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Coping Strategies of Early Childhood in Terms of Sex Perspective in PGRI 44 Rogojembangan Kindergarten Tembalang, Semarang

Catur Wulandari✉, Sri Eni Hartati

Teacher Education PGRI 44 Rogojembangan Kindergarten Tembalang, Semarang, Indonesia

Article Info

Abstract

Child interactions encountered some problems frequently. The ability to deal with problems is one of the capability that should be owned by children. Coping strategies will be useful for the child to deal with various situations both external and internal problems. Subjects in this study consisted of one teacher, two parents, and two students. Data collection techniques were using of interview, observation and documentation. This study used a method of qualitative research. This research method was used because of the researchers want to reveal the differences of coping strategies used by both children, boy, and girl when faced with the problems of social and emotional. The data analysis in this study was using data analysis interactive of Miles and Huberman model. It involves several processes including data collection, data reduction, data presentation, conclusion, and verification. The results showed that children have been able to report various forms of coping strategies. The coping strategies include seeking support (ask for help), problem-solving (solving problems), distraction (distracting), and escape (away / escape). The girl reported more dominant in seeking support strategies than a boy. Coping response with aggressive and destructive behavior more often indicated by boy than a girl.

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✉Corresponding author:
PGRI 44 Rogojembangan Kindergarten Tembalang
E-mail: wulandari.catur@gmail.com

INTRODUCTION

Emotional development has an important role in life. Emotional development has an important role because it will affect to the personal and social adjustment. Hurlock (1978: 211) explains that emotions can influence social interaction. All the emotions both pleasant and unpleasant, encourages social interaction. Through emotion, the children learn how to change behavior in order to adjust to the demands and social measures. While Howes (Santrock 2011: 91) explains that emotions play a strong role in determining the success of peer relationships in children. Specifically Thompson, Meyer & Jochem (Santrock 2011: 91) mentions the ability to regulate emotions is an important skill that is useful for children on their relationships with their peers.

Social and emotional development experienced by children in fact do not always been seamless. Kids who are having problems certainly are feeling uncomfortable with their self. At this point the child will try to do coping to remove or at least drown out those uncomfortable feelings. Solve a problem (coping) is one capability that should be owned by a children. As the increasing of growht and development of children of course there are so many problems will frequently appears. Based on the opinion of Lois Murphy (Skinner and Zimmer-Gembeck 2006: 120) that coping is the way of children based their own level of development and procedures to do something when they faced the problem situation both of external and internal problems.

Results of initial observations in TK PGRI 44 Rogojembangan Semarang, the school is implementing a classical teaching methods. The implementation of this classical method is used because there is a limited number of teachers. Teachers are only amounted to 7 people just have to teach in turn the overall number of students who reached 124 students. These limitations make one teacher must support at least 18 to 34 children per class. The number of teachers and the number of students unbalanced create problems experienced by students. One of the problems looks at preliminary observations in those classroom is the finding of children who have difficulty blend in and interact in a social group in the classroom. Based on the observations of researchers, those difficulties experienced by the AL and AP.

Interaction problems experienced by AP (girl) and AL (boy), arising from negative emotions that results in interference with of social relationships between individuals and others in the class. Negative emotions that seen by AP and AL such as embarrassed and get angry excessively making social connections are both not going well. Teachers who have support too many students were not able to specifically focus on one or two children. Therefore, the problems experienced by AP and AL be neglected.

Observations obtained researcher interested to see how the coping strategies conducted by AP and AL as an attempt to overcome or at least minimize the stress that is raised on these issues. It is also interesting to examine is there a difference in the implementation of coping strategies conducted by AP which is the girl and AL which is a boy. Also still a little review about coping strategies conducted in early childhood. The ability of early childhood that are still limited, and in the process of growing and developing make coping skills (coping) be an interesting thing to be noticed.

This research attempts to study the problems: (1) a coping strategy of the social and emotional problems in interacting during early childhood, and (2) differences in the implementation of coping strategies towards interaction social and emotional problems in early childhood both of male and female children.

Life in children is full of problems and challenges. When faced with the challenge, coping ability in children is necessary. In the opinion of Lois Murphy (Skinner and Zimmer-Gembeck 2006: 120) states: "Coping captures" the child's way of getting along-with whatever equipment he ha [s] at his development stage-and his own individual makeup, as he face [s] the particular external and internal problems of his situation ". It's mean that coping is the way of children to do with all of their own ability based on their level and procedures of development when faced external and internal situation of the problem.

According to Lazarus (Safaria and Saputra 2009: 97) coping is a strategy for managing behavior to solving the most simple and realistic problems, as well as serve to rid themselves for many kind of problem. Coping is a cognitive and behavioral effort to overcome, reduce, and resistant to demans distress. Demands which is happen to a person can be internal or external. Coping produced two goals, the first people try to change the relationship between himself and his environment in order to produce a better impact. Second, people usually trying to relieve, or eliminate the perceived an emotional burden.

Gender can be defined as things that distinguishes a person between men and women.

As unique individuals, both men and women have fundamental differences with each other. The most fundamental difference is their biological differences since a person is born, in which a man can produce sperm, while women produce eggs, menstruation, pregnancy and lactation.

RESEARCH METHOD

The method used in this study is a qualitative method. Qualitative research methods done because of researchers intend to uncover the uniqueness of the case into the background research subjects. The uniqueness side presented with words, detailed reports and in-depth information from the view of research subjects. This research was conducted in February in TK PGRI 44 Rogojembangan District Tembalang, Semarang located at 115 Village Road Tandang Kedungmundu, District Tembalang, Semarang. Subjects in this study were 5 people consisting of 2 students that AP which is a girl and AL which is a boy, then one teacher and two parents. Data collected with: observation, interviews, and documentation. Technique authenticity of data using triangulation, theory triangulation, and triangulation methods. Interactive data analysis technique used is using the model of Miles and Huberman where activity in the data analysis include data reduction, data presentation, and conclusion.

RESULTS AND DISCUSSION

Coping strategies can be defined as a way or an individual's behavior to solve the problem. When someone has a problem there must be an uncomfortable feeling in him. At times like that someone will do coping to dampen or even eliminate the uncomfortable feeling. Based on the observations of researchers, in dealing with pressures they face, AL and AP have been able to use some coping strategies to resolve and even drown off the issue.

When faced with the problems of interaction with peers, AL and AP showed different coping strategies. AP which is a girl do support seeking coping strategies to help solve those problems. This is because AP was not quite able to solve the problems of interaction with friends. With support seeking coping strategies undertaken to seek social support from the closest people. People nearby were asked to assist AP in this case is AP's own parents.

Ask help from others to solve a problem is one of the coping strategies often used by the subject AP. For example when AP is in trouble with friends, AP asked for help from others [in this case is the mother] to help her. Although at school she just stay quiet, but when at home AP bringing this issue to his mother.

Ask for help to others is one of the ways from AP to to resolve the problem, besides AP sometimes also redirect the problems that happened by doing something else. Ask for help to others is one of the ways from AP to resolve the problem, besides AP also redirect the problems that happened by doing something else sometimes. For example when feeling sad. WM 2, which is mother's AP revealed that AP feeling sad when her sister (aged less than 3 years old) receive more attention than her. After expressing displeasure, which is usually done by AP is sleeping or playing alone. After that WM 2 reveals, the AP will forget about the previous incident back to normal again. Redirecting problem with doing other things is an effort tobminimize discomfort caused when someone is in trouble.

Seeking support strategy is to ask for help from others is not done by AL when faces problems of interaction with peers. Although it involved physical contact or received from his friend verbal assault on the school, AL has never revealed and asked to help resolve the problem to the closest people. When faced with problems in the interaction with his peers in the classroom, AL showed aggressive coping responses where AL will vent his frustration by hitting or kicking. At other times coping strategies conducted by AL when interactions get rejection from peers is by doing a distraction or a diversion. When no friends who are willing to play, AL prefer to divert it by busying themselves with drawing, puzzles or playing robot, and also sometimes go to the canteen to buy food.

Observations conducted by researchers showed that the application of coping strategies in girl and boy have not seen any significant difference. However if considered carefully seen that AP as girl are showing more dominant strategy of seeking support. This is because in the face of various problems AP tell all to his mother and asked her mother to helped resolve the issue.

Coping Strategies Toward Social Emotional Problems in Interaction In Early Childhood

In the research found there are various forms of coping strategies that will be performed by a person when faced with various problems. Various forms of the coping strategies such as by seeking support or seek the help of others, solving

problems, distract the problems, also run away from problems.

Coping strategies with asking for help performed by her when got unpleasant treatment from peers. her asking for help from an adult [in this case the mother] to help solve problems that happened to her. According to Skinner and Zimmer-Gembeck (2006: 126) form a coping strategy to support seeking is done when a child in an uncontrolled situation, the child will seek support from adults. This is because adults are more mature in age.

Some children based on research results have also been able to overcome these problems. For example, when AL being not good with a friend, who as a result of his actions AL shunned by friends. Feel troubled by a friend as a result of his own actions, AL solve such problems by completing the source of the problem. AL which is done wrong apologized to his friend in order so there are no more problems between them both. The way of thinking AL is one way in problem solving. Problem solving ability is consistent with that expressed according to Skinner and Zimmer-Gembeck (2006: 126) that the problem-solving skills (problem solving) are useful measures to change the situation that causes stress in children.

The same expressed by Moreland and Dumas (2008: 438) that the child will work to solve problems or resolve difficulties in a constructive way. Problem solving ability is also closely associated with child's efforts to seek support (support seeking).

Another coping strategy chosen by the the child when it has a problem is to distract issue and do something else that is considered the child is able to reduce the problems experienced. Distraction strategies done both in the AL and AP. Distract of the problems done by children as a coping strategy in accordance with that contained in the results of such research to keep busy doing other things like sleep and play. Distract the problem as one form of coping strategies according to research conducted by Skinner and Zimmer-Gembeck (2006: 126) that distraction or Distraction problem done by children with stays busy playing games. Distraction is one form of coping strategies were found in early childhood in both the girl and the boy.

Coping strategies based on the results of the study, noted that besides distract a problem, a child will avoid or ran away from the problems that come upon him. Various examples of coping strategies that have been collected by researchers such as away, considers the problem does not exist, or away from the source of the

problem. Coping strategies to avoid the problem by Skinner and Zimmer-Gembeck (2006: 126) is also called the escape. Based on the opinion and Zimmer-Gembeck Skinner (2006: 126), escape (ran away from the problem) is an attempt to leave the stressful environment or as one avoiding action directly. Children who feel unable to solve the problem would choose avoidance strategy to restore the condition becomes better as a result of the pressure received from the problems.

The Differences of Coping Strategy Implementation In Early Childhood Boy and Girl

Subject AL which is boy and AP which is girl show some results of coping strategies such as solving problems (problem solving), distract the problem (distancing), and avoid the problems (escape). Meanwhile, to seek help (support seeking)based on research results indicate that AP (girl) are more often used the strategy compared to AL which is a boy. AP as a girl often told her parent about the problem that she got. Subject AP more open and ask for help from others.

The different responses provided by AL which is a boy. AL rarely told about the problems that happened when trouble interacting with peers. Perhaps this has to be one of the gender issues have also begun to form when children stepping on school-age. Girl are considered more able to show emotion as compared to boy.

This is according to research conducted by Compas et al (Moreland and Dumas 2008: 439) which mentions that girl showed competence coping higher level than boy. This looks at the early age of the child, particularly in the affective and social abilities. This opinion is also consistent with Hampel and Petermann (2005: 75) explain that girl tend to coping with applying social support more dominant.

The results also indicates the emergence of aggressive behavior shown by AL which is boy compared with the AP that a girl child. This is evident from the results of research where AL easier to express anger compared with AP. AL also showed that aggressive coping response in which the child responds to a problem with hitting or kicking when having problems with his friends.

This was revealed Moreland and Dumas (2008: 438) which mentions that the behavior of early childhood it is call antisocial coping response. Antisocial responses occur when the child tries to complete the challenge with aggressive and destructive behaviour, or deny any responsibility in finding solutions, often hurt others and themselves in the process. According

to Jerome Kagan and Howard (K. 2001: 83) who have examined 89 children aged child until the beginning of adolescence, turns out a number of aggressive behavior in boy tend to be stable in every period of a child's development than girl.

The opinion of some experts are compliant with the observations made by researchers that indicate when faced with problems in interacting primarily with peers, AL as boy is more likely to express it with physically aggressive attitude like the kicking and punching.

CONCLUSION

Boy and girl have been able to report some kind of coping strategies. Coping strategies carried out by children is not only focused on emotions. But more than that the child can solve problems more effectively. Forms of coping strategies done by children is to support seeking (asking for help), problem solving (solving problems), distraction (distracting), and escape (away / escape) reported the child's choice in the process of problem solving. Coping strategies by seeking help (support seeking) based on the results of research showing that girl more dominant use this strategy than boy. Girl are more often told or express about problems than boy. The boy showed coping responses that are aggressive by solving problems by hitting or kicking when having problems with

their friends. This is consistent with studies that mention that starting at age 2 years aggressiveness and impulsivity is more prevalent in boy.

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