

## The Relationship Of Hypnotherapy On The Knowledge Of Mothers Who Have Tantrum Children At The Rahma Midwifery Clink, Panyabungan Tonga District, Mandailing Natal District

Khoirunnisa'a Batubara<sup>1</sup>, Ester Selfia Napitupulu<sup>2</sup>

<sup>1,2</sup>Akademi Kebidanan Madina Husada

---

### ARTICLE INFO

#### Keywords:

Tantrum Children, Parental Knowledge, Hypnotherapy

---

### ABSTRACT

Tantrums are a person's inability to control emotions related to a decrease in tolerance for stress. Children usually express their emotions by crying and screaming as loud as possible, rebelling, kicking and even hurting themselves or others. In children's hypnotherapy, this technique is used to help children overcome tantrum behavior in a more positive way. The aim of the research was to determine the relationship between hypnotherapy and the knowledge of mothers who have tantrum children. The method used in this research is correlational research. The population in this study was around 37 patients who had tantrum children from the Rahma midwife clinic. The sampling technique uses Purposive Sampling. The sample in this study was 27 people. Data collection uses a questionnaire. Data analysis used the chi square test. The research results showed that the majority of respondents had sufficient knowledge, namely 14 people (50.0%) and the minority of respondents had good knowledge about hypnotherapy, namely 4 people (14.8%). The results of the chi square test analysis show that there is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on mother's age ( $p=0.008$ ), education ( $p=0.002$ ), occupation ( $p=0.001$ ) and information sources ( $p=0.010$ ). The conclusion of this research is that there is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency. It is hoped that health workers can provide education to parents about tantrums and proper and correct handling of tantrums.

---

Email :

[batubara@gmail.com](mailto:batubara@gmail.com)

Copyright © 2021 Journal Eduhealth. All rights reserved is  
Licensed under a Creative Commons Attribution- Non Commercial  
4.0 International License (CC BY-NC 4.0)

---

### 1. INTRODUCTION

Children aged 0-6 years are a golden period for child development, changes in children's abilities occur gradually, including thinking abilities, maturity of organ function and emotional development. At this time children begin to experience disappointment when what they want cannot be fulfilled. The majority of parents stop the emotions their children are feeling, making the children's emotions not channeled and resulting in a pile of emotions, feelings of disappointment, anger, sadness, and so on, which are normal and natural feelings. But often, without realizing it, parents block the emotions their children feel. For example, a child cries because he is disappointed, parents try in various ways to entertain, divert attention, scold to stop the child from crying (Amiruddin, 2019).

The most prominent impact is disturbed social emotional development. If this is allowed to continue, it will result in failure in making the child unwilling to accept the situation. Tantrums can also occur among peers and will affect the development of other children, because the characteristics of children tend to imitate what they see. According to Arya Ramadia's previous research, in 2018 it was found that the incidence of tantrums was high at 63.8% and said it was the result of parents' parenting patterns. There are three parenting patterns that are often applied by parents in educating children, including authoritarian, permissive and democratic parenting (Kamilah, 2020).

*The Relationship Of Hypnotherapy On The Knowledge Of Mothers Who Have Tantrum Children At The Rahma Midwifery Clink, Panyabungan Tonga District, Mandailing Natal District. Khoirunnisa'a Batubara et.al*

Based on data from the World Health Organization (WHO), the development of tantrums in children is around 83.7% of children sometimes experience tantrums and only 8.6% experience 7 tantrums every day. Tantrums can occur due to emotional and behavioral problems (Suzanti, 2020).

The most frequently diagnosed mental disorders in children in the United States are ADHD aged 2-17 years, around 6.1 million (9.4%), behavioral problems aged 3-17 years, around 4.5 million (7.4%), anxiety aged 3-17 years is around 4.4% (7.1%) and depression aged 3-17 is around 1.9 million (3.2%). Child behavior problems often occur between ages 6-11 years (CDC, 2019). Research conducted by Teekavanich et al., (2019) shows that deviations that occur in children are often reported by parents in Thailand so that more effective screening and intervention for children is carried out immediately. The prevalence of emotional mental problems is estimated at 20% in children (Sujarwanto & Rofiah 2020).

Based on the Central Statistics Agency (BPS) in 2019, it was explained that there were 30.83 million young children in Indonesia, consisting of babies aged < 1 year amounting to 13.56%, toddlers aged 1-4 years amounting to 57.16% and children aged 5 -6 years amounted to 29.28% (BPS, 2019). Indonesian data based on Basic Health Research conducted by the Ministry of Health states that the number of children reached 9,528,406 million Indonesians in 2020. The incidence of tantrums in Indonesia in 2019 has reached 152 per 10,000 children (0.150.2%), increasing sharply compared to ten years ago, when only 2-4 years experienced tantrums in one year (Ministry of Health of the Republic of Indonesia, 2020).

In North Sumatra, namely in Jambi province, 72.98% (1,329 schools), programs in Jambi province have an uneven distribution, in rural areas 44.98% (818 schools) and in urban areas 53.62% (976 schools). Jambi City has a total of 156 tantrum children, both private and public. Children who have entered will try to fulfill the developmental stages in their lives (Zuhro, 2020). In Mandailing Natal, it was found that almost 90% of children experienced tantrums. The ability to process or regulate emotions plays an important role in the development of their personality. Therefore, those who can easily regulate their emotions will be able to adapt to their social environment, and by providing clear warnings, children will receive the message that throwing tantrums is unacceptable behavior (Hames, 2019).

Based on an initial survey conducted by researchers in February 2021 at the Midwife Rahma Clinic, Panyabungan District, Mandailing Natal Regency, 10 mothers of children with tantrums were found. So researchers are interested in conducting research entitled The Relationship of Hypnotherapy to the Knowledge of Mothers who have Tantrum Children. From the description above, researchers are interested in conducting research on "The Relationship of Hypnotherapy to the Knowledge of Mothers Who Have Tantrum Children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency, 2021".

## 2. METHOD

The method used in this research is correlational research. Correlational research is a type of research with problem characteristics in the form of a correlational relationship between two or more variables (Sugiyono, 2019). This research was conducted at the Rahma midwife clinic. This research was conducted in February 2021. The population in this study was 37 patients who had tantrum children from the Rahma midwife clinic. The sampling technique uses Purposive Sampling. Purposive sampling is a sampling technique based on certain considerations that have been made by the researcher, based on previously known characteristics or characteristics of the population (Sugiyono, 2019). So we got a total sample of 27 patients who had tantrum children from the Rahma midwife clinic.

## 3. RESULTS

### Univariate Analysis

#### Frequency Distribution of Respondents based on Age of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic in 2021

No	Age	F	(%)
1	<20 Years	3	11.1
2	20-35 Years	18	66.7

*The Relationship Of Hypnotherapy On The Knowledge Of Mothers Who Have Tantrum Children At The Rahma Midwifery Clink, Panyabungan Tonga District, Mandailing Natal District. Khoirunnisa'a Batubara et.al*

3	>35 Years	6	22.2
Total		27	100

Based on the table above, it can be concluded that the majority of respondents were aged 20-35 years, namely 18 people (66.7%) and the minority of respondents were <20 years old, namely 3 people (11.1%).

#### Frequency Distribution of Respondents based on Education of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic in 2021

No	Resources	F	(%)
1	elementary school	1	3.7
2	JUNIOR HIGH SCHOOL	10	37.0
3	SENIOR HIGH SCHOOL	13	48.1
4	College	3	11.1
Total		27	100

Based on the table above, it can be concluded that the majority of respondents had a high school education, namely 13 people (48.1%) and a minority of respondents had an elementary school education, namely 1 person (3.7%).

#### Frequency Distribution of Respondents based on Occupation of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic in 2021

No	Resources	F	(%)
1	IRT	15	55.6
2	Self-employed	10	37.0
3	Civil servants	2	7.4
Total		27	100

Based on the table above, it can be concluded that the majority of respondents work as Housewives (IRT) as many as 15 people (55.6%) and the minority of respondents work as civil servants as many as 2 people (7.4%).

#### Frequency Distribution of Respondents based on Information Sources for Mothers Who Have Tantrum Children at the Midwife Rahma Clinic in 2021

No	Resources	F	(%)
1	Print media	4	14.8
2	Social media	16	59.3
3	Parent	2	7.4
4	Health workers	5	18.5
Total		27	100

Based on the table above, it can be concluded that the majority of respondents got their information from social media, namely 16 people (59.3%) and the minority of respondents got their information from their parents, namely 2 people (7.4%).

#### Frequency Distribution of Knowledge of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic in 2021

No	Resources	F	(%)
1	Good	4	14.8
2	Enough	14	51.9
3	Not enough	9	33.3
Total		27	100

Based on the above you can conclude that the majority of respondents had sufficient knowledge, namely 14 people (50.0%) and the minority of respondents had good knowledge, namely 4 people (14.8%).

#### Bivariate Analysis

To test the relationship between the independent variables which include age, education, employment, information sources with the dependent variable, namely the knowledge of mothers who

have tantrum children about hypnotherapy, using bivariate analysis using the chi-square test with  $\alpha=0.05$ .

### Results of Analysis of the Relationship between Hypnotherapy and Knowledge of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic Based on Mother's Age

Mother's Age	Hypnotherapy Knowledge Total						p-value
	Good		Enough		Not enough		
	F	%	F	%	F	%	
<20 years	0	0.0	0	0.0	3	11.1	3 11.1
20-35 years	1	3.7	12	44.4	5	18.5	18 66.7
>35 years	3	11.1	2	7.4	1	3.7	6 22.2
Total	4	14.8	14	51.9	9	33.3	27 100.0

In the table aboveshowed that of the 18 mothers aged 20–35 years, the majority had sufficient knowledge about hypnotherapy as many as 12 people (44.4%). Furthermore, 3 respondents aged < 20 years had poor knowledge (11.1%), while the majority of respondents aged > 35 years had good knowledge, 3 people (11.1%). The results of the chi-square statistical test prove that there is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on the mother's age, with p value = 0.008 ( $p<0.05$ ).

### Results of Analysis of the Relationship of Hypnotherapy to the Knowledge of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic Based on Education

Education	Mother's Knowledge Total						p-value
	Good		Enough		Not enough		
	F	%	F	%	F	%	
elementary school	0	0.0	0	0.0	1	3.7	1 3.7
JUNIOR HIGH SCHOOL	1	3.7	2	7.4	7	25.9	10 37.0
SENIOR HIGH SCHOOL	1	3.7	11	40.7	1	3.7	13 48.1
College	2	7.4	1	3.7	0	0.0	3 11.1
Total	4	14.8	14	51.9	9	33.3	27 100.0

In the table aboveshowed that of the 13 breastfeeding mothers with high school education, the majority had sufficient knowledge about hypnobirthing as many as 11 people (40.7%). Furthermore, respondents with tertiary education mostly had good knowledge, 2 people (7.4%). Meanwhile, the majority of respondents with junior high school education had less knowledge, 7 people (25.9%). The results of the chi-square statistical test prove that there is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on education with p value = 0.002 ( $p<0.05$ ).

### Results of Analysis of the Relationship between Hypnotherapy and Knowledge of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic Based on Occupation

Work	Mother's Knowledge Total						p-value
	Good		Enough		Not enough		
	F	%	F	%	F	%	
IRT	1	3.7	6	22.2	8	29.6	15 55.6
Self-employed civil servant	1	3.7	8	29.6	1	3.7	10 37.0
	2	7.4	0	0.0	0	0.0	2 7.4
Total	4	14.8	14	51.9	9	33.3	27 100.0

In the table aboveshowed that the majority of 15 mothers who worked as housewives had less knowledge than 8 people (29.6%). Furthermore, the majority of respondents who work as entrepreneurs have sufficient knowledge, 8 people (29.6%) while the majority of respondents who work as civil servants have good knowledge, 2 people (7.4%). The results of the chi-square statistical test prove that there is a significant relationship between hypnotherapy and the knowledge of mothers who have

tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on occupation with  $p$  value = 0.001 ( $p < 0.05$ ).

### **Results of Analysis of the Relationship between Hypnotherapy and Knowledge of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic Based on Information Sources**

Resources	Mother's Knowledge						Total	<i>p-value</i>	
	Good		Enough		Not enough				
	F %	F %	F %	F %	F %	F %			
Print media	0	0.0	4	14.8	0	0.0	4	14.8	0.010
Social media	1	3.7	9	33.3	6	22.2	16	59.3	
Parent	0	0.0	0	0.0	2	7.4	2	7.4	
Health workers	3	11.1	1	3.7	1	3.7	5	18.5	
Total	4	14.8	14	51.9	9	33.3	27	100.0	

In the table above shows that of the 16 respondents who obtained information from social media, the majority had sufficient knowledge, 9 people (33.3%). Furthermore, the majority of respondents who obtained information from health workers had good knowledge, 3 people (11.1%) and the majority of respondents who obtained information from print media had sufficient knowledge, 4 people (14.8%). The results of the chi-square statistical test prove that there is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on information sources with a  $p$  value = 0.010 ( $p < 0.05$ ).

### **Discussion**

#### **The Relationship of Hypnotherapy to the Knowledge of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic, Panyabungan Tonga District, Mandailing Natal Regency Based on Mother's Age**

Based on the research results, it is known that of the 18 mothers aged 20–35 years, the majority had sufficient knowledge about hypnotherapy as many as 12 people (44.4%). Furthermore, 3 respondents aged  $< 20$  years had poor knowledge (11.1%), while the majority of respondents aged  $> 35$  years had good knowledge, 3 people (11.1%). The results of the chi-square statistical test prove that there is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on the mother's age, with  $p$  value = 0.008 ( $p < 0.05$ ) (35 years have a good understanding of tantrum children).

Parents in educating children must be a good example because parents are very influential figures for children. If parents cannot control their emotions and show anger in front of their children, then it is easy for children to imitate this and think it is normal because parents often do it. Usually parents who have run out of ways to handle their child's tantrums will give the child what they want. This method is indeed effective in making children stop tantrums, but only for that moment and is not good for the child in the future because children will think that tantrums are their weapon to fulfill their desires. (Mitha Syarah, 2021) Based on researchers' assumptions, it was found that the age of pregnant women is 20-35 years old, at which age mothers are psychologically and physiologically ready to take care of themselves and are able to manage their emotions by doing hypnotherapy for tantrum children, so that they can handle tantrums in children.

#### **The Relationship of Hypnotherapy to the Knowledge of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic, Panyabungan Tonga District, Mandailing Natal Regency Based on Education**

Based on the research results, it is known that of the 13 mothers who had tantrum children with high school education, the majority had sufficient knowledge about hypnobirthing, 11 people (40.7%). Furthermore, most of the respondents who had tertiary education had good knowledge were 2 people (7.4%). Meanwhile, the majority of respondents with junior high school education had less knowledge, 7 people (25.9%). The results of the chi-square statistical test prove the existence of hypnotherapy on the knowledge of mothers who have tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on education with  $p$  value = 0.002 ( $p < 0.05$ ).

*The Relationship Of Hypnotherapy On The Knowledge Of Mothers Who Have Tantrum Children At The Rahma Midwifery Clink, Panyabungan Tonga District, Mandailing Natal District. Khoirunnisa'a Batubara et.al*

Based on the cross tabulation results above, it was found that of the 13 respondents, almost half of the 11 respondents (32.6%) who had a high school education had sufficient knowledge about temper tantrums. According to Mubarak (2007) in Fatmaningtyas (2019), one of the factors that influences a person's knowledge is education. Education is guidance that a person gives to another person regarding something so that they can understand what is being given, so it cannot be denied that the higher a person's knowledge, the easier it is for them to obtain information, which ultimately means the more information they get. From these facts and theories, researchers assume that education plays an important role for a person, especially mothers, in obtaining information, the higher a person's knowledge, the easier it is to obtain information.

### **The Relationship of Hypnotherapy to the Knowledge of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on Occupation**

Based on the research results, it is known that the majority of 15 mothers who had tantrum children who worked as housewives had less knowledge than 8 people (29.6%). Furthermore, the majority of respondents who work as entrepreneurs have sufficient knowledge, 8 people (29.6%) while the majority of respondents who work as civil servants have good knowledge, 2 people (7.4%). The results of the chi-square statistical test prove that there is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on occupation with  $p$  value = 0.001 ( $p < 0.05$ ).

Based on the respondents' employment status, it was found that out of 10 respondents, 8 respondents (29.6%) who worked as entrepreneurs had sufficient knowledge about tantrum children. According to Mubarak (2007) in Fatmaningtyas (2019), one of the factors that influences a person's knowledge is work. Work is a necessity that must be done, especially to support life. Work is generally an activity that takes up time and can provide experience and knowledge, both directly and indirectly. The work environment can form knowledge due to the exchange of information between friends in the work environment (Wawan and Dewi, 2017).

So, mothers of toddlers who don't work get knowledge about tantrum children from the environment where they live directly. From the research results, it was found that many mothers who did not work and were only housewives received information during the posyandu which was held every month. Local health center officials often provide outreach to mothers of toddlers so that information about health and children in particular can be conveyed so as to minimize the number of temper tantrums that occur in their children. So, mothers of toddlers who don't work get knowledge about temper tantrums from the environment where they live directly.

### **The Relationship of Hypnotherapy to the Knowledge of Mothers Who Have Tantrum Children at the Midwife Rahma Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on Information Sources**

Based on the research results, it is known that 16 respondents obtained information from social media, most of whom had sufficient knowledge, 9 people (33.3%). Furthermore, the majority of respondents who obtained information from health workers had good knowledge, 3 people (11.1%) and the majority of respondents who obtained information from print media had sufficient knowledge, 4 people (14.8%). The results of the chi-square statistical test prove that there is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Rahma Midwife Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on information sources with a  $p$  value = 0.010 ( $p < 0.05$ ).

The results of this research are in line with the study conducted by Nur Wahid, et al (2020), it is known that the majority of pregnant women's knowledge level is based on the source of information, the highest being the source of information through mass media, with 23 respondents having less knowledge with a percentage of (41.8%).), and the lowest result was that the source of information was through mass media with good knowledge, 1 respondent with a percentage (1.8%).

Based on the data obtained, there is a picture of the suitability of the theory that information sources are anything that becomes an intermediary in conveying information, information media for

*The Relationship Of Hypnotherapy On The Knowledge Of Mothers Who Have Tantrum Children At The Rahma Midwifery Clink, Panyabungan Tonga District, Mandailing Natal District. Khoirunnisa'a Batubara et.al*

mass communication. Sources of information can be obtained through print media (newspapers, magazines), electronic media (television, radio, internet), and through health worker activities such as training held (Sri Yuningsih, 2019).

#### 4. CONCLUSION

There is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Midwife Rahma Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on the mother's age, with  $p$  value = 0.008 ( $p < 0.05$ ). There is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Midwife Rahma Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on education with  $p$  value = 0.002 ( $p < 0.05$ ). There is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Midwife Rahma Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on education with  $p$  value = 0.001 ( $p < 0.05$ ). There is a significant relationship between hypnotherapy and the knowledge of mothers who have tantrum children at the Midwife Rahma Clinic, Panyabungan Tonga District, Mandailing Natal Regency based on education with  $p$  value = 0.010 ( $p < 0.05$ ). For Parents It is better to increase your knowledge about hypnotherapy so that you can know and understand children when they have tantrums. Parents must be able to control their emotions, control their anger when their children behave in tantrums, parents remain calm and are able to provide better handling of tantrums. For the Rahma Midwife Clinic, it is best to be actively involved in provide education to parents about tantrums and proper and correct handling of tantrums. By holding outreach, parents can increase their knowledge and it is hoped that they will be able to improve the handling of tantrums better. Future researchers are expected to further examine the problem of tantrums in children. It is hoped that this can become a reference and can use other variables that may have an influence on parents' knowledge and handling of tantrums.

#### REFERENCES

- Agustin, (2020). Bimbingan Konseling Anak Usia Dini. Jakarta :Rineka Cipta.
- Azwar, S (2020). Metodologi Penelitian. Yogyakarta : Pustaka Belajar.
- Anak, P., Toddler, U., Paud, D. I., & Bukittinggi, K (2020). Hubungan pola asuh orang tua dengan tantrum anak Arya Ramadia, XII(7), 7-15.
- Belden, A, C. (2021). Tantrum in healthy vesus depressed and disruptive Presschooler : defining tantrum behavior associated withclinical promblems J pedirt, yogyakarta, 24.
- Daniels, E. M. (2018) Assesment, Managemen, and prevention of childhood tantrums. Journal of the American Academy of Nurse Practitioners. Dharma yogyakarta, 24.
- Duff, S. (2018). The Role of Hypnoterapi in Managing and Reducing Tantrums in Preschool Children. Hypnoterapy Journal, 64(2),123-135.
- Dodo, Kak Dan Kak Imam. 2015 27 Cara Menangani Emosi Anak. Jaakarta Timur Luxima Metro Media.
- Hayes, Eileen.2005 Tantrum Panduan Memahami Dan Mengatasi Ledakan Emosi Anak. Jakarta : Erlangga.
- Journal, N., Usia, A Sekolah, P. R., A., Children, P., Old, Y Whitney, M.... Whitney, M (2020). Digital repository Universitas Jember Digital Repository Universitas Jember, 1 (2).
- Johnson, L., & Smith, K. (2018). Hypnotherapy as a Tool for Managing Tantrum: A Case Study Approach. Journal of Child and Adolescent Psychotherapy, 28(2), 176-188.
- Maertin, D., & Whitey, S. (2021). The Use of Hypnotherapy in Managing Tantrum and Improving self – Regulation in Preschool Children. Journal o Experimental Child Psychology, 142, 153-165.
- Morgan, Dylan. Hypnosis For Beginner`S, E-Book Edition.
- Majid, Indra. Mengenal Hypnotis Modern Edisi E-Book.
- Menggit, C, (2019) Memahami Perkembangan anak, Jakarta: EGG.
- Nurindra, Yan. The Secret Of Stage Hypnosis Revealed: Membuka Tabir Rahasia Hypnotisme Panggung. Edisi E-Book.
- Phillips, R., R., & Carter, B. (2020). Hypnoterapi as an Intervntion for Tantrum Behaviors in Preschool

*The Relationship Of Hypnotherapy On The Knowledge Of Mothers Who Have Tantrum Children At The Rahma Midwifery Clink, Panyabungan Tonga District, Mandailing Natal District. Khoirunnisa'a Batubara et.al*

- Children: A Systematic Review. *Journal Of Clinical Child and Adolescent Psychology*, 49(6), 837-849.
- Patel, R., & Brown, C. (2020). Exploring the Efficacy of Hypnosis in Reducing Tantrum Frequency and Severity in Preschooler., *Child Psychiatry & Human Development*, 50(3), 410-422.
- Raymond, J., & Fitzgerald, M. (2019). Exploring the Effectiveness of Hypnotherapy in Preschoolers: A Pilot Study. *Journal of Child Psychology and Psychiatry*, 60(8), 890-901.
- Safar, Myra. 2019. *Speial Needs Green Therapy Sabar : Sebuah Ikhtiar Therapy Bagi Anak Berkebutuhan Khusus Dengan Model Therapy Dialam Pati Maghza Pustaka.*
- Sapta, J ., No, M Kabupaten, C., Lebong , R Anak., Perbelanjaan, PTantrum (2019). The relationship Of Mother`s Of Knowladge on the incidence Of Tantrum In Toddlers, 1-8.
- Scott, E., Palya, W.,L & Wehrenberg, M (2020). Hypnosis in the Treatmen of Tantru Behavior in Preschool Children. *American Journal of Clinical Hypnosis*, 57(4), 377-389.
- Studi, P., Profesi P., Fakultas N., Kesehatan, I & Kadiri, U . (2020). Hipnoterapi terhadap tantrum pada anak prasekolah Kediri Ifana Angraheni, 5, 21-25.
- Steven, M., & Garcia, A. (2020). Hypnotherapy for Tantrum Reduction in Preschooler: A Comparative Study With Behavioral Interventions. *Journal of Clinical Hypnosis*, 62(4), 513-525.
- Thompson, E., & Tantrum, J. (2020). Hypnotic Teachniques in the Reduction of Tantrum Behavior: A Longitudinal Study of Preschoolers. *Journal of Abnormal Child Psychology*, 50(1), 88-101.
- Wilson, A., & Hayes, R. (2021). The Use of Hypnotic Techques in Managing Tantrum Behaviors in Preschoolers: A Qualitative Study of Parental Experiences. *Journal o Pediatric Psychology*, 46(3), 289-302.