

## Effects of audio-visual affirmations on toddlers tantrum behavior



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### ABSTRACT

**Introduction:** Tantrums are a normal condition that occurs in children aged 1-3 years. If not handled properly, Tantrum behavior will affect the formation of the next child's personality. In Indonesia, 23-83% of children aged 2 to 4 years have experienced temper tantrums. One way to overcome tantrums in toddlers is to provide sound to children. However, not all mothers can do sounding to their children; another alternative is to provide sounding using media. The alternative media is audio-visual affirmation. This study aimed to analyze the effect of audio-visual affirmation on tantrum behavior in toddlers.

**Methods:** This study uses a quasi-experimental study with one group pre-test-post-test. The population is toddlers who attend Raudlatul Jannah Preschool, namely 98 children, then sampling is done with simple random sampling, a sample of 78 respondents is obtained. The data used in this study is data on the temper tantrums of children aged 1-5 years before and after being given an audio-visual affirmation. This data was analyzed by comparing the temper tantrums in toddlers before and after being given audio-visual affirmation therapy.

**Results:** The results of data analysis using the Paired T-test showed a significant effect between before and after being given the audio-visual affirmation treatment with  $p = 0.000$  ( $p < 0.05$ ). This study shows that audio-visual affirmation affects tantrum behavior in toddlers.

**Conclusion:** Audio-visual affirmation affects tantrum behavior in toddlers.

**Keywords:** tantrum, affirmation, toddler.

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### INTRODUCTION

Tantrum behavior is an outburst of anger or annoyance that can happen to anyone, but this behavior is often shown at an early age. Considering that children begin to learn to express the emotions they feel at this time. However, children have not been able to express these emotions with the language or expressions they want adults around them can understand that.

Tantrums are a normal condition that occurs in children aged 1-3 years, but if not treated properly, tantrums can continue to occur in children and even grow to an older age. In addition, tantrum behavior that is not handled properly also affects the subsequent formation of the child's personality. This is because the ability to process or regulate emotions plays an important role in personality development.<sup>1</sup>

According to Wakschalg and his team, 1,500 parents who have children, most toddlers (83.7%), sometimes experience tantrums, 8.6% are angry and tantrums

every day. Tantrums are triggered because the child is tired or frustrated. While in Indonesia, toddlers who usually experience this within one year, 23-83% of children aged 2 to 4 years have experienced temper tantrums.<sup>2</sup>

There is a need for a therapeutic, psychodynamic approach and a strong three-year relationship with the family for long-term, sustainable changes in parenting methods and family stability. One way to overcome tantrums in toddlers is to provide sound to the child. Sounding itself is saying the same thing over and over again. The same thing here means positive words to be embedded in a person's subconscious mind. However, not all mothers can do sounding to their children; another alternative is to provide sounding using media. The alternative media is audio affirmation. With audio files, toddlers can listen to suggestions, subliminal messages, or affirmations regularly, especially in the morning and before bed, when the body is resting or relaxing.<sup>3</sup>

There are several studies on tantrum behavior in children. One of them is Nadhiroh's research (2018) which discusses strategies for handling children in the tantrum phase (comparative study at Dharma Wanita Persatuan Meduran Kindergarten and Muslim Kindergarten NU 65 Futuhatul Ulum, Roomo Village, Manyar District, Gresik Regency).<sup>4</sup> Based on the research results obtained from the two kindergartens, it can be concluded that there are differences in tantrum behavior. Tantrum behavior shown by children in Dharma Wanita Kindergarten has a higher frequency and intensity than the tantrum behavior shown by children in Muslimat 65 Kindergarten. Meanwhile, the strategies applied by teachers in each kindergarten also have similarities and differences. This is influenced by several factors, including knowledge about tantrums and how to handle them; the intensity of tantrums shown by children; the closeness of teachers to parents and children; and the response of parents of children who behave in tantrums to

the handling carried out by the teacher. Yiw'Wiyouf, Ismanto, and Babakal also conducted another study that discussed the relationship between communication patterns and tantrum behavior and the results showed that there was a relationship between parental communication patterns and the incidence of temper tantrums in pre-school age children at the Manado Islamic Center Kindergarten.<sup>4</sup>

Although several studies on temper tantrums have been carried out, no studies discuss the effect of audio-visual affirmations on tantrum behavior in toddlers. This research was conducted with the hope of being able to provide an alternative to parents in overcoming tantrum behavior in toddlers. This study aimed to analyze the effect of audio-visual affirmation on tantrum behavior in toddlers. Based on the above background, researchers are very interested in researching audio-visual affirmations' effect on toddlers' tantrum behavior.

## METHODS

### Study Design

This study uses a quasi-experimental study with a pre-test-post-test one group. The data in this study is data on tantrum behavior before and after being given an audio-visual affirmation.

### Data Collection

The population is toddlers who attend Raudlatul Jannah Preschool, namely 98 children, then sampling is done with simple random sampling, a sample of 78 respondents is obtained. The instrument in this study was a questionnaire about tantrum behavior. Data was collected by distributing questionnaires to respondents.

### Data Analysis

After that, the data is processed using the steps of editing, coding, tabulating, and analysis.

The data were analyzed using Paired T-Test, with  $p < 0.05$  was considered significant.

## RESULTS

General data in this study include the child's age, parity, and the mother's last education. The following is presented in

**Table 1. Subject Characteristic.**

Subject Characteristic	Frequency	Percentage
<b>Child's Age Group</b>		
1-2 years old	0	0
2-3 years old	5	6.41
3-4 years old	30	38.46
4-5 years old	43	55.13
Total	78	100
<b>Parity</b>		
1	32	41.03
2	26	33.33
3	11	14.1
>3	9	11.53
Total	78	100
<b>Mother's Last Education</b>		
Elementary School	0	0
Junior High School	2	2.56
Senior High School	20	25.64
Collage	56	71.8
Total	78	100

**Table 2. Pre and Post-test Frequency Distribution.**

Tantrum	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Normal	72	93.6	77	98.7
Tantrum	6	6.4	1	1.3
Total	78	100	78	100

table 1. Most of the respondents (55.13%) are 4-5 years old based on the age variable. Meanwhile, based on parity, most respondents have 1 child with a percentage of 41.03%. The majority of respondents (71.8%) have the last education level, namely tertiary education.

Tantrums are an inseparable part of the child's development process. Even so, children's tantrum behavior must still be treated because otherwise, this behavior will be firmly entrenched in the child and shape the child's personality. One of the ways to deal with it is by using audio-visual affirmations. The following table describes tantrum behavior before and after being given an audio-visual affirmation. The results of data analysis using the Paired T-test showed a significant effect between before and after being given the audio-visual affirmation treatment with  $p = 0.000$  ( $p < 0.05$ ).

## DISCUSSION

Tantrums are an inseparable part of the child's development process. Tantrums, anger, or fussiness are normal for children. Tantrums are a normal condition that occurs in children aged 1-3 years, but if not treated properly, tantrums can continue to occur in children and even grow to an older age.

In this study, data obtained that most respondents are aged 4-5 years. At the same time, most of the parents' education is college graduates. Tantrum behavior can be influenced by parenting style, while parents' education level also influences parenting styles. In line with Syam's research, parenting style are related to temper tantrums in children under five with  $P=0.016$  ( $P < 0.05$ ). While parental care is related to the level of education of parents.<sup>5</sup>

Tantrum behavior is one part of emotional development that is often seen early. Emotions are closely related to the

behavior shown by the individual. There is a need for a therapeutic, psychodynamic approach and a strong three-year relationship with the family for long-term, sustainable changes in parenting methods and family stability.

Based on the results of data analysis in the study, it was found that there was a significant effect between before and after being given the audio-visual affirmation treatment, namely with  $p=0.000$  ( $p<0.05$ ). One way to overcome tantrums in toddlers is to provide sound to the child. Sounding itself is saying the same thing over and over again. The same thing here means positive words to be embedded in a person's subconscious mind. However, not all mothers can do sounding to their children; another alternative is to provide sounding using media. The alternative media is audio affirmation. Through these positive words, the brain will indirectly be indoctrinated so that our perspective will also change.<sup>6</sup>

Positive affirmations are part of Hypnoparenting. This is done by saying sentences that direct positive behavior to the child to control tantrum behavior. In comparison, affirmation is a form of affirmation of oneself related to positive things. Through these positive words, the brain will be indirectly indoctrinated so that our own perspective will also change.

The results of this study are in line with research studied about the effect of hypnoparenting on temper tantrums in pre-school children at Bina Insani Islamic Kindergarten, Mojoroto District, Kediri City with obtained an effect of hypnoparenting on temper tantrums in pre-school children ( $p=0.020$ ).<sup>7</sup>

## CONCLUSION

There was a significant effect between before and after the audio-visual affirmation treatment. This study shows that audio-visual affirmation affects tantrum behavior in toddlers. Further research with different study designs and larger samples needs to be done to identify the factors influencing the relationship between audio-visual affirmation and tantrum behavior in toddlers.

## AUTHOR CONTRIBUTION

All authors have contributed to this research process, including conception, design, collection of the data, analysis, and interpretation of the data, drafting of the article, critical revision of the article for important intellectual content, final approval of the article.

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## CONFLICT OF INTEREST

There is no conflict of interest for this manuscript.

## ETHICAL CONSIDERATION

This research was approved by the Health Research Ethics Committee of Universitas Nahdlatul Ulama Surabaya. Letter of exemption Ref. No. 193/EC.KEPK/UNUSA/2021.

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