



## Determinants of the event of tantrum in children

Juliana Munthe<sup>1</sup>

<sup>1</sup> STIKes Mitra Husada Medan

### ARTICLE INFO

#### Article history:

Received 11 January 2022  
Accepted 21 February 2022  
Published 10 March 2022

#### Keyword:

Tantrums  
Parenting  
Toddler Children

### ABSTRACT

WHO and UNICEF (1994), reported that 20-30% of children had psychosocial problems and 3-12% had mental disorders. Children are the world's generation who will be responsible in the future. The future of the country depends on the mental health of children. If the child has an emotional disorder then the child has difficulty in learning. A preliminary survey conducted on children under five and parents in the Tanjung Tiram Health Center, Batubara Regency in 2022, found that out of 15 parents and children under five, 55% of children experienced tantrums such as children who find it difficult to stay still for up to 20 minutes when upset, some like slamming and hitting and throwing objects around him, rolling on the floor or the ground, while crying hitting people around him. The purpose of the study was to determine the factors associated with the incidence of tantrums in children in the Tanjung Tiram Health Center, Batubara Regency in 2022. The research method used was observational with a cross-sectional survey analytical descriptive type. The results showed that there was a relationship between the child's age, gender, number of siblings and parenting patterns on the incidence of tantrums in children in the Tanjung Tiram Health Center, Batubara Regency in 2022 where the p-value was below 0.05. Parents should increase their knowledge about Parenting Against Tantrum Incidence in Children by taking parenting classes.



This open access article is under the CC-BY-SA license.

### Kata kunci:

Tantrum  
Pola Asuh  
Anak Balita

#### \* ) corresponding author

Juliana Munthe

STIKes Mitra Husada Medan  
Jl. SM. Raja Gang Kasih No 10 Medan

Email: [munthejuliana1986@gmail.com](mailto:munthejuliana1986@gmail.com)

DOI: 10.30604/jika.v7i1.1519

Copyright @author(s)

### ABSTRAK

WHO dan UNICEF (1994), melaporkan bahwa 20-30% anak mengalami masalah psikososial dan 3-12 % mengalami gangguan jiwa. Anak adalah generasi dunia yang akan bertanggung jawab dimasa yang akan datang. Masa depan negara tergantung pada Kesehatan mental anak. Jika anak mengalami gangguan emosional maka anak kesulitan dalam belajar. Survey pendahuluan yang dilakukan pada anak balita dan orang tua di Wilayah Kerja Puskesmas Tanjung Tiram Kabupaten Batubara Tahun 2022, didapatkan bahwa dari 15 orang tua dan anak balita, 55% anak mengalami tantrum seperti anak susah untuk diam sampai 20 menit ketika kesal, ada yang suka membanting dan memukul serta melempar benda yang ada disekitarnya, berguling-guling dilantai atau tanah, saat menangis memukul orang yang ada disekitarnya. Tujuan penelitian untuk mengetahui faktor-faktor yang berhubungan dengan kejadian tantrum pada anak di Wilayah Kerja Puskesmas Tanjung Tiram Kabupaten Batubara Tahun 2022. Metode Penelitian yang digunakan observasional dengan jenis penelitian deskriptif analitik survei cross seccional. Hasil penelitian menunjukkan bahwa ada hubungan antara usia anak, jenis kelamin, jumlah saudara dan pola asuh terhadap kejadian tantrum pada anak di Wilayah Kerja Puskesmas Tanjung Tiram Kabupaten Batubara Tahun 2022 dimana p-value dibawah 0.05. Kepada orang tua sebaiknya meningkatkan pengetahuan tentang Pola Asuh Terhadap Kejadian Tantrum Pada Anak dengan mengikuti kelas parenting.



This open access article is under the CC-BY-SA license.

## INTRODUCTION

WHO and UNICEF (1994), reported that 20-30% of children had psychosocial problems and 3-12% had mental disorders. Children are the world's generation who will be responsible in the future. The future of the country depends on the mental health of children. If the child has an emotional disorder then the child has difficulty in learning. To build the mood, the parents or teachers play an active role. Parents and teachers are the main roles that will influence the lives and behavior of children.

Based on the results of research by Potegal 2003 stated that as many as 335 children aged 18 to 60 months, with a duration of 0.5 to 1 minute tantrums. 75% of tantrums last 5 minutes or less. If the child's tantrums fall on the floor for 30 seconds, then the tantrums tend to be shorter so that there is less parental intervention. 29% of tantrums are related to the relationship between parent and child. Children with tantrums will show emotions by shouting.

The child's age is associated with tantrums the possibility that with increasing age

Then the tantrums will decrease with shame and guilt. Children who scream for more than 6 minutes or are prolonged will have an effect on children's dysphoria so that children need entertainment. The child's anger will increase rapidly at the beginning of the anger and will decrease. The child will cry and seek comfort and provide a sense of security and comfort it will be an attempt to control the child's emotional or tantrums.

Parenting patterns in the form of attitudes, behavior in terms of proximity to children. Excessive pressure or expectations that are too high exceed the capacity of the child's ability to choose to lie or cheat in order to be accepted by his social group. At this time children experience growth and development which is characterized by increased skills and thought processes. Children's interactions with parents and the family environment can stimulate the child's development.

The results of a preliminary survey conducted on children under five and parents in the Tanjung Tiram Health Center Work Area, Batubara Regency in 2022, it was found that out of 15 parents and children under five, 55% of children experienced tantrums such as children who find it difficult to stay still for up to 20 minutes when upset. likes slamming and hitting and throwing objects around him, rolling on the floor or the ground, when crying hits people around him. Of the 8 children under five, the average parenting applied by parents is authoritarian and neglectful. Based on the problems above, the researchers are interested in conducting research with the title "Factors related to the incidence of Tantrums in Toddlers in the Tanjung Tiram Health Center Work Area, Batubara Regency in 2022".

## METHOD

This research method is observational/survey, namely data collected from respondents using questionnaires or questionnaires without intervening on the research subject. The type of research is descriptive analytic with cross sectional, namely studying the correlation between risk factors and effects in the form of certain diseases or health status.

The population in this study were all mothers who have children under five in the Tanjung Tiram Health Center Work

Area, Batubara Regency in 2022 as many as 53 respondents and the entire population was the sample.

The dependent variable measured in this study was the type of tantrums in children, namely tantrums of distress (tantrums of anger) and tantrums of anger (Tantrums of Sadness), for the independent variables, namely the age of children under five, gender, number of siblings and parenting patterns.

The analysis is to see the relationship between independent and dividend variables, namely the factors related to the incidence of Tantrums in Toddlers in the Tanjung Tiram Health Center Work Area, Batubara Regency in 2022 using Chi Square. chi square test is significant  $P(0.05)$ . If the chi square p value  $<0.05$  means  $H_0$  is rejected and  $H_a$  is accepted, then the results of the statistical test show that there is a significant effect. And chi square p value  $> 0.05$  means  $H_0$  is accepted and  $H_a$  is rejected, then the statistical test results show no relationship.

## RESULTS AND DISCUSSION

Based on the results of the study entitled Factors related to the incidence of Tantrums in Toddlers in the Tanjung Tiram Health Center Work Area, Batubara Regency in 2022, the following results were obtained:

**Table 1 Frequency Distribution by Age**

Age Child	Total	%
1-12 months	10	19
13-24 months	5	9
25-36 months	18	34
37-48 months	17	32
49-60 months	3	6
Total	53	100

Based on table 1 above, it shows that the majority of children aged under 25-36 months are 18 respondents (34%) and the minority aged 49-60 months are 3 respondents (6%).

**Table 2 Frequency Distribution Based on Gender**

No	Type Sex	Amount	%
1	Man	35	66
2	Woman	18	34
	Total	53	100

Berdasarkan tabel 2 diatas mayoritas dengan jenis kelamin laki-laki sebanyak 35 responden (66 %) dan minoritas jenis kelamin perempuan sebanyak 18 responden (34%).

**Tabel 3 Distribusi Frekuensi Berdasarkan Jumlah Saudara**

No	Child To	Amount	%
1	1st child	10	19
2	2nd child	21	40
3	3rd child	17	32
4	5th child	5	9
	Total	53	100

Based on table 3 above, it shows that the majority of the 2nd child are 21 respondents (40%) and the 5th minority is 9 respondents (9%).

**Table 4 Distribution of Frequency Based on Parenting**

No	Pattern foster	Amount	%
1	Authoritarian	7	13
2	Democratic	14	26
3	Permissive	12	23
4	Abandoned	17	32
5	Abusive	3	6
Total		53	100

Based on table 4 above, it shows that the majority of neglectful parenting are 17 respondents (32%) and the minority of abusive parenting are 3 respondents (6%).

**Table 5 Frequency Distribution by Type of Tantrum**

No	Types of Tantrums	Amount	%
1	Anger	18	34
2	Distress	35	66
Total		53	100

**Bivariate**

**Table 6 Tabulation of Children's Age with Types of Tantrums**

Age Child	Types of Tantrums				Amount		p-value
	Anger		Distress		F	%	
	f	%	f	%			
1-12 months	4	8	6	11	10	19	0.003
13-24 months	2	4	3	6	5	32	
25-36 months	7	13	11	21	18	34	
37-48 months	5	9	12	23	17	9	
49-60 months	1	2	2	4	3	6	
<b>Total</b>	<b>19</b>	<b>36</b>	<b>34</b>	<b>64</b>	<b>53</b>	<b>100</b>	

Based on table 6 above, it shows that there is a relationship between the age of the child and the incidence of tantrums in children in the Tanjung Tiram Health Center,

Batubara Regency in 2022 where the p-value is 0.007 (p <0.05).

**Table 7 Tabulation of Child Sex with Tantrum Type**

Type Sex	Types of Tantrums				Amount		p-value
	Anger		Distress		F	%	
	f	%	f	%			
Man	10	19	25	47	35	66	0.001
Woman	13	25	5	9	18	34	
<b>Total</b>	<b>23</b>	<b>43</b>	<b>30</b>	<b>57</b>	<b>53</b>	<b>100</b>	

Based on table 7 above, it shows that there is a relationship between the sex of the child and the incidence of tantrums in children in the Tanjung Tiram Health Center,

Batubara Regency in 2022 where the p-value is 0.002 (p <0.05).

**Table 8 Tabulation Based on Number of Siblings by Type of Tantrum**

Child To	Types of Tantrums				Amount		p-value
	Anger		Distress		F	%	
	f	%	f	%			
1st child	4	8	6	11	10	19	0.001
2nd child	7	13	14	26	21	40	
3rd child	8	15	9	17	17	32	
5th child	3	6	2	4	5	9	
<b>Total</b>	<b>22</b>	<b>42</b>	<b>31</b>	<b>58</b>	<b>53</b>	<b>100</b>	

Based on table 8 above, it shows that there is a relationship between the number of siblings and the incidence of tantrums in children in the Tanjung Tiram

Health Center, Batubara Regency in 2022 where the p-value is 0.001 (p <0.05)

**Table 9 Tabulation Based on Parenting Patterns by Type of Tantrum**

Pattern foster	Types of Tantrums				Amount		p-value
	Anger		Distress		F	%	
	f	%	f	%			
Authoritarian	4	8	3	6	7	13	0.003
Democratic	5	9	9	17	14	26	
Permissive	5	9	7	13	12	23	

Abandoned	6	11	11	21	17	32
Abusive	1	2	2	4	3	6
<b>Total</b>	<b>21</b>	<b>40</b>	<b>32</b>	<b>60</b>	<b>53</b>	<b>100</b>

Based on table 9 above, it shows that there is a relationship between parenting patterns and the incidence of tantrums in children in the Tanjung Tiram Health Center, Batubara Regency in 2022 where the p-value is 0.003 ( $p < 0.05$ ).

## Discussion

Based on the bivariate results above, it shows that there is an influence between the child's age, gender, number of siblings and parenting patterns on the incidence of tantrums in children in the Tanjung Tiram Health Center, Batubara Regency in 2022 where p-value  $< 0.05$ , the majority of types of tantrum distress in children aged 37 -48 months as many as 12 respondents (23%) and minority types of tantrum anger in children aged 49-60 months as many as 1 respondent (2%), majority types of distress tantrums in boys as many as 25 respondents (47%) and minority types of tantrums distress in girls as many as 5 respondents (9%), the majority of the types of distress tantrums in the 2nd child as many as 14 respondents (26%) and the minority types of distress tantrums in the 5th child as many as 2 respondents (4%), the majority of the types of distress tantrums with Abandoned parenting as many as 11 respondents (21%) and minority types of tantrum anger with abusive parenting as many as 1 respondent (2%)

Based on the results of research by Potegal 2003 stated that as many as 335 children aged 18 to 60 months, with a duration of 0.5 to 1 minute tantrums. 75% of tantrums last 5 minutes or less. If the child's tantrums fall on the floor for 30 seconds, then the tantrums tend to be shorter so that there is less parental intervention. 29% of tantrums are related to the relationship between parent and child. Children with tantrums will show emotions by shouting. The child's age related to tantrums is likely that with increasing age the tantrums will decrease with the presence of shame and guilt. Children who scream for more than 6 minutes or are prolonged will have an effect on children's dysphoria so that children need entertainment. The child's anger will increase rapidly at the beginning of the anger and will decrease. The child will cry and seek comfort and provide a sense of security and comfort it will be an attempt to control the child's emotional or tantrums.

According to Kohn, parenting is the attitude of parents in interacting with their children. This parental attitude includes the way parents give rules, rewards and punishments, the way parents show their authority, and the way parents pay attention and respond to their children. Tarsis Tarmudji stated that parenting is an interaction between parents and their children during parenting. This parenting means that parents educate, guide, and discipline and protect children to reach maturity with the norms that exist in society.

M. Shochib (1998: 14) says that the pattern of meetings between parents as educators and children as educated with the intention that parents direct their children according to their goals, namely helping children have and develop the basics of self-discipline. Parents with their children as individuals and as educators, can reveal parenting patterns in developing children's self-discipline which is implied in the situations and conditions in question.

Based on the results of Laila Vaizadeh's 2012 research entitled Coping With Stress in Iranian School-Age Children, it is stated that children use different coping stresses, using 26 questionnaires on children with the results of children staying calm, children praying, listening to music, reading, playing games, is an adaptive coping strategy while non-adaptive coping strategies such as screaming and crying. This could be due to the culture applied to children. According to research by Bagdi and Pfister, coping methods in children aged 5 to 9 years in the United States are divided into three categories, namely social, cognitive and emotional. Social is being alone and looking for support, cognitive is thinking about stressful situations, and emotional is crying, screaming, running and using physical to vent emotions. (Liala, 2012)

According to the researcher's assumption that children who experience tantrums can be influenced by the presence of inappropriate parenting in children, so that children will become cranky or psychologically uncontrollable.

## CONCLUSIONS

The results showed that there was a relationship between the child's age, gender, number of siblings and parenting patterns on the incidence of tantrums in children in the Tanjung Tiram Health Center, Batubara Regency in 2022 where the p-value was below 0.05. Parents should increase their knowledge about Parenting Against Tantrum Incidence in Children by taking parenting classes.

## REFERENCES

- Adi Putra, dkk (2021). Metode Penelitian Kesehatan. Medan: Yayasan Kita Menulis
- Gayathri (2013). Knowledge Of Teachers Regarding Emotional Problems of Primary School Children. Indian Journal of Psychiatric Nursing. Volume 5, Page 28-29. <https://www.ijpn.in/article.asp?issn=2231-1505;year=2013;volume=5;issue=1;spage=28;epage=29;aulast=Gayathri>
- Yuli setyowati. (2005). Pola Komunikasi Keluarga dan Perkembangan Emosi Anak (Studi Kasus Penerapan Pola Komunikasi Keluarga dan Pengaruhnya terhadap Perkembangan Emosi Anak pada Keluarga Jawa). Jurnal Ilmu Komunikasi. VOLUME 2, NOMOR 1, JUNI 2005: 67-78. <https://ojs.uajy.ac.id/index.php/jik/article/view/253/342>
- Potegal. (2003). emper Tantrums in Young Children: 2. Tantrum Duration and Temporal Organization. Favorites. Journal of Developmental & Behavioral Pediatrics: June 2003 - Volume 24 - Issue 3 - p 148-154. [https://journals.lww.com/jrnldb/Abstract/2003/06000/Temper-Tantrums\\_in\\_Young\\_Children\\_2\\_Tantrum.3.aspx](https://journals.lww.com/jrnldb/Abstract/2003/06000/Temper-Tantrums_in_Young_Children_2_Tantrum.3.aspx)
- Nisau Zakiah. (2017). Hubungan Pola Asuh Orang Tua Dengan Kejadian Temper Tantrum Pada Usia Toddler Di Dukuh Pelem Kelurahan Baturetno Banguntapan Bantul. <http://www.jurnalinterest.com/index.php/int/article/view/83>

- Adhan, akram (2021). *Tantrum*. Jakarta: Bhuana Ilmu Populer.
- Eileen Hayes, *Tantrum, Panduan memahami dan mengatasi ledakan emosi anak*. Jakarta: Penerbit Erlangga
- Ismyama, Dian Farida (2021). *Anti Stres Hadapi Tantrum Pada Anak*. Yogyakarta: Noktah
- Oemar R, Novita A. Pola Asuh Dalam Kesehatan Anak Pada Ibu Buruh Pabrik. 2015. *Jurnal Kesehatan Masyarakat*: 11(1); 112-124.
- Fitri, Nurdeni. Efektifitas Pola Asuh Orangtua Terhadap Perkembangan Sosial Anak Usia Dini di Taman Kanak-Kanak Pembina Painan, 1(1). (Online), diakses 5 Desember 2015.
- Itabiliana, Vera K. Hadiwidjojo, Psi. *Problematika Ibu Yang Bekerja*. 2013.
- Ketjuk H. Ratna K. Hubungan Pola Asuh Orang Tua dengan Perkembangan Anak Usia Prasekolah di TK RA Cut Nyak Dien. *Pedimaternal Nursing Journal*. Vol. 5, No. 1, Maret 2019
- Laila Vaizadeh. 2012. *Coping With Stress in Iranian School-Age Children*.  
[http://nmsjournal.kaums.ac.ir/article\\_65435\\_7380c4d8a99c2490bdc89c2ef03a000d.pdf](http://nmsjournal.kaums.ac.ir/article_65435_7380c4d8a99c2490bdc89c2ef03a000d.pdf)
- Peter K. Smith. *Understanding Children's Development*. BTEC First Children's Care, Learning and Development, 2015.
- Rakhmawati I, 2015, *Peran Keluarga dalam Pengasuhan Anak*, Jurnal penelitian islam, Jawa Tengah, Indonesia.
- Jamaluddin dkk, 2016, *Dampak pola asuh orang tua terhadap anak*, jurnal penelitian. *Risikesdas (2018) Buku Risikesdas*.
- Rhamadani V, Nasution Z, Sri E. Pola Pengasuhan Ibu Bekerja Dalam Menstimulasi Perkembangan Anak Usia Dini. 2016. *Jurnal Pendidikan Nonformal* Volume 12, No. 2; 77-91.

