

**THE ROLE OF HYPNOPARENTING IN THE TREATMENT OF EARLY CHILDHOOD'S TEMPER TANTRUM****Henny Puji Astuti** ✉

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Abstract

At the age of two to four years of a child's emotional characteristics emerged withoutbursts or temper tantrums. Temper tantrums are flare-ups occur suddenly, without planned. A method to overcome the child's temper tantrums is by using hypnoparenting. Hypnoparenting infuse positive suggestion into child's unconscious mind, so that the child have a positive personal that establishing a good pattern of behavior. This study aims to examine and obtain empirical data on the differences between the behavior of the child temper tantrums before and after having hypnoparenting treatment. Hypothesis in this study is a difference between the behavior of the child temper tantrums before and after having the hypnoparenting treatment. In fact, tempertantrum still happens on the child above 4 years old. i have apply the method of hypnoparenting in handling child's tempertantrum above 4 years old. i have provide training of hypnoparenting to parents. The training held to teach a subject matter of hypnoparenting to the parents for a week. Thereafter, the parents apply hypnoparenting in early childhood for 21 days and the teacher help me to observe and record the tempertantrum behavior in the classroom before and after having hypnoparenting treatment. The number of subjects in this study is 33 childrens. They are four to six years old. The measurement scale in this study is Temper Tantrum Scale. The result of Paired Samples T-test shows that there is significant difference of the child's tempertantrum behavior between before and after having hypnoparenting treatment, $t = -5.611$ with $p = 0.00$. This study explains that there is a difference in the behavior of child's tempertantrum before and after having hypnoparenting treatment. The behavior of child's tempertantrum after having hypnoparenting treatment lower than before.

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INTRODUCTION

Parents are often puzzled by their children behavior. In one hand, they are sweet, docile, and rarely fussy; furthermore, on the other hand the children show their bad behaviour after their second birthday or even earlier (16 months). Their emotions often change fast while adapting with the environment. By the year of 2 until 3 years old, they show their emotional outbursts and often rebellious behaviour (temper tantrums). Sanders (1997) also explained that this is the time for the children preparation to go to school.

This hysterical expressions of anger is known as temper tantrums. It can occur anytime and anywhere. This happens at home, on the way or in a crowd. Such behaviour makes the parents confused and they do not know what to do. According to Setyono (2009) temper tantrums constitutes explosive and uncontrolled emotion. This behaviour has varied manifestation such as whining and crying, screaming, body rolling on the floor, kicking, hitting, scratching, even breathless action. Temper tantrums often appear in children from 1 to 3 years old, although it does not necessarily mean that this behavior will disappear after reaching 3 years old. Typically, temper tantrums takes 30 seconds to 2 minutes, and the highest intensity occurs in the first 30 seconds.

Problems often faced by parents are when the children retain the temper tantrums behaviour in their entering development tasks. For example, a passed temper tantrum kindergarten still shows his temper tantrum symptom. As a result, it will hinder his learning process in the next level. Kindergarten children are expected to be able to socialize and work together with their peers, rather than showing asocial behavior and emotional outbursts without compromise. The learning process will be hampered if the behavior is maintained in the absence of adult attempts to overcome.

In general, the problems of children are caused by parents' error or ignorance toward

how to communicate and how to convey good values to the children. For most parents, they often treat the children consciously or unconsciously as a robot ordered and they should do any commands given to them. That a child as an individual having feeling, desires and actions is widely ignored. A child requires attention and patience from the parents to face such problems.

Based on the background of the study above, it can be concluded that temper tantrum treatment in the early childhood varies between individuals, one of which is by the use of hypnoparenting. The problem formulation in this study is whether there is difference on temper tantrum behaviour before and after getting the hypnoparenting treatment?

The children's emotional characteristics occur with temper tantrums at the age of 2 until 4 years old (Hurlock, 1978). Temper tantrum occurs suddenly without any plan. In such case, the children do not only seek attention from adults. When having this behaviour, the children tend to vent their anger such as crying out loud, yelling, screaming, hitting, biting, pinching, and etc. In temper tantrums behaviour, it normally take 30 seconds until 2 minutes. If the anger persists to a degree that would harm himself or others, then this can be a very serious case.

Miller (1989) states that temper tantrum is an acceptable behavior that occurs for children ranging from 2 until 4 years old. It is resulted from negative attitude and independence. The children have difficulties how to convey their desires using spoken language and choose explosive behaviour.

Nadia (2010) states that hypnoparenting is a natural effort to instill positive program to the childrens' subconscious mind, by which the children have good behavior. Hypnoparenting is derived from the words hypnosis and parenting. Hypnosis is the decrease of one's state of consciousness, a natural phenomenon experienced by every human being. Then, parenting is all matters relating to the childrens' care. Hypnoparenting is a science that

combines knowledge of children education and hypnosis.

Pratomo (2011) says that hypnoparenting is a kind of children nurture using hypnosis. It has long been practiced by the people without realizing and knowing its method. Hypnoparenting is aimed at taming alligator's brain in children. It involves disproof, laziness, sadness, fear, embarrassment, hypersensitive, lies, ignorance, and hyperactive.

According to Nadia (2010), steps of doing hypnotic method on children are as follows:

1. Preinduction

A process to prepare a conducive situation and condition between parents and children.

2. Induction

This is as the main process in hypnotic method as it takes the children from beta into alpha condition even theta in a controlled condition.

3. Transhypnotist Calibration

This trance depth will be related to the effectiveness of suggestion given to the children.

4. Suggestion

Here, parents give positive sentences to the subconscious children.

5. Posthypnotic suggestion

A kind of suggestion given to the children even though they are in a normal condition.

6. Termination

Building positive suggestion making children's bodies fresh and relaxed to be in a normal condition in seconds.

The main principle of hypnoparenting is the use of repeated suggestive words toward children when their brains are in Alpha waves (8-12 Hz). When the children are in a relaxed state or condition (sleepy and eyes begin to close), it is the conditions of the children's brain in Alpha wave. Indonesian Association of Clinical Hypnotherapist (2010) states that an affirmative sentence either positive or negative becomes suggestion entered and recorded in the subconsciousness when it is delivered to a child. Therefore, the hypnotists

will train parents to formulate proper sentences so that the children get good programs.

Thus, hypnoparenting can be defined as child development by regarding the influence of hypnosis to instill recording/ positive suggestions to the subconscious psyche of children. The children's minds which can not think logically tend to respond to the accepted stimulus without further consideration. The words, actions and attitudes of parents 95% can easily enter into the children's subconscious minds as if without filtered. This is due to the children rhythm recording brain (Encephalo Elektro Graf) which is still dominant in Alpha (8-12Hz) even in theta or delta.

According to the Indonesian Association of Clinical Hypnotherapist (2010), some advantages of hypnoparenting are to encourage children to be more calm and positive; to get emotional and spiritual quotient from the children; to overcome temper tantrum; and to overcome children bad habits such as difficult child eating, bedwetting, thumb sucking; do the good and positive programs for children, the relaxed condition, calm, positive and peaceful role as parents; to prevent negative behavior patterns ultimately carried into adulthood, and to increase the children's immune system.

In the preschool period, from 3 to 5 or 6 years old many important development aspects are changing. According to Sanders (1997) those aspects involve language skills, motoric development both fine and gross motoric skills, then a complex kinds of games which involve rules, sharing with others, and take turn playing. In line with Sanders, Morison (2009) also said that the children start learning how to use and improve their body functions in the preschool time. Here, they will learn and how to do that individually. The gross motor skills developed in this period are walking, jumping or climbing. Meanwhile, the fine motor skills include drawing, coloring, painting, cutting and sticking.

Related to social and emotional development, Morison (2009) says that children

begin to learn how to manage their emotion often called as self-regulation. They start learning how to manage emotions and behavior, to delay pleasure, and to build positive relationships with others. In addition, their cognitive development goes into pre-operational stage; they are not feasible to think operationally. The characteristics of this stage are their ability to use symbol, including language. The ways of thinking are still focused on themselves or egocentric, and centered on one idea or thought.

Hypothesis is a tentative answer that needs to be tested for its truth (Martono, 2010). The hypothesis proposed in this study is there is a difference between the temper tantrum behavior before and after the children get the hypnoparenting.

METHOD

Research Variables

Temper tantrum is the dependent variable in this study; whereas, hypnoparenting becomes the independent variable.

Operasional Definition of Research Variables

An operational definition of temper tantrum is an sudden explosion of anger without any plan. Here, the children do not only seek attention from adults. In the temper tantrum condition, the children tend to express their anger by crying, yelling, screaming, hitting, biting, pinching, etc.

Hypnoparenting is nurturing efforts by instilling positive program into the subconscious mind so that young children have a positive personality with a pattern of good behavior.

Subject of the Study

A population is the entire people investigated which have the same properties (Hadi, 2000). A sample is part of a population having the characteristics possessed by the population. In this study, the sampling technique used was purposive sampling technique. The selection of subjects was based

on the characteristics or properties related to the specified terms (Hadi, 1987). The subjects in this study were kindergarten students A, age ranging from 4 to 5.5 years old, and recorded as active students.

Method of Data Collection

To measure temper tantrum behaviour of preschool children, temper tantrum scale was used as data gathering technique. This scale was developed by the writer. The degree of temper tantrum can be seen from its scale. The higher score means the higher temper tantrum, and the lower the score indicates the lower temper tantrum of the children.

For the first activity, the teachers were asked to fill temper tantrum scale. Then, the researchers gave a hypnoparenting training to the parents to be applied for 21 days for their children. Lastly, the teachers were asked to refill temper tantrum scale to find out if any difference found from the children.

Research Activity

The study was conducted in TK Sukomarsudiputro 01 Kabupaten Semarang. It was held from July 1 to July 25 2012. To fill the temper tantrum, the teachers did 2 times before and after the hypnoparenting treatment. The parents were invited to get the hypnoparenting treatment for 21 days.

Method of Data Analysis

To find out the difference of temper tantrum behaviour before and after the hypnoparenting treatment, the researcher used Paired Sample t-Test with SPSS program (Statistical Package for Social Science) 16 for Windows.

RESULT AND DISCUSSION

The Description of Research Variable

It was found that before the treatment 10 children (30,303%) were in the low category, 16 children (48,485%) were in the medium category, and 7 children (21,212%) were in the high category. It can be concluded that the

temper tantrum scores obtained by the research subjects is in the medium category as shown by the empirical average of 74.09.

After the hypnoparenting treatment, temper tantrum score obtained are 20 children (60.606%) in the low category, 11 children (33,333%) in the medium category, and 2 children (6.061%) in the high category. It can be concluded that the temper tantrum scores obtained by the research subjects is in the low category as shown by the empirical average of 62.18

Data Analysis

To test hypothesis, data analysis was employed. It used paired sample t-test. Normality and homogeneity tests were used to meet the assumptions. Hence, it is necessary to test those assumptions. Test assumptions and data analysis were performed using SPSS 16 for Windows.

Normality test yielded value of Z at 0.128 with $p > 0.05$ for Temper Tantrum (Pre Test) and the Z value of 0.094 with $p > 0.05$ for Temper Tantrum (Post Test). Based on the results, it can be concluded that the distribution of both scores are normal.

Homogeneity test yielded value of 0.657 with F Lavene $p > 0.05$ for Temper Tantrum (Pre Test) and the value of F Lavene at 0.037 with $p > 0.05$ for Temper Tantrum (Post Test). Based on the results, it can be inferred that the variants of two or more groups of the data are the same.

The results of normality and homogeneity tests show that the collected data is eligible for further analysis using Paired Sample t-Test. The test of hypothesis generates t value of -5.611 with $p = 0.00$. Based on the results, it is found out that there are significant differences of the temper tantrum behaviour before and after the hypnoparenting treatment. The children temper tantrum behavior after receiving the treatment is lower compared to those before the treatment. The hypothesis of the study is accepted.

There are significant differences of the children's temper tantrum behaviour before and after getting the hypnoparenting treatment indicated by t value -5.611 with $p = 0.05$. This indicates that the children's temper tantrums behavior decreased after having the treatment. The children's behaviour were higher before they were treated using hypnoparenting treatment.

The children's emotional characteristics occur with temper tantrums at the age of 2 until 4 years old (Hurlock, 1978). Temper tantrum occurs suddenly without any plan. In such case, the children do not only seek attention from adults. When having this behaviour, the children tend to vent their anger such as crying out loud, yelling, screaming, hitting, biting, pinching, and etc. In temper tantrums behaviour, it normally take 30 seconds until 2 minutes. If the anger persists to a degree that would harm himself or others, then this can be a very serious case.

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Children are the greatest gift given by God to the parents. Every parent expects the presence of a child as descendant and happiness in people's life. However, many couples often forget that they need to prepare many things such as materials, physics, mentality and spirituality.

For young couples, having children is a new thing as they have never experienced taking care of their children. Yet, there are still many parents who are not able to take care well of their children even they have adult children. They are still surprised to see the children not doing what they have expected especially if they do not follow the common values.

Nadia (2010) states that hypnoparenting is as a way to treat children by looking at

hypnosis influence to establish positive recording/ suggestion in the children's subconscious minds. The children's minds tend unable to think logically, but they just respond the accepted stimulus without further consideration. The words, actions, and attitudes of the parents 95% could easily be obtained by the children without filtered. This is due to the children's brain rhythm recording (Electro encephalo Graf) still dominant in the alpha (8-12 Hz), even in theta or delta.

Human is like a computer as God's creation - the spirit/ mind acts as a programmer, CD as subconscious, and the physic is as the print out from recording of its subconsciousness. Here, the caretakers (parents, guardians, teachers, and so on) are expected to be in healthy physic and in mature soul so that they have to be more careful with the thoughts, words, and actions. It is because the children can easily record them. In addition, the children also have long-term memory carried through adolescence and even into adulthood .

The use of hypnoparenting method was effectively proved to treat temper tantrum behaviour. The parents realized the strenght of childrens' subconsciousness by starting thinking positive, producing acceptable utterances, and giving good activities in daily life. The womb until five years old are the most critical period for the children as they still use a lot of feelings. They can easily record all information in their subconscious mind. By doing hypnoparenting, it is hoped that the parents and children can have good communication. Hence, the children will be healthy physically and psychologically, smart and creative.

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