



The Influence of the Role of Parents on Early Child Health Protocol Discipline in the New Normal Era

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Abstract

The government calls on all people, including children, to be disciplined in following health protocol rules in the new normal era during the Covid-19 pandemic. Meanwhile Sulistyorini et al found that there were children who still committed minor health protocol violations. Based on observations by researchers in Kandri village, some children did not comply with health protocol rules such as not wearing masks when studying at Madrasah Diniah or when gathering at village events that bring in many people, children also often neglected to wash their hands properly and correct. This study aims to determine whether there is influence of the role of parents on early childhood discipline in implementing health protocols in the new normal era in Kandri Village. The research method in this research is descriptive verification method with a quantitative approach. Samples were taken randomly with simple random sampling technique as many as 84 people. The instrument used is a questionnaire sheet. The influence analysis used a simple linear regression test. The results of research on hypothesis testing showed that the value of $p = 0.000$ which is lower than the significance value of $\alpha = 0.05$. So, H_0 is rejected and H_a is accepted, in other words, there was an influence on the role of parents in preventing Covid-19 on children's discipline in implementing health protocols. The results of the determination test (R^2) shown that the role of parents has an influence of 16.4% on children's discipline in implementing health protocols. Suggestions from researchers that parents should further enhance their role in teaching discipline in implementing health protocols to children. Parents should always educate, protect, and motivate children consistently so that the disciplinary attitude can be attached to the child from an early age.

How to cite

INTRODUCTION

Law Number 20 of 2003 concerning the National Education System Article 1 paragraph 14 states that early childhood education is an effort to nurture children from birth to the age of six years by providing stimulation or educational stimulation with the aim of helping children's growth and development both physically and spiritually so that children are ready to enter further education. Efforts in coaching the child are by conducting learning, both learning in informal education or education in the family, formal and non-formal education.

Parents are said to be the first educators for children, of course, they must have sufficient knowledge. One of the basic knowledge that needs to be taught to children is about health. Health education means a learning process by each individual in every growth and development, with another meaning that there is a change in attitude towards a better and mature in individuals, groups and communities (Windarta, 2021). Cleanliness is a major factor in terms of health, both personal and environmental hygiene. Correspondingly, Mohtar et al (2022) stated that families are expected to provide maximum health education to other family members, especially during the Covid-19 pandemic which each family member should be able to handle.

Corona virus is a virus that causes dangerous diseases in humans and animals. It usually has mild flu-like symptoms to more serious illnesses such as MERS or Middle East Respiratory Syndrome and SARS or Severe Acute Respiratory Syndrome or can also be called acute respiratory syndrome. Initially, the Corona virus appeared in Wuhan, China at the end of 2019 which caused coronavirus disease-2019 (Covid-19) (Ministry of Health of the Republic of Indonesia, 2020)". The government has made various efforts to slow or cut off the spread of Covid-19. Therefore, the term new normal emerged. New normal is a phase where there are changes in people's lifestyles during the Covid-19 pandemic. In implementing a new normal lifestyle, people are required to comply with implementing the 5M health protocol (washing hands using soap and running water, wearing masks, maintaining a minimum distance of satu meters, staying away from crowds, and reducing mobility). The health protocol policy has been determined by the Minister of Health in the Decree of the Minister of Health of the Republic of Indonesia Number HK.01.07/ MENKES/382/2020 since June 19, 2020.

Obedience is one of discipline. Utami &

Prasetyo (2021) suggest that the most influential character in a person's life is the character of discipline. The formation of disciplinary character can be started from an early age, especially during the current Covid-19 pandemic. Parents must realize that developing good character will determine the future of their children (Yanti & Marzuki, 2021). For this reason, parents need to discipline children to comply with health protocols. Based on research by Kurniati et al (2020) found that in disciplining children to comply with health protocols, parents have roles including monitoring children to always apply a clean and healthy lifestyle, becoming role models for children, creating a safe and comfortable environment for children, always supervising family members, and guiding and motivating children.

In fact, people sometimes still ignore health protocols. Hakim (2021) stated that the level of compliance with implementing health protocols in general is in the moderate category. One of the reasons they are not disciplined in the health process is because the people around them have not been confirmed positive for Covid-19. In line with this, Sari & Sholihah'Atiqoh (2020) from the results of their research shows that there are still people who do not comply with the health process. 46 respondents (74.19%) complied with wearing masks and 16 respondents (25.81%) did not comply, where the non-compliance was caused by knowledge factors. Based on data from the results of health protocol violation operations in Semarang City by the Central Java Provincial Government (2022), from January 2021 to September 2022, there were 4,845 people who still violated health protocols.

Based on information from the Semarang City Health Office, data on the distribution of confirmed cases of Covid-19 in Semarang City in 2020 was 19,663 people and in 2021 there were 69,536 people. At the beginning of January 2022, confirmed cases of Covid-19 had decreased, which was only 5 people. The data fluctuates every month, until on September 27, 2022, 41 patients were confirmed positive for Covid-19 (Semarang City Government, 2022). Confirmed cases of Covid-19 in Gunungpati District from January 1, 2022 to February 17, 2022 had increased by 44 cases, then fell again to 8 cases on March 7, 2022.

Kandri Village is one of the villages in Kandri Village, Gunungpati District, Semarang City. The confirmed cases of Covid-19 in 2022 in Kandri Village according to data from the Semarang City Health Office in February were 4 people, then increased by 1 person per March 1 to

March 7, 2022. In response to this, the Ministry of Health of the Republic of Indonesia (2022) appealed to remain vigilant when facing the beginning of 2023 because cases usually surge after the Christmas and New Year holidays.

Kandri Village itself is located in RW 01 Kandri Village which consists of seven Neighborhood Pillars (RT). Based on Semarang Mayor Decree Number 556/407 dated December 21, 2012, Kandri was designated as a Tourism Village. As a tourist village, Kandri Village is visited by many local and foreign tourists, especially when an event is being held. Many children and adults gathered to enjoy the event. This can potentially be the location of the spread of the coronavirus. In the new normal era, where it cannot be said to be safe from Covid-19, it is very necessary to remain disciplined in implementing health protocols, especially for children.

Based on data from KPAI (Indonesian Child Protection Commission), 350,000 children have been exposed to Covid-19. This is due to the negligence of parents in supervising their children. The Central Java Provincial Government (2022) at the end of September 2022 recorded that around 579 children in Semarang were still violating health protocols. Seeing this reality, the role of parents is very necessary in getting children to remain disciplined in health protocols. In a study conducted by Sulistyorini et al (2021), it was found that parents who apply the health protocol well, then children will have a good health protocol discipline attitude as well. Based on the results of researchers' observations of several early childhood children in the surrounding environment, all of them claimed to have been taught by their parents to discipline health protocols. It can be seen in one kindergarten in Kandri Village that there are still some children who still wear masks when studying or gathering with their friends. However, some children in Kandri Village also do not comply with health protocols, seen when studying at madrassas, some of them do not wear masks, do not wear masks and do not maintain distance when crowding in village events that bring many people such as the Nyadran Kali cultural relay, Qur'an khotmil procession, and so on. In some prayer rooms and mosques, hand sanitizer often runs out quickly because it is played by children, which is not used properly. In line with this, Sulistyorini et al (2021) in their research to RA Musli-mat NU 15 Malang students stated that children still often commit minor violations of health protocols such as not maintaining distance, making physical contact and not washing hands or using

hand sanitizers.

Based on this description, researchers need to conduct research to see "The Influence of the Role of Parents on the Discipline of Early Childhood Health Protocols in the New Normal Era". This study was conducted because research to see discipline in carrying out health protocols in the *new normal* era was still rarely carried out by previous researchers, especially in children early age.

RESEARCH METHODS

This study used a descriptive method with a quantitative approach. Quantitative research is research based on the philosophy of positivism, used to examine a population and sample, data collection using research instruments, quantitative data analysis that aims to test hypotheses that have been set (Sugiyono, 2016). Descriptive research method is a research method to see and describe the picture or state of a research data. The verification research method is research conducted on a certain population or sample with the aim of testing a hypothesis that has been set. In this study, researchers wanted to see the influence of the role of parents on early childhood discipline in carrying out health protocols.

The population in this study is parents who have children aged three to six years in Kandri Village with a total of 106 people. The number of samples in this study was 84 people obtained from calculations using the slovin formula. Samples were taken using random sampling techniques. The instrument used for data collection in this study was using questionnaires. The questionnaire is distributed through a google form filled out by parents who have children aged three to six years.

The research instrument consists of positive and negative statements with alternative answers using the likert scale. This research instrument was tested using data validity techniques by calculating validity using the product moment formula and reliability tests using the cronbach alpha formula.

The classical assumption test used is the normality test using the Kolmogorov-Smirnov test and the linearity test. This study used a simple linear regression analysis technique to measure the influence of the role of parents on children's discipline in carrying out health protocols. The technique for analyzing data in this study is using descriptive and inferential statistical analysis, where to answer the research hypothesis is using a t-test.

RESULTS AND DISCUSSION

Data Analysis

The results of categorization of parental role scores owned by subjects can be seen in the following table.

Table 4. Categorization of Parental Roles

Aspects	Indicator	Index (%)	
		Indica- tor	A s - pects
Educators	Giving understanding to children	92,38	93,81
	Become a role model for children	95,24	
	Providing health facilities	95	
Guardian	Implement clean and healthy living	94,23	93,55
	Provide supervision	91,43	
Motivator	Giving gifts as a form of appreciation	89,29	89,29
Variable Index Value		92,21	

(Data Source: Research Data, 2022)

Based on data on the parental role level category, it is known that the variable index of parental roles is 92.21%. Based on the results of categorization calculations based on value intervals, the value of 92.21% is in the range of 84 – 100, which is included in the “very high” category. This means that the average parent has a high role in disciplining children to carry out health protocols.

The variable role of parents consists of three aspects, as for the index value of each aspect, namely the aspect of parents as educators by 93.81%, parents as protectors by 93.55%, and parents as motivators by 89.21%. The three aspects are broken down into six indicators. The index value of each indicator, namely the indicator of giving understanding to children by 92.38%, becoming a role model for children by 95.24%, providing health facilities by 95%, implementing clean and healthy living by 94.23%, providing supervision by 91.43%, and giving gifts as a form of appreciation by 89.29%.

The highest aspect index value is found in the aspect of parents as educators with a value of 93.81%, while the lowest value is found in the aspect of parents as motivators, which was 89.29%. The highest indicator value is found in the indicator of being a role model for children with a value of 95.24%, while the lowest indicator value is found in the indicator of giving gifts as a form

of appreciation with a value of 89.29%.

Table 5. Categorization of Child Discipline

Aspects	Indicator	Index (%)	
		Indica- tor	A s - pects
An understanding of rules and behavior	Understand health protocol rules	81,75	82,02
	Demonstrate awareness of the dangers of Co- vid-19	82,29	
Mental Attitude	Able to control yourself well.	81,55	82,86
	Carry out the health process rules voluntarily	84,17	
Behavioral attitudes that show seriousness of the heart	Orderly implementation of health protocols	83,52	83,52
Variable Index Value			82,80

(Data Source: Research Data, 2022)

Based on table 4.12 regarding the analysis of child discipline categorization, a variable index of child discipline of 82.80% was obtained. Based on table 3.3 on categorization based on intervals, the value of 82.80% values is in the range of 68 – 83, which is included in the “high” category. That is, respondents have a high perception of the variable statement items of child discipline.

The variable of child discipline consists of three aspects, as for the index value of each aspect, namely the aspect of understanding of rules and behavior by 82.02%, mental attitude by 82.86%, and behavioral attitude that shows sincerity by 83.52%. The three aspects are broken down into five indicators. The index value of each indicator, namely the indicator of understanding health protocol rules by 81.75%, showing awareness of the dangers of Covid-19 by 82.29%, being able to control themselves well by 81.55%, carrying out health protocol rules voluntarily by 84.17%, and orderly implementing health protocols by 83.52%.

The highest aspect index value is found in the aspect of behavioral attitude that shows sincerity with a value of 83.52%, while the lowest value is found in the aspect of understanding of rules and behavior, which is 82.02%. The highest indicator value is found in the indicator of carrying out the health process rules voluntarily with a value of 84.17%, while the lowest indicator va-

lue is found in the indicator of being able to control themselves well with a value of 81.55%.

Table 6. Linearity Test Results

Linearity	Sign.	Alpha	Ket
Child Diblinking*			
Parental Roles	0,078	0,05	linear

(data source: primary data processed using SPSS in 2022)

It is known that the results of the linearity test of significance values of $0,078 > 0,05$, it can be concluded that there is a linear relationship between the role of parents and child discipline.

Table 7. Simple Linear Regression Test

Coefficients ^a				
Model	Unstandardized Coefficients	Standardized Coefficients	t	Itself.
	B	Std. Beta Error		
1 (Constant)	-33.514	30.070	-1.115	.268
Parental Roles	1.4409	.360	.404	4.005 .000

a. Dependent Variable: Child Discipline

(data source: primary data processed using SPSS in 2022)

In the table, a significance value of $0.00 < 0.05$ is obtained which indicates H_0 is rejected and H_a is accepted, so it can be said that the role of parents affects children's discipline in carrying out health protocols in Kandri Village. So that the value of the regression equation is $Y = -33.514 + 1.440X$.

Tabel 8. Output SPSS (Model Summary)

Model Summary ^b				
Mod- R	R Square	Adjusted R Square	Std. Error of the Estimate	
1	.404 ^a	.164	.153	8.648

a. Predictors: (Constant), the role of parents

b. Dependent Variable: kedisiplinan anak

(data source: primary data processed using SPSS in 2022)

Based on the table, we get an R Square value of 0.164. This value means that the influence of the role of parents on children's

dilblin in carrying out health protocols is 16.4%. The remaining 83.6% was influenced by other variables not mentioned in this study.

Discussion

Education can be applied in a variety of environments. One education that has a considerable influence is education in the family. Because a child basically spends his time in a home environment. The figure who plays the most role in education in the family environment is the parents. Parents have an important role for the growth and development of children in all aspects, which of course provides stimulation tailored to the needs of children. Ruli (2020) suggests that the role of parents is an effort made by parents to educate their children both from religious, social, and individual reviews, such as the formation of good character and ethics for children.

In this study, the role of parents discussed is the role of parents to discipline children in carrying out health protocols. Dini (2021) revealed that the involvement of parents in children includes providing support, guiding, supervising, and building good communication with children. According to Ki Hajar Dewantara, the role of parents is as educators, guides, and motivators for children. The following is a table of descriptive statistical test results regarding parental role level categories.

Based on the results of descriptive statistical analysis, the variables of parental roles obtained the lowest and highest scores of parental roles were 80 and 89, respectively. From these data, the mean value was 83.58, the median was 83.00, mode 81, variance was 6.969, and standard deviation was 2.640. Meanwhile, based on the results of categorizing parental role variable data, a parent role variable index of 92.21% was obtained. Based on the calculation of categorization based on value intervals, the value of 92.21% is in the range of 84 – 100, which is included in the "very high" category. This means that the average parent has a high role in disciplining children to carry out health protocols.

Discipline is a person's attitude to always obey, orderly, loyal, and stick to the applicable rules, and carry out these rules voluntarily without any coercion from others. Van der Linde (2019) argues that discipline includes terms and processes such as prevention, correction, control, and inner control. Self-control or inner control is the ability that a person has in restraining himself from bad actions that can harm themselves and others.

Discipline is one of the characteristics

that needs to be cultivated to children from an early age. Children who are accustomed to discipline will be able to cultivate motivation in themselves to achieve their goals. In this study, researchers discussed children's discipline in carrying out health protocols. According to Prijodarminto, aspects of child discipline include an understanding of rules and behavior, mental attitudes, and behavioral attitudes that show sincerity. The following is a table of descriptive statistical test results regarding the category of children's disciplinary role levels.

Based on the results of descriptive statistical analysis, the child's discipline variables obtained the lowest/minimum and maximum scores of 67 and 105, respectively. From these scores, the mean value was 86.86, the median was 88.00, the mode was 75, the variance was 88.341, and the standard deviation was 9.399. Based on the results of the analysis of child discipline categorization, a variable index of child discipline was obtained of 82.80%. Based on table 3.3 on categorization based on intervals, the value of 82.80% values is in the range of 68 – 83, which is included in the "high" category. That is, respondents have a high perception of the variable statement items of child discipline.

Based on the results of the hypothesis test in simple linear regression, a calculated *t* value of 4.005 was obtained, where the calculated value of 4.005 > the *t* table value of 1.989. That is, the variable Parental Role (X) affects the variable Child Discipline (Y). Then based on the results of the *p*-value or significance (Sig. 2-tailed) in the Coefficients table, a significance value of 0.000 < an alpha value of 0.05 is obtained, so that it can be interpreted that the variable parental role (X) has a significant positive influence on the variable Child Discipline (Y). A significant correlation coefficient means that it can be generalized to the entire population in which the sample is taken.

Based on the results of hypothesis testing, it shows that the hypothesis proposed is in accordance with the results of the study, which means that H_0 is rejected and H_a is accepted. In other words, there is a positive and significant influence between the role of parents on early childhood discipline in carrying out health protocols. The results of this study are in line with Mardiani's research (2021) which in her research states that the role of parents has a significant effect on children's learning discipline. Then Wati (2019) in her research stated that parenting has a positive and significant influence on children's discipline.

The results of the coefficient of determi-

nation (R^2) test, the role of parents has an influence of 16.4%, on child discipline. The value belongs to the low category. This can happen because children's discipline in implementing health protocols is not only influenced by the role of parents. Given that based on the time of research in this study conducted from October to November 2022, where offline learning was again implemented, the role of teachers may also affect children's discipline in carrying out health protocols.

The results of research in this study are also supported by the theory put forward by Lerkkanen & Pakarinen (2019) which states that children's success is proven due to parental involvement in their children's education. This means that early childhood discipline in carrying out health protocols can be successful if there is a role for parents in it. The aspects of the role of parents according to Ki Hajar Dewantara include being educators, protectors, and motivators.

Parents in disciplining children to carry out health protocols not only provide understanding, but also accompanied by practices that are carried out consistently every day. Of course, as a parent, you must be a good role model for children. With the habituation of health protocol discipline that is carried out consistently, slowly children will get used to carrying out health protocols in an orderly and voluntary manner without any orders from parents or other people. This is in line with Siregar's opinion (2021) which states that discipline is an attitude of obedience and obedience to rules, norms, or rules that apply on the basis of awareness or self-willingness or other demands whether written or not, which is reflected in the form of behavior. Then Van der Linde (2019) argues that discipline includes terms and processes such as prevention, correction, control, and inner control. Self-control or inner control is the ability that a person has in restraining himself from bad actions that can harm themselves and others.

CONCLUSION

Based on the results of the analysis and discussion in this study, the author can conclude that "there is no positive and significant influence between the role of parents on the discipline of early childhood health protocols in the new normal era". The results of the coefficient of determination (R^2) test showed that the role of parents has an influence of 16.4% on children's discipline. While the remaining 83.6% was influenced by other variables not mentioned in this study.

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