

## Counseling on Optimizing Child Growth and Development Through Effective Parenting Patterns to Support the Achievement of SDGs 4 (Quality Education)

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### Abstract

*Children's growth and development is a key factor in determining the quality of human resources in the future. This community service was conducted to determine the parenting patterns of parents in Sepakek Village, the factors that influence them and their impact on children's growth and development. Parenting styles, such as authoritarian, permissive, or democratic, have a significant impact on children's physical, emotional, social, and cognitive development. This study also highlights the role of education, economic status, cultural values and access to information as main factors influencing parenting behavior and aims to support Sustainable Development Goals (SDGs) 4 in Sepakek Village. Interventions in the form of counseling and advice have been proven to increase parents' understanding and skills in parenting effectively and have a positive impact on children's development. The findings of this community service will be a reference for improving the quality of child care in Sepakek Village through educational programs and government support.*

**Keywords:** Sepakek Village, Parenting, SDGs 4.

### INTRODUCTION

Child growth and development is a crucial stage in life that will affect the quality of human resources in the future. In Sepakek, as in many other communities, the way parents raise their children has a major impact on their child's development. Effective parenting not only contributes to a child's physical development, but also to their emotional, social, and cognitive development. However, many parents still do not understand the importance of good parenting, which can result in delays in child development.

According to the Central Statistics Agency (BPS) and the Ministry of Health, the number of children experiencing growth and developmental disabilities in Indonesia is still significant. In Sepakek Village, this challenge is further exacerbated by factors such as low parental education level, lack of access to information about good parenting practices, and limited resources. Research shows that authoritarian or permissive parenting can be detrimental to a child's development, while democratic and responsive parenting can strengthen a child's self-confidence and social skills.

According to the definition, parenting refers to the way parents treat their children well, including educating, guiding, and disciplining, as well as accompanying children in living their lives. In terms, parenting also plays a role in shaping children's behavior in accordance with

the norms and values that apply in society. Thus, parents have the responsibility to guide, educate, and discipline their children (Nuraeni & Lubis, 2022). Parents who apply democratic parenting can help their children grow into independent, devout, intelligent, and highly motivated individuals. This happens because in this parenting pattern, parents provide maximum assistance in children's development, encouraging them to develop high creative thinking skills. Conversely, in permissive parenting, children tend to get minimal assistance from their parents. As a result, their creative thinking process becomes low, and their interest in learning follows the same trend (Lathifah et al., 2022). Parenting can be defined as a way of interaction between children and parents, which includes physical needs, such as eating and drinking, as well as non-physical needs, such as attention, empathy, and affection. Parenting is the best method that parents can take in educating their children, as a form of responsibility for the development and welfare of children (Mukhtar, 2020).

In addition, many parents in Sepakek Village still rely on traditions and practices that are not necessarily in line with the latest scientific findings in childcare. This indicates the need for appropriate interventions to improve parental knowledge and skills in implementing effective parenting patterns. Counseling and training programs for parents can be a solution to increase

awareness and understanding of the importance of good parenting patterns. Parenting patterns have a significant influence on student learning outcomes. In addition, there are also internal factors that come from the students themselves (Hidayatullah, 2021). To improve student learning outcomes, it is important to pay attention to democratic parenting patterns. This approach can provide the motivation needed by students, so that during the learning process, students who are highly motivated will be able to achieve optimal learning outcomes (Gara et al., 2022). Parenting patterns include all interactions between parents and children. In this process, parents play a role in encouraging children to change behavior, knowledge, and values that are considered important. The goal is for children to be independent, grow and develop healthily and optimally, and have self-confidence, high curiosity, social skills, and orientation to achieve success in the future. Some of the ways parents implement to support child development include: monitoring every child's behavior to stay on track, paying attention to their own behavior when teaching moral values at home, and taking concrete steps in instilling good morals in children (Mahmudah & Fauzia, 2022). Therefore, the purpose of this community service is to identify the parenting patterns used in Sepakek Village and provide recommendations for optimizing child growth and development through effective parenting patterns. It is hoped that the findings of this community service can provide a positive contribution to the local community and help improve the quality of growth and development of children in the village.

The benefits of this activity are to improve parents' understanding of how to understand the emotional, psychological, and physical needs of children according to their developmental stages. Improve parents' skills, which are equipped with discussions that provide practical skills, such as how to communicate effectively with children or handle conflicts in the family. Support child development that forms optimal development both physically and emotionally. This helps them apply the right parenting patterns.

This chapter explains the importance of child growth and development as a foundation

for the quality of human resources in the future. Emphasis is placed on the role of parenting in influencing the physical, emotional, and social development of children. Problems faced in Sepakek Village, such as lack of parental understanding of good parenting, limited resources, and cultural factors, are the main reasons for the need for parenting socialization. In the results section, the audience's response is in the form of submitting questions related to parenting, such as how to deal with a child who is having a tantrum or avoiding physical punishment. Parents understand the importance of democratic parenting and how to communicate effectively with children. The positive impact is that parents who participate in counseling show changes in parenting behavior, which have a positive impact on child development in the long term. The conclusion emphasizes the importance of effective parenting in supporting child growth. Parents who understand the emotional, psychological, and physical needs of children are able to create an environment that supports optimal development. It is hoped that this activity will continue through mentoring programs and collaboration with related parties to expand its impact. The explanation of each chapter above describes the process of implementing the parenting socialization program in Sepakek Village.

## METHOD

Before the socialization program stage, we previously conducted a survey stage with Posyandu cadres. Which aims to understand how parents are able to carry out their role in educating and caring for children. The purpose of the parenting pattern applied is to shape a person's character and nature. According to Thoha, parenting is an effort made by parents in caring for, educating, and guiding children as a form of their responsibility. Children are entrusted by Allah SWT, so we as parents have an obligation to guard, care for, and provide the necessary education and guidance. If children do not get their rights, it can be concluded that they are not getting the attention they should from their parents (Nur Utami & Raharjo, 2021). This survey is important because parenting greatly affects the physical, emotional, and social development of early childhood. We also invited

a Parenting Counselor Resource Person, where later he will convey the details of the material on effective parenting methods. He also provided an explanation of good parenting patterns from the survey that had been conducted. Some explanations of the parenting survey by Posyandu cadres:

1. Survey Objectives: To identify the types of parenting styles applied, such as authoritarian parenting and permissive parenting, and to provide parents with knowledge about the needs of early childhood.
2. Implementation Method: Posyandu cadres ask questions directly to resource persons regarding child-rearing habits.
3. Example Questions: "How do I deal with a child having a tantrum?" "If I have rules at home, how do I enforce them?" and "How do I meet my child's nutritional needs?"
4. Expected outcomes: Understand the most dominant parenting patterns. Identify inhibiting factors in parenting, time constraints, or economic problems. Provide input to caregivers on how to improve parenting patterns that better support child development.
5. Follow-up: Based on the survey results, Posyandu cadres can provide education on good parenting patterns. Develop follow-up programs, such as group discussions.

This survey helps in creating public awareness of the importance of good parenting for early childhood development.

In Sepakek Village, socialization has been conducted with various parents. And the results found that:

- Most parents 7/10, their children are often raised by grandmothers or aunts. Where this case results in the closeness between parents and children being limited.
- Parents also find it difficult to understand their children's psychological needs, especially in communicating.
- 4/10 children in Sepakek Village experience a lack of emotional attention from their parents

Next is planning, where this stage involves compiling activities in accordance with the identification results above:

- Objective: To increase parents' understanding of democratic parenting patterns and how to communicate with children.
- Target: Parents with young children.
- Socialization Material: The importance of parenting patterns, Effective communication and parenting techniques in the family, how to support children's emotional development.
- Activity Method: Interactive discussions, simulations of communication situations between children and parents, presentation of materials on effective parenting patterns.
- Time and Place: Monday, January 20, 2025, 09.00-12.00 at the Sepakek village office.
- Resource person: UNDIKMA academic.

At this stage, ensure that socialization activities are not only relevant, but also effective in meeting parents' needs in parenting.

The Socialization Activity of Optimizing Parenting Patterns to Support SDGs 4 (Quality Education) "Education on How to Assist in Raising and Educating Children" was held in Sepakek Village, Pringgarata District, Central Lombok Regency, on January 20, 2025. More precisely, this socialization was held at the Sepakek Village Hall. Some of the methods used in this activity include:

1. Identification of Objectives: This socialization aims to introduce to some of the audience present how parenting should be done, so that children grow into good individuals and according to the expectations of parents. This socialization can also increase the knowledge of parents out there, so that they have awareness and skills in parenting.
2. Audience Analysis: In this activity, an understanding is also carried out to the audience, what the background of the participants is, so that they can easily absorb the material presented by the resource person. Age, education, needs, and interests must

also be considered so that the material is delivered well.

3. Material Preparation: The material presented by the invited resource persons is informative and easily accepted by the audience. With short and relevant material, the audience also has the opportunity to change their parenting methods according to their needs.
4. Media Selection: the media used are banners, video displays and presentations explained by the resource person.



Figure 01. Presentation of Material by Resource Person (Personal Source)



Figure 02. Q&A Session (Personal Source)



Figure 03. Joint Photo Session Between Speakers, Audience, and Committee (Personal Source)

## RESULTS OF SERVICE AND DISCUSSION

Before the counseling activity took place, the organizing committee team distributed questionnaires to counseling participants to be filled out by the parents who attended as participants. The questionnaire was given with the aim of measuring parents' knowledge and understanding of "Effective Parenting Patterns". The first question was about how to raise children, the next question was how to handle children if they make mistakes, whether to give children the freedom to learn to make decisions, and whether to reward your children when they do something good. From the pre-counseling activity, an initial picture was obtained regarding the knowledge and understanding of counseling participants about effective parenting patterns.

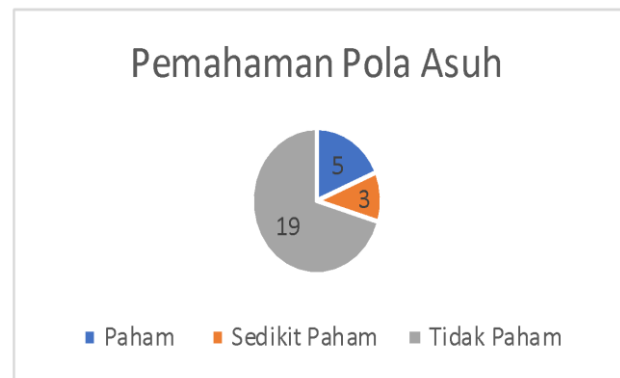
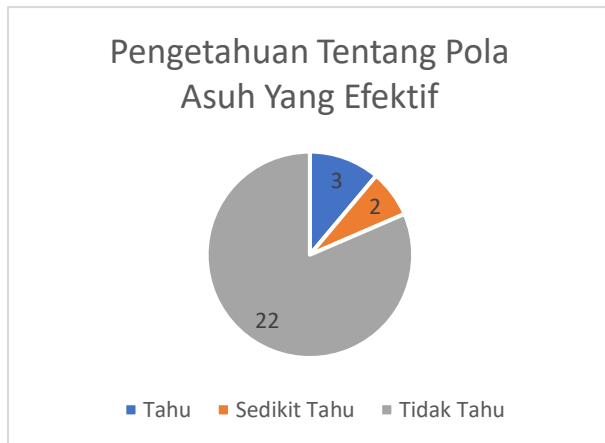


Chart 1. Understanding Parenting Patterns

From the pre-counseling questionnaire, graphic data 1 was obtained, namely that around 70% of parents did not understand, 11% understood a little and 19% understood parenting patterns. Most of the counseling participants did not understand how parents raise, educate, guide, and care for children in everyday life, and did not understand that parenting patterns greatly influence the development of children's character, personality, and intelligence.



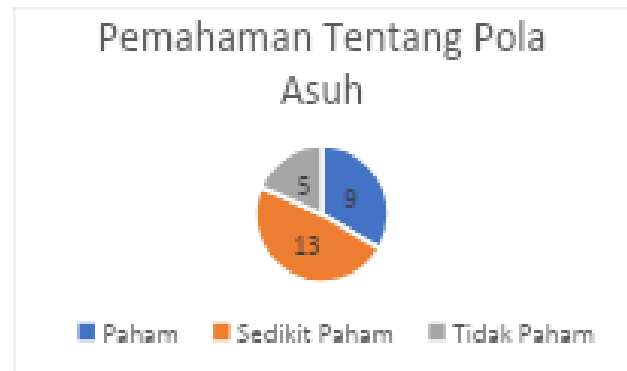


Graph 2. Knowledge of Effective Parenting Patterns

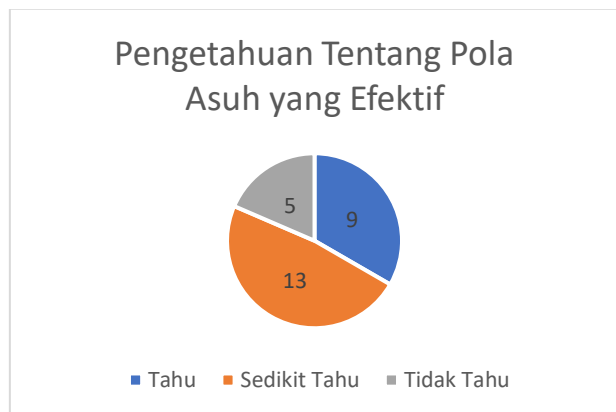
In graph 2, it shows that 11% of parents know effective parenting patterns are 11%, 7.5% know little about effective parenting patterns and 81.5% do not know effective parenting patterns. Graph 2 shows that most parents (81.5%) do not know effective parenting patterns. This shows that there are still many parents who need information and knowledge about effective parenting patterns. Information and knowledge about effective parenting patterns is conveyed through counseling.

#### Post-Counseling Questionnaire

After the counseling and discussion have been carried out, the next step is to collect *feedback* from the participants who attended. In the questionnaire there were several questions related to the participants' understanding and response to the counseling material. From the results of the questionnaire, it illustrated that there was a direct impact on several participants, they admitted that they had just learned the importance of effective parenting and realized their shortcomings in previous parenting. This was evidenced by the participants' understanding which had increased quite significantly. Before the counseling was given, there were 70% of participants who did not understand parenting patterns, after the counseling it became 18.5%. The figures obtained illustrate that the counseling that was carried out was quite successful.



Participants enthusiastically stated that they would try to provide better care for their children through effective parenting patterns such as democratic parenting. With the hope that parents who apply democratic parenting patterns, in their parenting process are able to provide a balance between control and freedom, carry out open communication, clear rules, as well as affection and support, and can support children to become independent, confident, and have good self-control.



After counseling, there were 18.5% who did not know and understand effective parenting patterns, which previously there were 81.5%. For those who knew from 11% to 33.3% and those who knew a little from 7.4% to 48.2%, this shows that counseling on effective parenting patterns to optimize child growth and development is quite effective. Implementation of inappropriate parenting patterns can have a negative effect on the development and character of children. Therefore, it is hoped that by holding counseling on parenting patterns to the community, especially parents, it is hoped that they can be more aware of the importance of implementing effective parenting patterns properly to support

child growth and development (Nirmalasari et al., 2021)

## CONCLUSION

The conclusion of the results of this community service shows that there is an increase in understanding and knowledge about effective parenting patterns. The implementation of effective parenting patterns is expected to support optimal child growth and development. Child growth and development are key factors in determining the quality of human resources in the future, and support the achievement of Sustainable Development Goals (SDGs) 4 in Sepakek Village. Interventions in the form of counseling have been proven to increase parents' understanding and skills in parenting effectively and have a positive impact on child development. The results of the community service are expected to be a reference for improving the quality of child care in Sepakek Village through education programs and government support more comprehensive and sustainable.

## SUGGESTION

Parents are encouraged to develop their knowledge and understanding through training activities, workshops, seminars or similar activities regarding parenting styles, especially parenting styles that are more effective in improving children's growth and development. In addition to meeting their physical needs, parents need to pay more attention to their children's emotional and communication needs to develop their self-confidence and social skills. Parents should use positive discipline methods, such as rewarding good behavior, rather than physical punishment. Hopefully this journal can provide a useful contribution to the development of science and be a reference for further activities.

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