

## **Analysis of Parenting Patterns to Improve Children's Psychosocial Development: Systematic Review**

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### **ABSTRACT**

Parenting styles play a very important role in children's psychosocial development. Psychosocial development is personality development related to behavioral and social relationships. Psychosocial development has stages, and each stage has a critical period or a developmental task that must be passed. This is where the role of the family is needed as the first educator, in creating good psychosocial development. This research aims to develop parenting patterns to improve children's psychosocial development. The systematic review method is used to search for articles in electronic databases, namely Google Scholar, Research Gate, and PubMed/Medline. The search strategy method uses PRISMA (Preferred Reporting Items for Systematic Review and meta-analysis) through four stages consisting of identification, screening, eligibility, and finally inclusion. The search was limited to publication year (2015 to 2023), article type "research article", and Open Access. Articles must be complete manuscripts, published in nationally or internationally accredited journals. Analysis carried out by the author of 6 relevant articles found that positive and supportive parenting styles, which include providing love, attention, appropriate discipline, and open communication between parents and children, contribute significantly to improving children's psychosocial development. In addition, an approach that is oriented towards understanding individual children, understanding their needs, and providing space for self-expression, also plays an important role in establishing balanced psychosocial development. By understanding the importance of positive parenting, parents can play an active role in helping their children grow into psychosocially healthy individuals, who have good social skills, and the ability to overcome the stress and challenges of daily life. This research contributes to further understanding of the important role parents play in shaping their children's psychosocial future.

**Keywords : Child development; Parenting Pattern; Psychosocial;**

### **INTRODUCTION**

The first years of a child's life reflect what happens in his or her later development. The first five years of a child's life are very sensitive to the environment, pass very quickly, and cannot be repeated. This means that children are in a golden age, an important period, and an opportunity to achieve optimal intelligence in the future. Of course, this does not mean that the following year is not important, but the development of children in the first year is very rapid, sociologically children are still very attached to their environment and cannot repeat it. The first environment that children come into contact with is the family. In this environment, children learn about the surrounding environment and social patterns in everyday life. Families also teach children how to behave in a way that is beneficial for good development in life together (Melisa, 2015).

This developmental stage is the basic foundation for a child's development. Child development does not occur mechanically and automatically. A human's development will take place simultaneously between physical, cognitive, psychosocial, moral, and spiritual aspects, each of which has a very important role (Hibana, 2021).

Children's development is greatly influenced by the parenting style provided by parents. Parenting is a model or way of educating children which is an obligation of every parent to shape the child's personality following society in general. The quality of care provided by the mother as the main caregiver has an important role in the child's development, one of which is the child's psychosocial development (Hastuti, Fiernanti & Guhardja, 2011).

Psychosocial relates to dynamic relationships or psychological or social factors, they interact and influence each other. Psychosocial itself comes from the words "psychology" and "social". The word psychology refers to an aspect of individual psychology (thoughts, feelings, and behavior) while social refers to the individual's external relationships with the people around him (UI Faculty of Psychology Crisis Center). The term psychosocial refers to social relationships that include psychological factors (Chaplin, 2011). Erikson believed that the term "psychosocial" has a deep meaning where the connection in human development means that the stages of a person's life from birth to death are shaped by social influences that interact with an organism which makes a person physically and psychologically mature (Fadillah, 2023).

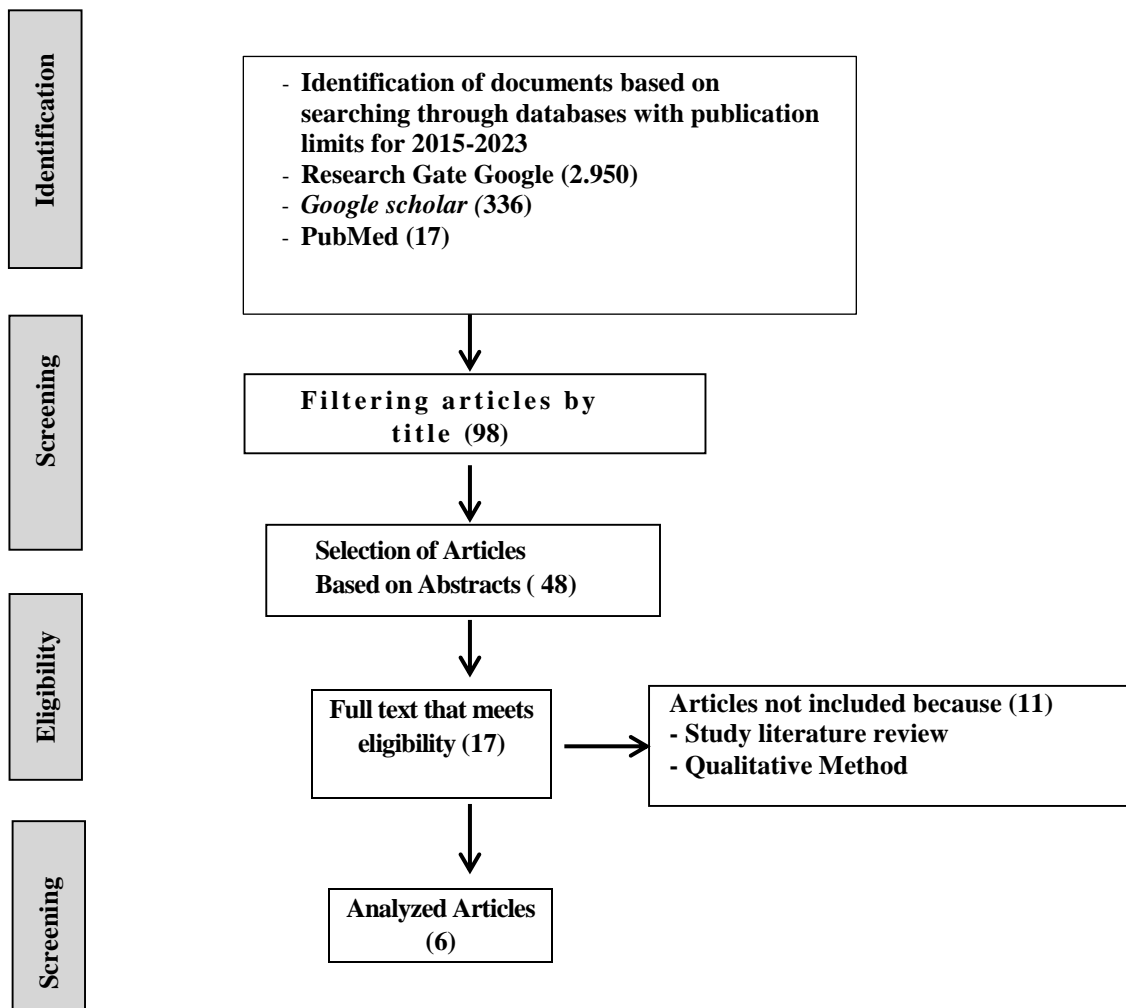
Parenting style is one of the most important factors influencing children's development throughout their lives. Each parent has a key role in forming the foundation of their children's psychosocial development. Psychosocial refers to the development of an individual's psychological and social aspects, including aspects such as emotional, social, cognitive, and moral development. Healthy and supportive parenting patterns can provide a strong foundation for positive psychosocial development in children, while unhealthy or unsupportive parenting patterns can hinder their development. Children who experience positive psychosocial development tend to have healthier social relationships, positively contribute to society, and have the potential to become independent and productive individuals in the future (Asri, A. S, 2018).

Family is the first and most significant environment for a child. This is the place where they first learn about relationships, values, norms, and ways of behaving in society. Parental parenting forms the basis of children's interactions with the outside world and how they respond to it. Parents often face unprecedented pressures and challenges in educating and guiding their children. Therefore, it is important to understand the parenting patterns that parents can apply in children's psychosocial development (Suteja, 2017).

## **METHODS**

This writing uses the literature review method where the literature review is research that uses secondary data studies obtained from various research journals so that the quality of the

review articles produced is of high quality. The database data used was searched through Science Direct, Google Scholar, research, and PubMed/Medline. The search was carried out using the keywords "parenting patterns", and "child psychosocial". This study focuses on finding effective parenting patterns implemented by parents to improve children's psychosocial development. Limited to the year of publication, article type "research article". Articles must be complete manuscripts, published in nationally or internationally accredited journals. The search strategy method uses PRISMA ( Preferred Reporting Items for Systematic Review & Meta-analysis) through four stages consisting of identification, screening, eligibility, and finally inclusion. The search was limited to publication year (2015 to 2023), article type "research article", and Open Access. Articles must be complete manuscripts, published in nationally or internationally accredited journals. In the search strategy, select documents as following :



Picture 1. Channel Search Article

## RESULTS AND DISCUSSION

**Table 1 Results of Literature Study**

No	Article Title	Article Name/ Number and Year/ Author	Country	Methodology: Type of research, design, sampling, analysis	Findings
1	The Influence of Social Support and Parenting Patterns on Psychosocial Development	Al-Adawat: Journal of Madrasah Ibtidaiyah Education / Volume 01, No. 02, August 2022, Pg. 151- 166 / Nuro Wardatul Millah, Ariga Bahrodin	Indonesia	Quantitative approach with expos facto type of research. Data collection techniques used questionnaires on social support variables with the CASS (Child and Adolescent Social Support Scale) scale, parenting style variables with the PSDQ (The Parenting Styles And Dimensions Questionnaire) scale, as well as on psychosocial development variables with the PSS (Psychosocial Skill Scale )	The research results show that there is a significant influence simultaneously on social support variables and parental parenting patterns. These results show that psychosocial development is influenced by emotional support, instrumental support, network support, information support, and competent authoritative parenting. However, as is known, psychosocial development is not only influenced by social support and parenting patterns but is also influenced by other factors as explained by Soetjiningsih, namely stimulation, communication, environment, relationships, and health factors.
2	The Relationship between Level of Education and Type of Parenting Pattern on the Psychosocial Development of Preschool Children	Alini, Indrawati: Nursing Journal Volume 4 Number 2 2020 Pages 110 – 115	Indonesia	This research is a type of quantitative analytical research with a cross-sectional research design. The accessible population in this study was all parents of all preschool children attending TK Pertiwi Bangkinang, totaling 100 people. The sampling technique was carried out using consecutive sampling. Data analysis used the chi-square test.	The results of the research show that there is a significant relationship between the level of parental education and the type of parenting style on psychosocial development in early childhood (preschool) at the Pertiwi Bangkinang City Kindergarten (P value = 0.000 (p-value $\leq \alpha$ 0.05). Parents are expected to be sensitive to needs one way of parental sensitivity is by using appropriate parenting patterns, while the appropriate parenting pattern is democratic parenting.
3	The Influence of Parenting Patterns on Children's Psychosocial Development According to Erik H. Erikson's Personality	Yasin: Journal of Education and Social Culture / Volume 3, Number 5, October 2023; 800-813 / Risyydah Fadilah, Junita	Indonesia	The approach used in this research is a qualitative research approach. Descriptive qualitative research using a case study method.	Based on the research results, it was concluded that children who are raised with a neglectful parenting style will tend to have difficulty in self-regulation in socializing. This is a result of parenting patterns that do not support children's independence. Based on these factors, we can see that

No	Article Title	Article Name/ Number and Year/ Author	Country	Methodology: Type of research, design, sampling, analysis	Findings
		Hanum Eka Putri et al			Psychosocial Personality in Children is the result of a lifelong learning process obtained from the family and environment which is interpreted differently by the individual. During the development process, individuals learn from the family environment from birth. In this case, parents have a big influence in creating the environment for children, both in personal care and with the help of other people.
4	The Influence of Readiness to Become a Parent and Psychosocial Parenting Patterns on Children's Psychosocial Development	Yuli Dwi Setyowati, Diah Krisnatuti, Dwi Hastuti Kel Science Journal. & Kons., May 2017, p : 95-106	Indonesia	This research used a cross-sectional and retrospective design in Kel Besar, Labuhan District, and Matsum City Village, Medan Area District, Medan City. A total of 100 families who had their first child aged 2-3 years were then selected using a purposive method as respondents. The HOME instrument is used to measure psychosocial stimulation, the Parenthood Readiness instrument is used to measure readiness to become a parent, and the Vineland Social Maturity Scale instrument is used to measure children's social development.	The more mature the mother and father are when they get married, the more mature their readiness to become parents will be and the better the parenting style and psychosocial stimulation provided. This increases the opportunity for children's psychosocial development to become better.
5	The Relationship between Parenting Patterns and the Psychosocial Development of Pre-School Age Children in Early Childhood Education in Kalibuntu Village, Losari District, Brebes Regency	Yull Azizah1, Oktiani Tejaningsih2, Rully Annisa3 Journal of Health Sciences: Vol. 8 No. 2 (2019): July-December 2019 Edition	Indonesia	This research is quantitative research with a descriptive correlation method with a cross-sectional approach. The population in this study were preschool-age children and their parents, totaling 83 children in PAUD. The research sample consisted of 61 respondents taken using the Simple Random Sampling technique.	Dominant authoritative parenting style was 36 parents (59.0%) and 47 children (77%) experienced initiative development. Komogorov-Smirnov test $P = 0.00$ ( $< p = 0.05$ ). Conclusion: There is a relationship between parenting patterns and the psychosocial development of preschool-aged children in PAUD Kalibuntu Village Losari-Brebes.
6	The Relationship between Parenting Patterns	Yuliantoet et al / Journal of Nurse and	Indonesia	The research design used was Cross-Sectional Analytical. The population in this study was all	From the research results of the Spearman Rho correlation test, it was found that $p = 0.00 < \alpha =$

No	Article Title	Article Name/ Number and Year/ Author	Country	Methodology: Type of research, design, sampling, analysis	Findings
	and the Development of Preschool Age Children. UMM Psychology Forum,	Health. 2017 December; 6 (2): 21-29		parents of students at PKK XI Winong Kindergarten, Gempol District, Pasuruan Regency, totaling 41 people, and the sample size in this study was 37 people. The first variable in this research is parenting style and the second variable is the child's psychosocial development. The measuring instrument used in this research was a questionnaire	0.05, there was a relationship between parenting patterns and children's psychosocial development in PKK XI Winong Kindergarten, Gempol District, Pasuruan Regency, meaning that if parents did not limit their imagination too much and the child's desires, the child's sense of initiative will automatically develop

## DISCUSSION

One of the stages of development in children is psychosocial development which is viewed from the psychosocial aspect, and this development was proposed by Erikson. Erikson believes that children are always influenced by their personality maturity by the social environment and psychosocial development is also influenced by the environment (Utami, 2017).

Psychosocial development is the development of each child's ability to interact with the people around him. Each psychosocial stage has two components, pleasant and unpleasant aspects of the core conflict, and development to the next stage depends on the resolution of this conflict (Hibana, 2021).

Children's psychosocial development includes everything related to the psychological and social aspects of their lives. It includes emotional development, self-identity formation, moral development, social skills, and many other important aspects. Children are in typical stages of development, and each stage challenges them to overcome specific developmental tasks. Parental parenting styles greatly influence how children overcome these challenges and grow into balanced individuals (Israfil, 2015).

Parenting is a pattern of interaction between parents and their children, namely the parents' attitudes or behavior when interacting with the child. Including how to apply rules, teach values/norms, provide attention and affection, and show good attitudes and behavior so that they become examples/roles for their children (Hastuti D (2018). In interactions with children, parents tend to use certain methods that they consider best for the child. This is where the differences between parents lie in caring for children. Some parents think they should be able to determine the right parenting style by considering the child's needs and situation. Then some other parents also have the desire and hope to shape their children to develop into someone they aspire to be who is certainly better than their parents (Suteja, 2017).

Parenting styles refer to the various behaviors, attitudes, and approaches used by parents in caring for, educating, and guiding their children. This parenting style includes various styles, ranging from authoritarian parenting to democratic and permissive parenting. Parents play a key role in shaping the way children view themselves, others, and the world around them. In their role as models and mentors, parents have a profound influence on children's development (Yulianto, 2017)

This is in line with research proposed by Millah (2022) that there is a relationship between parental parenting and psychosocial development. From the results of the analysis of parenting patterns in this research, there are still parents who apply authoritarian and permissive parenting patterns, which harm children's psychosocial development.

In determining appropriate parenting for children, parents must be able to measure their abilities and be alert and careful in determining their child's parenting style. This is because whether the parenting role given to a child is appropriate or not, it has a significant psychological and social impact on the child. Parenting patterns also greatly determine a child's growth, both psychomotor, social, and effective, by the child's development (Siti Muamanah, 2018).

The results of this research are in line with research conducted by Alini (2020) where the parenting style applied by parents to their children determines the success of the family in educating the child's personality. Parenting patterns that accept, and make children feel loved, protected, considered valuable, and given support by their parents, children's relationships with family members become the basis for children's attitudes towards other people, objects, and life in general. In this case, parents should pay attention to the child's personal and social adjustments, which will leave characteristics in the child's outlook and self-concept in the future.

Likewise, in matters of psychosocial development, children receive their first lessons from their families. The family is the primary group for children who first educate them and is the first social environment in which children develop as social beings. In the family, children will receive conditions that will help them become good members of society in the future. A fair and effective parenting style will support children's growth and development so that they become more proactive according to the stages they are going through (Alini, 2020).

According to research by Setyowati, Y (2017), the mother's readiness (emotional readiness) to become a parent is significantly related to the child's social development, especially in the child's social behavior. Children who are raised by mothers who have good emotional levels will make children more comfortable and receptive to psychosocial stimulation. Mothers will be more likely to provide deeper affection and closeness when providing care. Children who receive good psychosocial stimulus will also have better child development, especially the level of social development of children.

According to Hurlock (2011), there are three types of parenting styles for children, including:

1. An authoritarian parenting style that places all decisions in the hands of the parents and is even formed by the parents. This means that in this type of authoritarian parenting, parental power is very dominant, because they always demand that their children be what they want them to be, if the children do not obey their parents they will be punished.
2. Democratic parenting style. Usually, parents who instill democratic values in raising children will uphold openness, recognition of children's opinions, and cooperation. Children are given freedom, but freedom that can be held accountable.
3. Permissive parenting is a parenting style in which parents give complete freedom to children. So that the child becomes the person he or she wants to be

Parenting styles are very important in improving children's psychosocial development. Here are some ways to build good parenting patterns:

1. Provide consistent attention and affection. Children need to feel attention and affection from their parents consistently. Parents can show their love by giving time, and attention, and listening well.
2. Maintain open communication. Parents must open communication with their children. They should ask their children how they feel and help them to express it honestly. Open communication will help children feel more comfortable and strengthen relationships with parents.
3. Provide clear boundaries. Children also need clear boundaries. Parents must set clear rules and consequences, and enforce them consistently. This way, children will feel safe and know what is expected of them.
4. Provide an opportunity to make a decision. Parents should give their children the opportunity to make decisions. This will help children build self-confidence and independence which is important for their development.
5. Maintain family harmony. Parents must create a harmonious environment at home. They should avoid excessive conflict and talk about problems well. When families live in harmony, children can focus on their learning and development.
6. Provide a safe environment. Parents must provide a safe environment for their children to grow and develop. They must pay attention to physical and emotional safety, and ensure that their children feel comfortable and safe at home.

By establishing good parenting patterns, parents can help their children improve their psychosocial development and grow into emotionally healthy adults.

## CONCLUSIONS AND RECOMMENDATIONS

Every human being will experience stages of development that have a major influence on their life. Therefore, if parents can understand and apply these developmental stages in raising children from an early age, then the child's personality will grow well. Therefore, family and the role of parents are very necessary at this time. The family is the first environment that influences various aspects of a child's development, including emotional development, including psychosocial development.

Parental parenting styles have a very strong impact on children's psychosocial development. It is important to recognize that parenting is a long-term investment in children's future. The impact of supportive parenting may not always be visible immediately, but it will create a solid foundation for children to grow into psychosocially balanced individuals. With the right parenting, children are more likely to overcome their developmental challenges with confidence, understand good moral values, and have the social skills necessary for success in an increasingly complex world.

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