



The Influence Of Parental Guidance Of Full-Time Workers On The Emotional Development Of Children

Zahrah Isnaini

Universitas Islam Negeri Syarif Hidayatullah

zahrahisnaini30@gmail.com

Adillah Zhafira

Universitas Islam Negeri Syarif Hidayatullah

adillah.zhafira06@gmail.com

Wahyunengsih

Universitas Islam Negeri Syarif Hidayatullah

wahyu.nengsih@uinjkt.ac.id

• **Received:** 16 Mei 2022.

• **Accepted:** 1 Juni 2022

• **Published online:** 30 Juni 2022

Abstract:

Pola pengasuhan sangat berpengaruh dalam pembentukan karakter pada setiap anak, salah satunya adalah bagaimana orang tua memberikan atau meluangkan waktu kepada anak. Pada dasarnya, orang tua harus bisa menyeimbangkan antara waktu kerja dan waktu komunikasi dengan anak untuk tumbuhnya karakter anak yang baik. Tujuan dari penelitian ini adalah untuk mengidentifikasi beberapa data dan kesesuaian orang tua yang bekerja penuh waktu untuk perkembangan emosional anak. Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif. Yaitu mengumpulkan data melalui survei observasi dan kuesioner menggunakan jenis kuesioner terbuka pada anak dan orang tua. Populasi dan sampel dalam penelitian ini adalah 2 anak-anak dan 11 orang tua yang bekerja penuh waktu. Dapat dilihat bahwa setiap anak membutuhkan cukup waktu dan perhatian dari orang tua mereka untuk dapat memahami kehidupan sehari-hari mereka. Berdasarkan hasil wawancara dan pengamatan, dinyatakan bahwa emosi dan respons anak berbeda sesuai dengan tingkat usia mereka. Dan mengasuh anak sangat diperlukan untuk perkembangan karakter emosional anak.

Kata kunci: *Emosional Anak, Bimbingan Orang Tua, Pengembangan Karakter*

Abstract

Parenting patterns are very influential in the formation of character in each child, one of which is how parents give or spend time to children. Basically, parents must be able to balance between work time and communication time with children to grow good child character. The goal of the study was to identify some of the data and suitability of parents working full-time for a child's emotional development. This research uses qualitative methods with a descriptive approach. That is collecting data through observational surveys and questionnaires using open questionnaire types in children and parents. The population and sample in the study were 2 children and 11 parents who worked full-time. It can be seen that every child needs enough time and attention from their parents to be

able to understand their daily lives. Based on the results of interviews and observations, it is stated that the emotions and responses of children differ according to their age level. And parenting is indispensable for the development of the child's emotional character.

Keywords: *Child's Emotional, Parental Guidance, Character Development*

A. INTRODUCTION

Parents have a very important influence on the growth and development of children, especially at the age of children who are still in their golden age. Because every time talking about the development of a child certainly cannot be separated from the role of parents. Because family and parents are the first environments known to a child and play a role in the growth of children's flowers, especially for the child's emotional development. Then what about the role of parents who are full-time workers on the development of children's emotions which certainly cannot always be there at all times other than growing up. His son. So that communication and parent patterns in educating and nurturing children are very important to be applied to children from an early age.

Because if parental communication goes well then the child then it is very good for the development of emotional character because if the child establishes good communication with parents then the child will be willing to receive the best advice or direction given to parents and of course this cannot be separated from the parenting of parents who work full-time towards the development of the child's character.

From the exposure of the above problems, the authors decided that research on the influence of full-time worker parent guidance became the focus on this study because as full-time working parents we still have to know the development of the child's emotional character because each child must have a different character for it let the child express emotionally but parents should Keep a close eye on it because the age of the child Is the age that wants to express something through emotional intelligence of the child.

Previous research related to this title conducted by (siti nur aisyah, 2016)¹ that the absence of working mothers causes children to receive less attention cognitively so that it can make a negative impact that can affect the growth and emotions of children.

And also research conducted by (hanum, 2015)² which says that family has an important role in the development of children. Working parents have a positive relationship in

¹ Siti Nur Aisyah, Vera Utami Gede Putri, and Mulyati Mulyati, "Pengaruh Manajemen Waktu Ibu Bekerja Terhadap Kecerdasan Emosional Anak," *JKKP (Jurnal Kesejahteraan Keluarga Dan Pendidikan)* 3, no. 1 (2016): 38–43, <https://doi.org/10.21009/jkkp.031.08>.

² Cut Fazli Hanum, "Dampak Ibu Bekerja Terhadap Perkembangan Sosial-Emosional Pada Lingkungan Belajar Kanak-Kanak Umur 5 Tahun Di Banda Aceh, Indonesia," *Jurnal Buah Hati* II, no. 2 (2015): 44–49.

shaping a child's learning environment, such as children who are active in the classroom and outside the school environment, children who are disciplined, obey teachers at school, and obey the mother at home. The development of children's emotional social intelligence is essential for children's overall personal development. Emotional social intelligence determines children's ability to build their concepts of independence and emotions to fit themselves in the environment in order to be accepted and valued in their environment. And the difference this study has with previous research is parent-to-child communication and the approach of full-time working parents to the development of a child's emotional character. Because the child's emotions are one of the important aspects in the child's growth to manage emotions because if the child is not able to manage his emotions then the child will find it difficult to have good social interaction.

Emotions are feelings that are psychologically shared by children that are used to respond to events or events that exist in the surrounding environment. Because with the emotions of the child can focus attention, and show the mood that arises in ³themselves According to haiyun nisa (2017) ⁴Managing emotions, is one's own ability in terms of regulating impulses within oneself to create more positive results, self-regulation is also the process by which the individual manages his feelings and emotions so that he can be free from emotional distress.

For this reason, if a child has been trained early on to manage emotions well then the child will understand the relationship or problems that are happening to him. Why emotions arise and how to manage those emotions to make choices and behaviors. And of course cannot be separated from the guidance and advice given by his parents. Establishing a good communication relationship with children is very important because parents who work full-time will certainly not always exist other than the growth and development of their children. For this reason, if the communication between parents and children is well established, children will be willing to listen and understand parental advice to be able to manage emotions and behavior. This is good.

Children who have full-time working parents have been trained independently since childhood in solving their problems, where the children of full-time workers can usually control their emotions. They themselves because their parents have trained their children since childhood to be independent and understand their own feelings because parents who are full-time workers will certainly not always be involved in their child's activities.

³ Desi Fatmayeni Ferdia Sari and Nurhafizah, "Pengaruh Ibu Bekerja Dengan Perkembangan Emosi Anak Usia 4-6 Di Kelurahan VI Suku Kota Solok," *Jurnal Caksana: Pendidikan Anak Usia Dini*, 2019.

⁴ Annisa haiyun nisa, "Kecerdasan Emosi Pada Anak Dengan Ibu Bekerja Dan Tidak Bekerja" 3, no. 1 (2017): 55.

Independence applied by early childhood is very influential on the emotional development of children because children are trained to be able to do all their abilities or activities independently⁵ (Ulfah, 2021).

according to Ali's theory in (Syahrul 2021)⁶ that children who have emotional intelligence have the following characteristics: (1) Able to motivate themselves; (2) Able to survive (3) Better able to maintain informal networks (communication networks, expertise networks, and trust networks) (4) Able to control impulses; (5) Be flexible enough in finding ways for goals to be achieved or can change ways if the goal is difficult in numbersu (6) Still have high confidence; (7) Have high empathy; (8) Have the courage to solve difficult tasks to become lighter; (9) Have enough ideas to achieve the goal. For this reason, according to the theory (Prasetyo 2011)⁷ Parents have an important role in the development of children's emotions and what parents should do so that children can model and manage emotions. 1) uphold discipline 2) fully involved in building the character of the child 3) be a good example or example for the child 4) fostering virtue values in the child.

From the exposure of the above problems, the authors decided that research on the influence of full-time worker parent guidance became the focus on this study because as full-time working parents we still have to know the development of the child's emotional character because each child must have a different character for it let the child express emotionally but parents should Keep a close eye on it because the age of the child Is the age that wants to express something through emotional intelligence of the child.

B. METHOD

This study uses qualitative research by collecting data and observations to find out the phenomena that occur in their life experiences, namely the influence that occurs in parents who are full-time workers on children's emotional development. And this study used 11 samples of parents who work full-time and 2 children who have full-time working parents and their data collection techniques through 2 ways, namely (1) through open questionnaires to parents who work full-time and (2) make observations or observations

⁵ Mariah Ulfah et al., "Pengaruh Pola Asuh Orang Tua Terhadap Pernikahan Dini," *Jurnal Kebidanan Dan Keperawatan Aisyiyah* 16, no. 2 (2021): 177–85, <https://doi.org/10.31101/jkk.1901>.

⁶ Syahrul Syahrul and Nurhafizah Nurhafizah, "Analisis Pengaruh Pola Asuh Orang Tua Terhadap Perkembangan Sosial Dan Emosional Anak Usia Dini Dimasa Pandemi Corona Virus 19," *Jurnal Basicedu* 5, no. 2 (2021): 683–96, <https://doi.org/10.31004/basicedu.v5i2.792>.

⁷ Nana Prasetyo, "Membangun Karakter Anak Usia Dini," *Membangun Karakter Anak Usia Dini*, 2011, 1–28.

to 2 children who have full-time working parents and as for the theme that appeared in this study is, 1) Parenting of children's emotional development. 2) Factors affecting the child's emotional development. 3) Problems that occur in early childhood
4) The role of parents on the child's emotions

B. RESULT AND DISCUSSION

The discussion in the article aims to find out the complainants of parents who work full-time on the emotional development of children about how parents who work. Work full-time on the child's communication, the way parents divide their time between work and the child, and the response of parents if the child's emotions are unstable. Using a sample of data from 11 parents, it can be concluded that the child's emotions will be stable if communication between parents and children always goes well and ways communicating parents who are full-time workers so that communication can be well established with children, namely by spending vacation time only for children, inviting children walk together, ask about the activities that children do every day, and and invite children to chat and listen to all children's stories . That way the child will always feel that he is still being noticed by his parents.

When the child's emotions are unstable then the way that parents do is to allow the child to express his emotions first new because the age and phase of the child is very complicated. example children aged 3-5 years who are very egocentric and do not accept to return toys / items that do not belong to him must first be validated his feelings. Children aged 6-7 years also have a phase of wanting to know everything where it begins to grow autonomy towards themselves, then it can be invited to negotiate because of age, Phases, and growth greatly affect the child and parents must also connect before correction and repair the relationship with the child before asking about his problems so that Children want to hear our advice and how to give time for good communication with children is to ask what is felt every time the child shows emotions. Let the child express his feelings in words after that the parents talk carefully with the child listening to the child's story and not cutting When talking to children when telling stories because if parents cut off the child's conversation then the child will be reluctant to tell the parents again and after The child finishes telling the story then the parents advise him with kind words so that the child's heart is not hurt and after that give good direction to child. And to find out the child's emotions directly, we conducted a study on 2 children whose parents

worked full-time. And the child whose parents are full-time workers usually he is more independent. When the child is there is a problem usually the child whose parents are full-time workers always solve his own problems. but if the child feels that he has not been able to solve his own problems then the child asks for good direction to parents and if emotions are unstable usually. What the child does is to shut up and shut himself in the room after the child feels his emotions have stabilized then the child tells his parents.

From the findings above, it can be concluded that full-time working parents have an influence that can be positive and negative on the emotional development of children. The positive is that the child can live independently, quickly to socialize with others or friends and can solve problems on his own without having to ask parents for help and his negative nature is that parents who work full-time will not always be able to in addition to the emotional growth of his child and can only monitor the emotional growth of his child and can only monitor Emotional development of children through communication that must be well established with the child.

According to Saputra, Ilman Masykour (2011)⁸ some of the main aspects that affect children's emotional development: 1). Friendship, is an aspect that affects children's emotional development because of the Friends of children will be able to socialize, and can understand to give to each other, help, and provide support to others. 2) independence, children who have been trained independently since Early then he will not always depend on parents and can do his daily nervousness independently. 3) Morality, starting at the age of 5 years children Begin to recognize the wrong and right. He began to understand how he had to behave.

The needs of children are not only material, but also in the form of attention, direction, affection, and protection from their families. Understanding in children is needed in the framework of the child's personal development, he will learn to develop it through those closest to him or the community environment.

The employment status of parents is very influential in the personal growth and development or characteristics of their children. According to Heinrich (2014) working parents are important to keep building togetherness with children and working parents aimed at increasing the growth and development of children. This means that there is nothing wrong with the choice of parents when he chooses to work or not, the problem is

⁸ Ilman Saputra and Alzena Masykouri, "Membangun Sosial Emosi Anak Di Usia 2-4 Tahun," *Buku Seri Bacaan Orang Tua*, 2011, 1–22.

how parents take time or not. Give time to the child. Especially those who have children aged 2-6 years, at the age they still need little attention from their parents, invite children to always be close to people. Even if the old is only limited to chatting small things or answering children's questions raised by children because at that age children are curious about what they don't know yet. The types of emotions in early childhood

1). Happy, everyone in this world must have known and felt joy and everyone must be different expressing his joy. Likewise, children will feel happy if for example what he has done seriously and well for his development appreciated by teachers, parents, or The closest person to him. Then the child will appear confident in what he does and it is very helpful for the emotional development of the child in order to develop properly.

2). Anger, the anger felt by each individual arises because it is not fulfilled by a desire or expectation. And this anger is vented in various ways depending on the emotions of an individual.

And the child's emotional development also has a function to the development of early childhood, 1) the child's emotional behavior displayed when the child is playing or socializing is a source of assessment. social environment to the behavior that exists in him. 2) pleasant or unpleasant emotions can affect the emotional development of the child to the surrounding environment through the reactions displayed by the surrounding environment. 3) emotions can affect the psychological environment. 4) the emotional tension that a child has can inhibit motoric and mental development a child, which can prevent the child from doing his activities. And the characteristics of early childhood development are different from the characteristics that occur in adults where the characteristics of early childhood, 1) are temporary, 2) take place. Briefly and abruptly ending, 3) can be clearly known through his behavior, 4) his reaction reflects his own behavior.

Parenting of parents towards the emotional development of children

Parenting run by parents affects the growth and development of children (Walker, 2008). Parenting is a parenting pattern that applies in the family, namely how parents can build the character / nature of their children so that to be a good person in the family. Social life. In parenting, parents must know in advance the nature of their children to determine how to educate them. Before teaching children, parents also need to set a good example in front of their children, because children will follow what they see, for example, parents do not want children to Too often play handphone then can start from his parents first by not playing mobile phone when with children, especially parents who

have Other activities (work) should parents give time for children to interact because it is very influential in the emotional development of children.

Parenting also affects the child's emotional development for that parents must establish good communication with the child because according to Anggraeni, Yaniar Yumna Drupadi (2021)⁹, in the family environment of people. There are 2 types of parenting. 1) socie oriented type, emphasizing the relationship with parents. Children should be subject to parental orders and regulations and avoid conflicts with their parents. Conversely, a concept-oriented family environment emphasizes ideas openly and actively engages in debates usually where parents always accept opinions from children. And with these 2 types have 4 different models of communication in each family, namely, protective families, pluralistic families, laissez-faire families and consensus families¹⁰. The laissez-faire family is a relatively low communication between a child and a parent, a pluralistic family is a parent who encourages his children to be able to dig. His ideas and expressing his own opinions, the protective family is a higher level of social orientation than the level of communication of concepts and limits his children, and Consensus families are concept-oriented and social, emphasize the importance of considering and paying attention to others, and upholding consensus deliberations. lam his decision making.

According to sakti (2021)¹¹. As measured against a child's emotional intelligence and social awareness is an educationthat suppresses intellectual intelligence, students should be encouraged to know themselves and guide them to concepts such as emotional intelligence, and its application. For that, surely every parent has a different parenting pattern to their child because parents know what is best for their child.

and according to burmind there are three types of parenting, namely 1) permissive parenting, where parents give very free supervision to children. 2) authoritarian parenting, namely parenting where parents do not want to listen to their child's words and tell the child to obey his orders. It is usually often applied by parents who tend to be high demanding, have strong control over the child, show less affection, and rarely

⁹ Yaniar Yumna Anggraeni, Rizkyi Drupadi, and Ulwan Syafrudin, "Pengaruh Pola Komunikasi Keluarga Terhadap Perkembangan Emosi Anak Usia Dini," *Jurnal Pendidikan Anak* 7, no. 1 (2021): 19–25, <https://doi.org/10.23960/jpa.v7n1.22279>.

¹⁰ Popy Puspita Sari, Sumardi Sumardi, and Sima Mulyadi, "Pola Asuh Orang Tua Terhadap Perkembangan Emosional Anak Usia Dini," *Jurnal Paud Agapedia* 4, no. 1 (2020): 157–70, <https://doi.org/10.17509/jpa.v4i1.27206>.

¹¹ Neila Sulung and Genta Sakti, "Komunikasi Keluarga Dan Pola Asuh Dengan Kecerdasan Emosional Anak Usia 5 – 18 Tahun," *JURNAL KESEHATAN PERINTIS (Perintis's Health Journal)* 8, no. 1 (2021): 1–11, <https://doi.org/10.33653/jkp.v8i1.614>.

communicate. This makes the child less initiative, has low confidence, and hesitates in acting so that it interferes with the child's cognitive, emotional, and social development.3) Democratic parenting, which is a parenting that always listens to the opinions of their children and always guides and gives good direction to children. Parents have a good communication relationship with the child, applying demands that are in accordance with the child's development and controlling the child as needed

Factors that affect a child's emotional development

In order for the child to grow up with a thorough personality, the child's emotional development needs to be considered, there are several factors that affect the child's emotions. *First*, attitudes and temperaments, experts agree that the attitude and temperament shown by children is actually a manifestation of his expression. According to Malti of UTM's Laboratory for Social-Emotional Development, disappointment or emotions will help children refrain from aggression and other antisocial behaviors. *Second*, the level of social activity, children who rarely socialize tend to have a quiet nature, while children whose level of social activity is high usually have a strong character. Super and active. The high or low level of a child's social activity is actually not a problem, as long as it does not reach extremes such as too much or too little socializing. *Third*, examples and role models, part of a child's emotional development is imitating and experimenting with various behaviors to find out which one he can accept. Well in society. For children who are still imitation in the process of forming social and identity, the influence of parents and the surrounding environment is needed to form Positive mindset and character, the child will model from every individual around him to learn to socialize, how he behaves, Make decisions, and much more. *Fourth*, the family factor, the family is the first environment that the child will recognize. Through the family, children can learn to adjust to others, be it siblings, cousins, uncles and aunts, and so on. In essence, family relationships are very important for children to express their emotions. *Fifth*, the influence of the surrounding environment. Similar to the family, the influence of the surrounding environment will have an impact on the child's emotional development, for example, if an environment has an up-and-down emotional then emotional child. It is also unstable, whereas if the surrounding people have control over it then the child can follow it. *Sixth*, the condition in the child. The last factor that can affect a child's emotions is the state inside the child, in addition to factors from the outside environment or family, it turns out that the condition is in the child. The child's

self also affects his emotions. In this case, what is meant is the nature of the child's temperament, developmental delays, and serious health problems. Quoted from Mom Junction, children who have good health can control their emotions better, while those who experience health problems. Usually many show irritability, excitement, and other unstable emotions.

Emotional factors that affect the development of children individually there are 2 sides, namely the first internal factors and external factors¹² (Yulisetyaningrum, 2019). 2) learning factors, when the child begins Entering school age children will get a learning experience that can make the child's emotional development for example the child will try to know everything about the experience. Learning. 3) conflicts in the development process of each child must have had conflicts such as conflicts with peers, conflicts with parents, and conflicts with people Around him and usually the child will vent his emotions in an angry way. 4) family factors, this family is the first environment known to the child, because A child's emotional development can be influenced by the attitudes, treatments, and roles that the family gives to the child that can affect personality, traits, and child growth and development¹³

Problems that occur in early childhood

1) Shy

A shy child is usually reluctant to do something because he feels bad and usually happens because there are some things that cause him, 1) often gets insulted. , reproach from his surroundings, 2) that is because of his lack of grown confidence towards his self.

2) Coward

a) timid child is also usually because there is something going on in the surrounding environment that makes a child become timid.

3) non-compliance

Usually a child who has a very big curiosity is what makes sometimes a child ignore the advice of his parents.

4) temper tantrum

¹² Indanah and Yulisetyaningrum, "Perkembangan Sosial Emosional Anak Prasekolah," *Jurnal Ilmu Keperawatan Dan Kebidanan* 10, no. 1 (2019): 221–28.

¹³ Erna Ladubasari, "Anak Sekolah Dasar," *Seminar Nasional FKIP UMC, 2020*, 1–6, https://www.academia.edu/40664619/PERKEMBANGAN_EMOSI_PADA_ANAK_SEKOLAH_DASAR?from=cover_page.

Children with temper tantrums have a weakness in controlling their emotions so that the child vents his emotions excessively and there are 3 Type temper tantrum a). Manipulative tantrums occur if a child does not get what he wants. b) verbal frustration tantrum occurs if the child knows what he wants but does not know how Temperamental tantrum. c) s can occur if the child's frustration level reaches a very high level and becomes uncontrolled¹⁴.

Parents' response to child's emotions

The role of parents is very large in developing children's emotions because children will be wiser in their behavior when they are good at managing emotions. Managing emotional intelligence can be instilled early on with gradual learning.

Each child has different growth and character in his personality and emotional learning in children must be done since infancy. i.e. 1) do eye-popping with the baby child theregat sneak if the parents give their attention to the child. The attention created by parents will develop their confidence when he is an adult. 2) show that parents are interested in babies, that is, in a way that is, in a way Invite him to talk, smile, and hug him so that the child feels that he means a lot to parents. 3) try the child's breast milk patterns and children's sleep patterns are done in a way routine and orderly. Because the baby will feel comfortable if the pattern of activities is regular.

When the child is 4-6 months old usually the child has begun to pay attention to the behavior of the closest people then 1) invite the child to play with peers, but maybe the child has not been able to play with peers but the child will pay attention to friends who attract his attention. 2) invite children to talk to others because by paying attention to people talking then the baby will observe and imitate him. 3) if the child cries then comfort and still invite to play and talk.

When the age of 19-24 months at the development at this age the child begins to be able to refuse or accept something given or ordered for it parents should 1) give explanation of his attitude and explain the reason why parents ask the child to do something or forbid the child to do something. in what we order or what parents forbid then transfer the memory of the child to something that makes him busy. 3) teach the child to be responsible and give the child such responsibilities, telling anak to clean his toys back after finishing playing.

¹⁴ Sukatin Sukatin et al., "Analisis Perkembangan Emosi Anak Usia Dini," *Golden Age: Jurnal Ilmiah Tumbuh Kembang Anak Usia Dini* 5, no. 2 (2020): 77–90, <https://doi.org/10.14421/jga.2020.52-05>.

When the age of 4-5 years at this age the child can already choose according to his wishes and at the age of 4-5 years should parents have begun to teach children to live disciplined, and The child's confidence will be confident if parents give freedom in making their own choices.

When the age of 5-6 years¹⁵ at this age the child can already manage himself such as, take off clothes, wear shoes, eat and bathe alone. Children's independence must be taught and trained to children, and also train so that children can be responsible for their personal belongings, and train children to be able to maintain opinions or belongings of his without violence. At this age, the child can already be invited to discuss small things for example give him two choices of clothes then ask him which clothes he will choose and what The reason he chose the shirt. It affects the child's mindset where the child's brain will work a little better when he is given a choice.

A. CONCLUSION

Children are a gift from God that must be taken care of as well as possible, because parents must provide the best education for children. Educating children emotionally can be done from an early age, parenting is very influential in children's lives, one of which is to pay attention to the growth and development of children in every day. the day because they will not be separated from the help and affection of their parents. Through this study, it can be concluded that each child has different traits and characteristics, it is a challenge for parents to pay attention to children with their own character, especially for working parents. For some working parents, they should be able to set aside time for the child for good child development and also practice emotional control. It is also recommended that parents should be firm if the child makes a mistake, meaning that as a parent must give a good warning. Inviting children to discuss is also necessary because children are trained to express their opinions and thoughts and teach children in making decisions the truth.

¹⁵ Dewita Suryani, Desni Yuniarni, and Dian Miranda, "Pengaruh Pola Asuh Orang Tua Terhadap Perkembangan Sosial Emosional Anak Usia 5-6 Tahun," *Jurnal Pendidikan Dan Pembelajaran Khatulistiwa* 9, no. 1 (2020): 1-8.

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