

Education on parenting patterns for toddlers in family nursing care with ineffective role performance

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Abstract

The phenomenon of ineffective role performance in Mr. A's family in Serangan Sidoluhur Godean Sleman Hamlet is the focus of this study. The purpose of this study is to understand the condition, dynamics, and problems of the family, and to provide appropriate nursing care to improve family function and adaptation. The method used is a qualitative descriptive case study through assessment, diagnosis, planning, implementation, and evaluation of family nursing with interviews, observation, and documentation techniques. The results showed that the family experienced problems with ineffective role performance and suboptimal parenting patterns. Treatment interventions provide an increase in family understanding of the importance of the role of parents in the growth and development of children and strengthen interpersonal relationships and family coping.

Keywords: family nursing care; ineffective role performance; toddler parenting patterns

1. Introduction

The problem of ineffective role performance is a top priority for Mr. A's family in Serangan Hamlet, Sidoluhur, Godean, Sleman, for *toddler-aged children*, especially for children whose parents often leave them to work, and the lack of parental knowledge about *toddler parenting patterns* that can affect the child's growth and development. This can be seen from the number of developmental delays of 52.9 million children worldwide, with 95% in developing and poor countries (Khan I, 2024). *World Health Organization* (WHO) data shows that 10% of the world's population is at risk of experiencing developmental delays. Intellectual developmental delays in children under 5 years (toddlers) in the UK are 1.7% and 1-3% of school-age children experience developmental delays, while in the United States 15% of children are reported to experience at least 1 developmental problem (Widiastuti and Rusmini, 2020).

The rate of general developmental delay in Indonesia is estimated at 5-10%, with 1-3% in children under 5 years of age/toddlers. Considering the large number of toddlers in Indonesia, which is around 10% of the total population, as the nation's future generation, the quality of child growth and development in Indonesia requires serious attention, namely receiving good nutrition, adequate stimulation, and access to quality health services, including early detection and intervention of developmental disorders. According to (Norma. L, Mulat, and Srianingsih 2020), sometimes parents forget their obligation to monitor their children's development simply because they are busy with their own work. Material things are often the reason why parents often work and leave their children at home. However, what a child needs is not only material things but also attention. This can trigger a child's way of thinking to engage in activities that can include deviant behavior (Kusparlina et al, 2024).

The results of preliminary observations conducted on a family of Mr. A in Serangan Hamlet, RT 01 RW 25, Sidoluhur Village, Godean District, Sleman Regency, Yogyakarta, show that parents, grandparents, are less sensitive to children's language development. Parents assume that children will be able to speak and play on their own over time. Researchers also found that parents and grandparents do not provide optimal developmental stimulation in the form of language and child behavior. Children are left to play alone at home without being given the freedom to play with other friends. Respondents at the age of 3 years old are not yet able to socialize well when invited to communicate by their parents. When interacting with adults around them, children are only silent and do not look at the person they are talking to.

Therefore, the general objective of this intervention is to improve parental knowledge and appropriate parenting patterns for *toddler -aged children* in Serangan Sidoluhur Hamlet, Godean

District. The specific objective of this activity is to evaluate the family's readiness and involvement in the nursing process and to holistically identify existing problems. It is hoped that the intervention will enhance the family's role and function in addressing health issues independently and sustainably, particularly through relevant strategies such as monitoring gadget use, which has been proven effective in reducing family conflict.

2. Methods

Method used in this study is a descriptive case study. The research subjects in this case study were elderly people in Serangan Hamlet, Sidoluhur Village, Godean who had previously coordinated with Serangan hamlet cadres. The approach in this case study uses a nursing care approach that includes assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation. The data collection technique uses primary data obtained through direct interviews totaling 7 meetings using a structured assessment format to collect demographic information and clinical factors such as illnesses suffered, medication use, nutritional status, and lifestyle. In addition, a *head-to-toe physical examination* and health examination were conducted on Mr. A's family. Observations were made during daily interactions in the home environment to understand the social and environmental context that influences the role of the family. The media used were posters.

3. Results and Discussion

3.1. Results

3.1.1. Nursing Assessment

Based on the assessment conducted on Mr. A's family in Serangan Hamlet, Mrs. V, the mother of Mr. Ab, said that she really wanted to take care of her child all the time, but Mrs. V and her husband had to work from morning to evening. The client felt confused when her child often held back and cried when the client left for work. Mr. G, the father of Mr. Ab, seemed less adaptable to his child when inviting him to play. Every day the child had to play and be cared for by his grandparents at home while both parents were working. Based on the data obtained, a nursing problem was found, namely "Ineffective Role Performance", therefore, education was needed regarding "Parenting Patterns for Toddlers " at Mr. A's house, in Serangan Hamlet, RT 01 RW 25, Sidoluhur Village, Godean District.

3.1.2. Nursing Diagnosis

Based on the results of a comprehensive assessment, the main nursing diagnosis identified in Mr. A's family is ineffective role performance, especially related to the role of parents in parenting their first child at *toddler age* who is often left by his parents to work. This situation affects the growth and development process of early childhood. Democratic parenting is recommended because it is more effective in forming positive characters in children. In Mr. A's case, the family's adaptive response is still not optimal in parenting, as evidenced by Mr. G's lack of adaptation to his child when inviting him to play, so psychosocial support and education about the role of parents are needed.

3.1.3. Nursing Planning

Nursing care planning for Mr. A's family focuses on the main problem, namely ineffective role performance. Intervention plan directed to improve the family's ability to adapt to changes in the life cycle. In planning the intervention to be carried out, namely education for parents of children, things that need to be done include identifying the readiness of parents to receive education and factors that hinder the success of education (cultural factors, language barriers, lack of interest), listening to every complaint and problem faced by parents, facilitating parents to ask questions, teaching parenting techniques and communication skills, explaining the parental approach that can be used to help children express feelings positively, explain attitudes or anticipated actions at the child's age stage.

3.1.4. Nursing Implementation

Implementation activities include providing counseling at Mr. A's house, RT 01/RW 25, Serangan Hamlet. at 18.00 WIB, Sunday, December 29, 2024 to both parents of Mr. Ab. The implementation of nursing care for Mr. A's family was carried out through regular visits that began with the establishment of a relationship of mutual trust (BHSP) between students and the family. During the first visit, students

introduced themselves as part of the Gerontological Family Nursing (KKG) activity and agreed on a visit schedule. The relationship established was quite close with effective communication, which is a prerequisite for the success of subsequent nursing interventions. During the assessment process, the family demonstrated a cooperative attitude and good openness to the exchange of information.

education and counseling phase was then conducted using interviews, discussions, and visual media such as posters. The material covered "Parenting Patterns for *Toddlers*." On the sixth and seventh visits, the education focused on Mr. Ab's comprehensive parenting style, including the importance of communicating and spending time with children.

3.1.5. Nursing Evaluation

Nursing evaluations were conducted after the entire series of visits and education. The evaluation results showed significant achievement of intervention objectives, such as the establishment of positive communication between students and families, with a level of trust reaching around 80%. Families demonstrated a good understanding of parenting patterns for toddlers *and* began to implement good parenting patterns such as democratic parenting, such as frequently inviting children to discuss while playing, trying to make time for their children when they come home from work, and not getting angry when feeling tired when dealing with fussy children. This was reinforced by their active involvement in discussions and the implementation of nursing recommendations. From the perspective of family roles, there was an increase in the ability to adapt to developmental transitions, especially when returning home from work.

3.2. Discussion

3.2.1. Nursing Assessment

The study found that families do not fully understand the parenting model used, the factors that influence parenting, and the appropriate parenting style for toddlers. If parents feel that their parents were successful in implementing their parenting style, they will use similar techniques. If they feel that their parents' parenting style is not appropriate, they will switch to another parenting technique (Ardi et al. 2021).

Childhood, especially toddlerhood, is a critical period that will determine the outcome of the child's subsequent growth and development. For children to grow and develop optimally, a supportive environment is needed, such as meeting their basic needs, including physical, emotional, affection, and stimulation needs. Children aged 3-4 years are very active, and at this age, children are always curious about what they see and hear. Therefore, the role of parents is very important in the growth and development of children. Parents must realize the importance of providing stimulation for child development (Nduru et al. 2024). The role of parents is very important in monitoring so that children can grow and develop well. While busy working parents have little time for optimal child development, parents need to know and recognize the characteristics and principles of a child's development. Interaction between children and parents is very beneficial in the overall child development process, because good child growth will ensure good survival and for their future. (Rahmawati 2024).

3.2.2. Nursing Diagnosis

This is in line with research by Dewi Suci & Herawati, (2023) which states that ineffective role displays in parenting patterns, such as authoritarian, permissive, and uncaring parenting patterns, have a negative impact on children's psychological, social, and self-confidence development. Authoritarian and permissive parenting patterns have been shown to lower self-esteem, increase anxiety, and make children have difficulty in self-control and social adaptation. On the other hand, democratic parenting patterns are recommended because they are more effective in forming positive characters in children. In the case of Mr. A, the adaptive response shown by the family is still not optimal in parenting patterns, as evidenced by Mr. G's lack of adaptation to his child when inviting his child to play, so psychosocial support and education about parental messages are needed.

In line with previous research (Hasiana, 2021), family parenting styles significantly influence children's coping mechanisms. Democratic parenting styles tend to foster adaptive coping mechanisms, while authoritarian and permissive parenting styles more often foster maladaptive coping. Children

growing up in environments with poor family coping are at risk of experiencing difficulties managing emotions, which can lead to maladaptive responses and mental disorders.

3.2.3. Nursing Interventions

According to (Nugrahani, Ainiyah, and Lestari 2025) e education to parents needs to emphasize the importance of understanding various parenting patterns and their impact on children, applying democratic parenting patterns that balance affection and rules, providing clear and consistent directions so that children understand behavioral boundaries, avoiding extreme permissive and authoritarian parenting patterns, involving parents in children's character education by role modeling, dialogue, and active supervision, adapting parenting patterns to children's uniqueness and needs to optimize character and personality formation. According to (Taufiq et al. 2025) The negative impact of inappropriate parenting patterns is also seen in children's cognitive development. Parenting patterns that do not support emotional intelligence can hinder children's ability to interact positively with their environment.

3.2.4. Nursing Implementation

The high level of enthusiasm of families in asking questions and their active participation in discussions are indicators of the success of this implementation stage, as has been emphasized by Yusrini, Miladiyah Nur, & Rahmah, (2024) , that family involvement in education plays a big role in increasing understanding and changing behavior. Coping is a process Where individuals attempt to manage and master stressful situations resulting from the problems they face by making cognitive and behavioral changes. Family coping is the mental activity changes families use to deal with current situations and adapt to new habits. Poor coping will result in families being less active in decision-making.

3.2.5. Nursing Evaluation

Families demonstrated a more open attitude, more intensive communication, and participatory decision-making. Coping mechanisms through worship and family discussions remained a key force in maintaining family harmony. In addition, the evaluation also identified several obstacles, such as a lack of in-depth knowledge about parenting models and the impact of parenting without parental presence on toddlers. This situation indicates the need for follow-up through ongoing education and more intensive overall support. Parenting patterns that do not meet the needs of early childhood can have long-term negative impacts on their development, as explained by Nugrahani, Ainiyah, and Lestari (2025). It is important for parents to understand the consequences of the parenting styles they apply and to create an environment that supports optimal child growth and development. A participatory and contextual family nursing approach.

According to Yusrini, Miladiyah Nur, & Rahmah (2024), a decrease in family coping in parenting can lead to children experiencing adaptation difficulties, behavioral problems, and mental disorders. Appropriate parenting, social support, and increased family coping capacity are crucial to prevent negative impacts on children. Recent studies emphasize the importance of democratic parenting and adaptive coping strategies to support family and child mental health.

4. Conclusion

The nursing care provided to Mr. A's family in Serangan Hamlet, Sidoluhur, Godean, Sleman succeeded in providing a better understanding of parenting patterns for *toddler -aged children*. and improving the family's ability to cope with ineffective role performance issues resulting from developmental transitions. A holistic approach combining health education, psychosocial support, and therapeutic communication is effective in strengthening family functioning and coping mechanisms, although further intervention is still needed to ensure that there is an increase in good parenting patterns for child growth and development and optimal management of health problems.

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