of pregnant women on fetal development. In addition, awareness of the importance of a varied diet still needs improvement. Therefore, education for parents about a healthy lifestyle is very important to ensure that children grow in good condition, both physically and mentally. This seminar on smart parenting is just one example of how educational programs can be carried out. By gaining a deeper understanding of parents, they will be better equipped to provide the best possible care for their children, beginning with the early stages of pregnancy and continuing through the subsequent phases of growth and development.



Figure 1: Smart Parenting Socialization Activities by Resource Persons Mrs. Siti Kholifah, M.Pd.



Figure 2: Documentation of the Implementation of Smart Parenting Socialization Activities

## CONCLUSION

Based on the research results, parents' role in child development is crucial and includes four main aspects: education, care, protection, and health. These four aspects are interrelated and significantly impact children's physical, cognitive, emotional, and social development from the womb to the growth period.

### 1. Education

Parental education about health, parenting, and children's development needs greatly influences the quality of children's lives. Parents who understand the importance of maternal

health, a balanced diet, and the right way to educate children will better provide a conducive environment for children's growth. With sufficient education, parents can make better decisions supporting children's physical and psychological development. Therefore, education for parents, whether through health counselling, parenting seminars, or access to reliable sources of information, is very important in ensuring that children grow in optimal conditions.

## 2. Parenting

Parenting is also an important factor in determining a child's development. Children who receive sufficient attention, affection, and emotional support from their parents will have better social and emotional development. Since in the womb, mothers who are happy and receive support from their partners and families will be better able to provide optimal care after the child is born. In addition, good parenting also includes providing balanced nutrition, healthy living habits, and appropriate stimulation according to the child's developmental stage. With quality care, children can grow into individuals who are physically healthy, cognitively intelligent, and emotionally and socially stable.

## 3. Protection

Parents have a primary responsibility for protecting children's health and well-being. One of the most basic forms of protection is ensuring that children receive adequate and balanced nutrition. According to the interview results, excessive consumption of one type of food, such as eating only eggs daily, can cause nutritional imbalances that negatively impact health. Therefore, parents need to ensure that children receive food with balanced nutrition that includes carbohydrates, proteins, healthy fats, vitamins, and minerals to support optimal growth.

In addition to physical health protection, parents also need to provide emotional and psychological protection to children. A safe, comfortable, and stress-free environment shapes a child's mental and social development. Children who grow up in a loving environment will be more confident, have good emotional control, and be able to interact positively with their social environment.

## 4. Health

Health is the main factor determining the quality of a child's growth and development. The health of pregnant women greatly affects the development of the fetus, and mothers who are happy and free from stress are more likely to give birth to healthy babies. Excessive stress during pregnancy can increase cortisol hormone levels, which are at risk of inhibiting fetal development. Therefore, pregnant women need to get emotional support and implement a healthy lifestyle by consuming nutritious foods and maintaining their mental balance.

Parents should be concerned about the health of their pregnant women and their children's health after birth. Children's health can be maintained by implementing several important factors, including a well-balanced diet, immunization, and healthy lifestyle habits such as maintaining

cleanliness and getting enough exercise. Children in good health can engage in more physical activity, have a high endurance level, and develop physically and cognitively to their full potential.

Overall, education, care, protection, and health are the main factors that greatly influence a child's development. Parents are important in ensuring these four aspects are implemented properly. Adequate education will increase parents' awareness in supporting their child's growth and development, while quality care will provide the emotional and psychological support that children need to develop properly. When it comes to ensuring that children develop to their full potential, protecting their physical and mental health and implementing a healthy lifestyle must be considered.

By understanding and implementing these four aspects, parents can cultivate an atmosphere that benefits their children's growth and development. It will allow their children to mature into healthy, intelligent, and positive-emotional-wellbeing individuals.

## REFERENCES

- Baumrind, Diana, (1967). *Empat Jenis Pola Asuh Menurut Baumrind*, diakses 15 Februari 2025. (<https://www.gurubk.com/2022/04/4-Jenis-pola-asuh-menurut-baumrind.html?m=1>).
- Field, T. (2011). *Depresi prenatal Perilaku dan Perkembangan Bayi*, 34 (1).
- Fitriya, A., & Indriani, I. (2022). Konsep perkembangan sosial emosional anak usia dini di RA Tarbiyatussibyan Ploso Karangtengah Demak. *Jurnal Raudhah*, 10(1).
- Hasbullah. (2011). *Dasar-Dasar Ilmu Pendidikan*. Jakarta: PT Raja Grafindo Persada.
- Hurlock, Elizabeth B.(1991). *Psikologi Perkembangan: Suatu Pendekatan Rentang Kehidupan*. Edisi ke-5, Pustaka Indo, 1991.
- Novita, D. (2016). Peran Orangtua Dalam meningkatkan perkembangan Anak usia Dini di desa Air Pinang kecamatan Simeulue Timur. *Jurnal Ilmiah Mahasiswa Pendidikan Kewarganegaraan*, 1(1).
- Piaget, Jean. *The Psychology of the Child*. Basic Books, 1972.
- Rahmat, S. T. (2018). *Pola asuh yang efektif untuk mendidik anak di era digital*. *Jurnal Pendidikan dan Kebudayaan Missio*, 10(2).
- Teori, Bowlby, John. *Panduan Lengkap Untuk Profesional dan Pelajar Anak Usia Dini*, diakses 15 Februari 2025. (<https://www-earlyyears-tv.translate.google/john-bowlbys-attachment-theory-and-developmental-phases/>).