

# Benefits of Parenting Programs for Parents

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**Abstract:** The focus of this research is directed to the benefits of parenting programs for parents who send their children in early childhood education in Bandung, Indonesia. Used is descriptive method with qualitative approach. Technique of data collecting done by some techniques that is observation, structured interview, and closed interview. The findings of this research indicate that parenting benefits perceived by parents include the increase of a knowledge and experience that affect the attitude and ways of acting parents, the emergence of awareness of the importance roles of parents in accompanying and shaping the character of the child as a trust that can't Underestimated, parents are wiser in treating their children, improving communication between parents and children, and helping to solve problems faced by parents in encounter the desires of children. A recommendation for further research is to broadly expand on the comparison of paid and non-paid parenting to improving the quality of childcare.

## 1 INTRODUCTION

Parenting is conscious effort and planned to give education for parents in give good maintaining and education for their children. Parenting program is often called parents education. Parents education is the process where the parents are “educated” in supporting development and their children learning, to increase their identity as parents and strengthen relationship with their children (Croake and Glover, 1977). To, et al. (2016) reported his qualitative findings show that parenting program is able to help program participants reflect the meaning of being a parent, underscore the benefit of good parenting, grow relationship of parents-children is appropriate with development needs, uniqueness, and their children emotion. Parenting program also has potential to improve health and prosperity for parents and children (Mytton, 2014).

Parenting program gave significant impact for prosperity children and parent in developed country. Even, UK government had entered parenting program on country development program in the manner of focus on parents in educated their children (Dermott, 2015). Parenting program in Indonesia known recent in 2010 that used as one of strategy within harmonize education in the school and education in the home. But, this parenting program was committed by certain schools. Be sides, parenting program was only

committed in early childhood education level, whereas children associate should be held until the child reached adulthood (18 years old). Depart from this is what causes researcher want to know how far the benefit of parenting program is held in early childhood level.

## 2 THEORITICAL REVIEW

Indonesia explicitly regulates the importance of fulfilling the rights of children by both parents, is relating to education and nurturing. Constitution number 1, 1947 about marriage in chapter 45 explained that both parents should maintain and educate their children as well. Meaning that the child's educational responsibility is finally coming back to parents. Parents is the first educator and major in the family (Matthias and Uwe U, 2014). Constitution number 35, 2015 about child protection also explicitly that the rights of the children and the obligation of the parents in the fulfillment of the rights of the child. In chapter 6 “every children deserves to worship according to their religion, to think and express according to the level intelligence and age in the guidance of parents and guardian.”

Previous research explained that parenting program seeks to direct parents to the improvement of competence and behavioral changes in parenting

pattern so that, reduce the risk of conflict with their children (James, 1994). This was supported by Low (2015) on his qualitative findings revealed several benefits of parenting program, namely: 1) increasing opened communication between parents and children; 2) decreasing conflict of parents-children; 3) personal changing in the form of self-control when communicating with children; 4) increasing parents knowledge about problems solving of child's behavioural; 5) increasing harmony with spouses and enhance cooperation in nurturing and educating children; 6) increasing self-understanding within face the wishes of children; 7) increasing mental prosperity for parents and mental prosperity for children.

### 3 METHODOLOGY

This research used qualitative approaching, exactly descriptive method, where the data was gotten through two interviews namely opened interview and closed interview. Both of interview was collected and focused on existence parenting program and the benefit of parenting activity is held by early childhood school.

This research was held in Bandung as population. Removal of sample in this research used purposive sampling technique, is sampling technique with certain consideration (Sugiyono, 2008). So that, this research was held in three schools namely, PAUD Miana V, TKG Daarut Tauhid, dan KOBER Labschool UPI.

The research was held until four weeks on April 2017. Two schools agree with deployment closed interview for parents and a school willing to participate through opened interview with researcher. They are who join in this research was parents who send their children in PAUD and KOBER. So that, they experience directly parenting program that held in each school.

The researcher used closed interview for data retrieval from parents on the grounds of time constraints owned by parents. It is related to the activity or work of the parents, so time will not allow the researcher to use semi-structured interview. Twenty six statement items of closed interview was given by researcher for parents. The data from closed interview was analyzed, and interpreted appropriate with focus of study, so that it was gotten descriptive data about the benefits parenting program.

As many as seventeen statement items of interview was directed at the school as institution that organizes parenting. This interview was held only

with the school as the organizer of parenting, because at the time the research took place has entered the holiday so that researcher can't do a closed interview with the parents. Furthermore, interview with the school was recorded, after that it was interpreted by the researcher and analyzed by using descriptive analysis.

## 4 FINDINGS

### 4.1 Picture of Parents Demography

As many as 60 parents participated within this research through closed interview with participant details of mother as many as forty four persons, and participant of father is sixteen persons. Majority, they married and lived in pairs (ninety five percent) and the rest is single parent (five percent). Respondents have diverse education background, some have taken postgraduate education, bachelor degree, diploma three and senior high school (for more clear information, it was presented in table 1 and 2).

Table 1: Prens' data.

No	Gender	Activity		Number
		Work	Non-work	
1	Female	33	11	44
2	Male	16	-	16
<b>Total</b>		<b>49</b>	<b>11</b>	<b>60</b>

Table 2: Parent's education.

No	Gender	Last Education				Number
		SMA	DIII	1	2	
1	Female	15	4	0	5	44
2	Male	5	-	1	-	16
<b>Total</b>		<b>19</b>	<b>4</b>	<b>2</b>	<b>5</b>	<b>60</b>

### 4.2 The Reason for Joining The Parenting Program

One of mind theme is appear from the data that appear was the reason to join in following parenting program. Parents who join in this program was motivated to increase communication and relationship with their children, want to be good parents and success in educate their children, want to know more about children development psychological at this time, and to decrease emotion and learn more effective parenting skill. Lam (2005) informed that parents purpose within join with parenting program was to bring internal changing, to

reshape their attitude and managing an emotional responses to their children.

Document study was held by researcher found that there is increasing parents participation or parents attendance on following parenting activity held by the school. The beginning of the new school year is a parenting seminar until parent gathering at the end of the school year. This is consistent with previous research that diferent parental education program will be effective in many aspect, including decrease parents stress, improve relationship parents and children, and overcome bad behaviour of child (Cheung, 2001).

### 4.3 Parents View on the Benefit of Parenting

Parenting benefit was felt by parents are increase knowledge, new experience about nutrition, parenting, development psychology, child education, giving awareness how far they success in educate and treat their children. Many of parents participated on this research answered, agree that parenting is able made parents more attention to their child growth.

Besides, almost ninety percent parents answered agree that parenting could realize them how proud to be parents. Effectivity of parenting program showed that parents supported in this parenting program (Barlow et al, 2004). This is consistent with previous research which revealed that the benefit of parenting program is useful in improving communication with their child, decrease conflict and support parents to be confident to be a parent for their child (Low, 2015).

### 4.4 The Institutional View after Parenting

After parenting program, not only parent who felt the parenting benefit, but also the institutional as implementers felt the impact.

One of the kindergarten headmaster' said:

“many changes are visible after parents follow parenting activity, namely: 1) they are more patient in treat their children, 2) more aware of how the unique character in every children, 3) parents understand of how to be a good model parents for their children, 4) parents realize of how communicate with institutions, and 5) parents are more opened and their thinking is wiser in receiving or giving the ideas from the institution.”

Parenting benefit was not only felt by parents, but also felt by local society.

“The existence of parenting program has benefit, for example as a mode for aligning children’s education, many benefits for parents because every parenting seminar was held at the beginning of the year opened for public so that, science and knowledge of parenting is not only gotten by parents who send their children in the school, but also this is experienced by local society, parenting realized the achievement of school vision and mission.”

This statement was supported by early childhood education headmasters’ interview which revealed about usability of parenting program for the school:

“It is useful, because the existence of parenting; we could interact directly with parents regarding the same discussion; hospitality with parents was kept; mutual transfer of knowledge and experience with the parents and the important thing is parents could know, at least how to give appropriate caring with age of child development.”

Both headmasters’ opinion showed that the impact of parenting program is not only felt by parents, but also the school was helped. Lindsay et al. (2012) said that after this parenting program is taken place, parents experienced the improvement of mental prosperity, able to reduce excessive reactivity toward their children, and also reduce the difficulty of behaviour when facing their children. This is appropriate with the result of previous research, it revealed that diverse parenting program could push holistic growth of the parents, namely: (a) understanding the meaning of being a parent and appreciating their role as parents, (b) reorganization of life experience and rearrangement of their priority, (c) increasing self-understanding, (d) increasing communication and interaction with children, and (e) strengthen trust and parents competence (Cheung, 2001).

### 4.5 Parents View on a Relationship with Partner

Talking about the relationship that exist between couples after following parenting program, most parents revealed that after parenting program, they usually share their experience and science with their pairs (husband/wife). This is appropriate with the previous research, reported that there is a decrease in conflict with their pairs. One of mother always explained that, she always talked with her husband

about what she had learnt from this parenting program (Low, 2015).

A mother in a closed interview proposed that parenting program should be held by involving or inviting both parents, not only a person. Because, in essence the parenting program is not only giving education for mother and father, but also for all of family member which are involved in children's life (Helmawati, 2016).

## 5 CONCLUSIONS

This research is the first point for development next parenting program. Generally, parents are responsive toward parenting activity. The benefit of parenting program was great, especially in develop perception changing, attitude, and parents skill on treat and educate their children. But, we should realize that problem solving strategy is not only aimed at developing parents knowledge, but also parents are given motivation. Consciously or unconsciously, being a parent is easy – difficult, because the pattern of child care and child's education becomes one of the indicators of children success in the future.

In short, the benefit was felt by parents after following the parenting program, namely: 1) increasing knowledge and new experience so that, impact toward attitude and the manner parents act; 2) arising awareness of the importance parents role in guidance and characterize the children as a trust can't be underestimated; 3) parents are wiser in treating their children; 4) improve communication with children, and help to solve problems faced by parents in the face of children wishes.

Recommendation of further researcher is explore more parenting comparison of paid and non-paid toward improving childcare quality, so that at the end it is expected to come up with ideas that are useful in improving the quality of the parenting program.

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