

The Effect of Overprotective Parental Attitudes on Children's Development

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ABSTRAK

Penelitian ini bertujuan untuk mendeskripsikan bagaimana pola asuh yang baik mempengaruhi anaknya. Kemudian dalam penelitian tersebut menjelaskan bagaimana hal itu mencirikan perilaku overprotective, faktor-faktor yang mempengaruhi sikap overprotective orang tua serta dampak pola pengasuhan overprotective terhadap anak-anak mereka. Metode penelitian ini menggunakan pendekatan kualitatif dengan metode penelitian deskriptif dan survei. Penelitian ini menggunakan beberapa responden. Cara pelaksanaan penelitian yang digunakan peneliti adalah observasi, wawancara, dan dokumentasi. Hasil penelitian ini menunjukkan bahwa sikap overprotective orang tua merupakan bentuk perlindungan orang tua yang berlebihan yang diberikan karena mereka takut jika anaknya terjadi hal-hal yang tidak diinginkan. Namun sikap orang tua yang terlalu protektif atau memanjakan anaknya membuat anak tidak mampu mengekspresikan dirinya dalam lingkungan sosialnya. Dan sikap overprotective orang tua yang akan berdampak pada perkembangan sosial anak adalah anak sulit beradaptasi dengan lingkungan baru, lebih suka bermain sendiri, dan mengakibatkan anak tidak mandiri.

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ABSTRACT

This study aims to describe how good parenting patterns affect their children. Later in the study described how it characterizes overprotective behavior, the factors that influence overprotective attitudes of parents as well as the impact that overprotective parenting patterns have on their children. This research method uses qualitative approach with descriptive research methods and surveys. The study used several respondents. The ways to carry out this research used by researchers are observations, interviews, and documentation. The results of this study show that overprotective attitudes of parents are a form of excessive parental protection given because they are afraid if their child happens things that are not wanted. But the overprotective attitude of parents or pampering their children makes the child unable to express himself in his social environment. And the overprotective attitude of parents that will have an impact on the social development of the child is that the child has difficulty adapting to the new environment, prefers to play alone, and results in the child is not independent.



KATA KUNCI

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KEYWORDS

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1. INTRODUCTION

Over protective behavior is a way for parents to educate children by overprotecting, giving children the opportunity to take care of their own needs, make plans, arrange alternatives, make their own decisions and be responsible for their satisfaction (Mappiare 1982; Briawan & Herawati, 2008).

In applying the parenting pattern of course parents become one of the main roles in its application. Therefore, the role of parents in the application of parenting patterns to children is very influential, if parents apply a good parenting pattern then the impact on the child will be good too. But it is different when parents apply poor parenting patterns, it will adversely affect the life and development of the child.



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One of the inappropriate parenting patterns applied by parents to children is the parenting pattern that in its implementation is too restrictive and restricts the scope of the child and overindulges the child in playing and exploring his world or in other languages is overprotective. Of course, this will lead to a lack of understanding of the child to his world and shrink the scope of the child in learning and exploring his world.

When we talk about the world of children there are certainly amazing things both in terms of what parents understand, or that are lacking or even not understood by parents. Things that are less or even not understood by parents that cause excessive fear of the activities carried out by the child that makes the nature of overprotective towards the child arises. Or the affection of the child who is too excessive and gives rise to the nature of pampering the child is also one of the causes of the onset of overprotective nature.

For example, parents who have an overprotective tendency towards the child will further limit what the child does, which if not understood by the parent. Like when the child is playing ball, then the parent with the tendency of overprotective nature sees a hard ball game, he will consider it dangerous for the child and will likely prohibit the child to play ball. This is what makes the child less developed in living and learning his life, as a result of overprotective parenting attitudes or patterns.

From the description of overprotective above we can conclude that overprotective is an excess of traits possessed by parents to protect and love their children. And if the nature is not reduced it will greatly affect the development and life of the child. Therefore, we as the constituents want to give an idea of the research that we are doing about the impact of overprotective nature of parents on the development of the child so that in the future parents can understand that the overprotective nature of the child is less or even not good for the development of the child.

2. METODE

This research method uses qualitative approach with descriptive research methods and surveys. Sequentially, data analysis in qualitative research starts from the stage of data collection, data reduction and data categorization, data analysis, and conclusion drawing. This study also utilizes survey and interview methods by involving several respondents in data collection as material and reference in discussion and conclusion making.

3. DISCUSSION

3.1. Definition of Overprotective Attitude

According to Gunarsa over protective is a tendency on the part of parents to protect the child excessively by providing protection against physical and psychological disorders and dangers, so far that the child does not achieve freedom or always depends on the parents. Based on the opinion expressed by Gunarsa above we can say that overprotective attitude is an attitude that restricts the behavior of the child, and tends to curb and pamper the child by providing excessive protection against disorders both physically and psychologically.

In treating children of course parents do not behave carelessly, they have their own way in the hope that their child can develop as expected (Jojon, Wahyuni, & Sulasmini, 2017). The behavior of parents will actually greatly affect the continuity of their child's development, both physically and psychically. And of course parents must want the development of the child can achieve the expectations desired by the parents.

But sometimes excessive parental affection towards their child often has a negative impact on the child's development (Gunarsa, 2008). Sometimes there are parents who give full freedom to the child with the aim that the child will develop with self-reliance. But on the other hand, there are also parents who give excessive attention to their children, which results in the child does not have the freedom to be able to develop properly. Based on the description above related to the influence of overprotective attitudes of parents to the

development of children (Dian, Sandi, and Adini, 2020). With this we give direction to parents so that later they can know how the impact of overprotective attitudes on the development of children so that the child can develop in line with their potential.

According to Kartini, Kartono (2000) "a form of parental behavior that is less favorable in development such as parental behavior that always pampers the child by fulfilling all wishes and too protective, will result in the child can not be independent and too in doubt also do not believe in his ability". Based on some of the above exposures we can conclude that overprotective behavior is a tendency to foster people by giving too much protection to their children both physically and psychically. According to Zabda (in Syaiful B. Djamarah, 2014) said there are three characteristics of over protective behavior of parents, namely:

1) Provide excessive protection so that the child avoids various difficulties by providing various protection against physical and psychological disorders. 2) Excessive control or supervision in the child, by monitoring all behavior movements until the child is not free to do something desired. 3) Prevention of self-reliance by preventing children in doing work that can be done and in fact not necessarily or not harmful.

There is no denying that every parent must have felt anxious about their child even more when the child has entered adolescence. Because adolescence is a time when the child will find himself or her identity and will interact more with the outside world. According to Purwanto (1993) there are factors that cause parents to provide protection to their children, among others:

1. Because of the excessive fear of parents of dangers that may threaten their child. In such cases parents will always try to protect their children from anything that contains danger.
2. An unwitting desire to help and facilitate their child's life.
3. Because parents are afraid of difficulties, do not want to struggle and want to be delicious. Parents are afraid of the times their children act or stubborn and continue to whine if their will is not followed.
4. Due to lack of parental knowledge. Most parents, whether unlearned, know what is permissible and what should be forbidden. behavior of parents towards their children, among others, excessive anxiety, always obey the wishes of the child, the wrong application of the child's development, as well as the application of norms in the family are too strict

3.2. The relationship between parents' overprotective attitudes towards the development of the child

Based on the survey we have conducted on 13 respondents, the result is 84.6% said influential and 15.4% said no effect, the results showed the following:

Table 1. Responses

No	Name	Responses	Reason
1	Asep	Influential	Because when overprotective attitudes are excessive I think it will hinder my development as a child
2	Ilham	Influential	Because it limits the child's space of movement in developing themselves
3	Ujang	Influential	I felt my development was limited by my parents
4	Padil	Influential	Because the child will have a limited association, because parents are too worried about the child
5	Salsa	No effect	Because I don't feel my parents are overprotective anyway I was disturbed by my parents' overprotective attitude towards me
6	Hilman	Influential	Because both my parents... I want to know how I'm progressing. Even my klau college often d question ... And they are also one of my passions
8	Solihin	Influential	Because most overprotective parents affect their child.
9	Ahmad	No effect	Because my parents aren't overprotective

10	Ismail	Influential	The overprotective attitude really bothered me as a child.
11	Agnes	Influential	Because the child will feel uncomfortable about it, especially when he starts to turn adolescence,
12	Safe	Influential	Because it has a huge effect on the child's mental
13	Kila	Influential	Because my parents were overprotective, and it affected me a lot.

Judging from the various responses above, most respondents think that parental overprotective attitudes do affect their development as evidenced by 11 people saying influential and 2 people saying no effect. This shows that overprotective attitudes are very influential to the development of children. Judging from the reasons that have been put forward by the respondents, most say that this overprotective attitude will greatly affect the continuity of child development.

Although there is one respondent who argues that this overprotective behavior can support the development of the child, aka but behind it tucked a lot of adverse impacts for the development of the child, both physically and psychologically. As for the impact of overprotective attitudes of parents towards children are discussed more clearly below.

3.3. The impact of overprotective attitudes of parents on the development of the child.

Fig. 1. There are many possibilities that can result from the behavior of overprotective attitudes of parents towards the development of the child. Among them is the lack of self-reliant attitude in the child, the lack of ability of the child in getting along and the worst possibility is the sense of depression that can arise in the child. According to Yusuf Syamsyu (2005) presented 10 impacts of Over Protective attitudes on children's development, namely: 1) Aggressive and spiteful. 2) Escape from reality 3) Highly dependent 4) Less Able to control emotions 5) Refuse responsibility 6) Lack of confidence 7) Easily affected 8) Selfish 9) Difficult to get along with Kartini, Kartono (2000) argues that over protective parenting has an unfavorable impact on the child's development. Children who will get excessive affection, too protected and avoided from the kinds of difficulties of daily life then the child will seem weak-hearted if far from parents, become cowardly, very selfish, can not stand the rebuttal, criticism, and can not face difficulties (Kusumaningtyas, 2015)

Fig. 2.

Fig. 3. How to overcome the influence of overprotective attitudes of parents on the development of the child.

Fig. 4. There are many ways to overcome parents' overprotective attitude towards children, including in the following ways: a. Give freedom to the child, but remain within certain restrictions The purpose of giving freedom here is that parents must be able to give confidence to their child to be able to develop potential and abilities in him, so that later the child will not experience many doubts that can cause failure in development both physically and psychically. But behind the freedom, parents should also pay attention after giving directions to the child. B. Not granting all the wishes of the child. Granting all the wishes of the child by parents does not hurt, but it would be better when parents can be more restrictive to give things - things that if less important for the child, for example when elementary school age children ask to be bought video games, parents should consider it first, whether the video game will interfere with the learning activities of the child or not. c. It is not wrong to place affection on the child. The purpose of not wrong in placing affection on the child is for example when the child does wrong for example fighting and he is wrong then parents should advise the child instead of blaming his friend / others. That way the child will have a sense of responsibility in him.

Fig. 5.d. Do not provide excessive supervision of children. In this case it is usually closely related to physical activities such as when the child is playing, parents should not worry too much about the activities that are being done by the child and in case of unwanted events such as when the child falls, parents should give direction so that the child is more careful rather than prohibiting the child to play.

4. Conclusion

From the discussion above, over protective attitude is a form of behavior applied by parents in educating their children but the parent's behavior is less favorable for the child's development. Where parents always provide excessive protection and always pamper the child in any case and always give strict supervision so that the child does not happen things that are desired.

The relationship of this overprotective attitude has a negative impact on the development of the child. With these impacts, it is likely that the child's development will experience various problems both physically and psychologically. And to overcome this it would be nice for parents to apply the appropriate parenting pattern by applying the following: Giving freedom to the child, but staying within certain limits, not granting all the wishes of the child, not misplaced affection on the child, and not giving excessive supervision to the child.

By applying the parenting pattern as stated above, parents will be able to avoid overprotective attitudes towards the child, and the child's development will not experience problems caused by excessive overprotective attitudes from parents want to be the center of attention.

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