

## Children's Anxiety At Children's Daycare Park

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### ABSTRACT

Child Care Park is one of the ways that many parents choose so that their children can continue to receive good education and care while parents are busy working. However, when children first adapt to the school environment, there are 2 child behaviors that appear, namely children can adapt or adjust and children experience anxiety in the form of fussy children, crying and not wanting to be left in the TPA. The purpose of the study was to identify the anxiety of children in day care. Descriptive research design, survey approach. The population is all parents of children in the Bojonegoro City Child Care Park in 2022 as many as 123 people, a sample of 25 respondents was obtained by purposive sampling technique. The research variable is anxiety in children at the Daycare Park. The instrument uses a questionnaire. Data processing by editing, coding, scoring, tabulating and descriptive data analysis with percentages. The results showed that most of the children in daycare did not experience anxiety, as many as 25 children (84%). Children do not experience anxiety while in Daycare if the mother is able to respond to the child's attitude, is more flexible in applying discipline to the child and does not limit the child's desire to learn something he likes. Efforts in preventing and overcoming anxiety in children while in the Daycare Park are by providing information to mothers who should be able to keep their promises to their children.

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### 1. INTRODUCTION

Early age is the most important and fundamental initial period throughout the span of growth and development of human life. In early childhood it is very important to get the right learning to develop intelligence (Suryana, 2018: 25). Every parent expects their children to be well-behaved children, therefore in shaping the character of children they must be given good parenting from an early age. This is because the first education that children receive is education from parents, especially mothers (Khadija, 2018: 43). However, in the era of increasingly advanced globalization and the development of information technology as it is today, women have a role and participation in development so that becoming a career woman is a trend. In today's society, many mothers choose to work either outside the home or work at home, so they cannot optimally care for their children. Child Care Centers are one of the ways that many parents choose so that their children continue to receive good education and care while their parents are busy working. However when a child first adapts to the school environment, there are 2 child behaviors that appear, namely 1) the child can adapt or adjust, 2) the child has anxiety so that the child avoids adjusting to the school environment (Ningsih, 2019). The phenomenon that occurs in children while in the daycare center is the occurrence of anxiety in children which is characterized by the behavior of the child whining when he wants to be left by his parents, the child cries and does not want to play or participate in activities at the daycare center. Anxiety that occurs in these children makes it difficult for children to adapt to their new environment so that children avoid adjusting to the school environment.

Based on Health Care and Social Assistance Industry Factsheets data, the number of Child Care Centers in the World in 2020 is nine (9) companies, including 1) *Bright Horizons Family Solutions* located in Watertown, US. With more than 1000 daycare centers; 2) G8 Education located in Varsity Lakes, Australia. With more than 470 daycare centers; 3) *Goodstart Early Learning* located in Brisbane, Australia. With a total of 644 daycare centers (Bizvibe, 2020). According to data from the Ministry of Education and Culture, the number of Child Care Parks in Indonesia in 2020 is 2,988 institutions and with a total of 53,734 students. In the area of East Java Province in 2020, the number of Child Care Centers is 421 institutions and with a total of 6,913 students (Ministry of Education and Culture, 2020: 117). While the number of Child Care Parks in Indonesia in 2021 is 2,258 institutions and with a total of 45,041 students. In the area of East Java Province in 2021, the number of Child Care Centers is 363 institutions and with a total of 5,585 students (Ministry of Education and Culture, 2021: 191). While the number of Child Care Parks in the Bojonegoro Regency Region, there are as many as 12 institutions (Ministry of Education and Culture, 2022). Based on the initial survey in January 2022 at The Integrated Islamic Child Care Center "Permata Hati" has as many as 12 children aged 1-3 years who are entrusted with known anxiety problems in children when they are in Child Care Center, namely by marking the child whining when he wants to be left by his parents, the child cries and does not want to play or take part in activities at the Child Care Park. Based on research on the relationship between parenting and anxiety in Malang with a total sample of 20 people, the results show that parenting style in mothers is categorized as authoritative by 9 people (45%), anxiety level is categorized as quite anxious by 10 people (50%) and there is a relationship between parenting style with the anxiety of the mother in the child who is entrusted (p 0.000) (Nurrahman et al., 2018).

Child Day Care Centers are a form of non-formal education PAUD unit that organizes educational programs for children from birth to the age of 6 (six) years with priority from birth to 4 years of age. Children's Day Care Center is not just a building where children are placed, where the need to eat and bathe is their top priority. However, the function of Child Day Care Centers is also expanded, namely that it can provide educational values for children as a provision of knowledge and development and formation of behavior. Child Care Centers are expected to become institutions that can help educate children well, which can prevent the possibility of neglected children and mothers can work in peace (Ministry of Education and Culture, 2019: 3). However, the problem that is often found in children at Child Day Care Centers is the occurrence of anxiety in children. For example, a child will experience separation anxiety and cry when his mother leaves him at daycare. Anxiety is an unpleasant mental state regarding threatening or imagined pain (Khadija & Armanila, 2017: 109). If anxiety in early childhood is left unchecked and continues to a large extent, then he will become a person who lacks confidence, cannot be independent, is unable to find solutions to problems, or becomes a child who always depends on other people. (Khadija & Armanila, 2017: 113).

Efforts that can be given by health workers to parents in overcoming the anxiety experienced by children when they want to be left at the Child Day Care Centers are by providing health education to parents about anxiety in children. (Utami et al., 2011). Parents should be able to keep promises to their children such as picking up children on time. Anxiety in children can be handled by having more conversations with children before leaving them, making sure that school is a safe place for them and if a problem happens to them, they can tell their father or mother. While the efforts that can be done by the teacher to overcome anxiety in children while at Child Day Care Centers, namely by looking for causes that make children anxious; diverting the child's attention to things he likes or likes when the child starts to feel anxious so that his feelings of anxiety decrease slowly; calming the child by giving affection through physical contact such as hugging him or stroking his head; trying to keep the class atmosphere conducive, meaning that the child who was feeling anxious earlier was not used as a spectacle or ridicule by his friends; carry out fun activity programs such as reading stories, listening to music, drawing when children feel anxious; and give feedback or praise to the child (Khadijah & Armanila, 2017: 114–115).

## 2. METHOD

The design used in this study is descriptive, namely a research design that aims to describe important events that occur today. The approach technique used in this research is a survey approach. This research was conducted on Child Care Park in Bojonegoro City and implemented in May 2022. The population is all parents of children in 8 Daycare Parks in Bojonegoro City in 2022 as many as 123 people. The sample is some of the parents of children in 8 Daycare Parks in Bojonegoro City in 2022 as many as 25 respondent. Samples were obtained by using non-probability sampling technique, namely purposive sampling. The variable in this study is a single variable, namely anxiety in children in daycare. Instrument data collection using the questionnaire instrument is the Spence Children's Anxiety Scale for preschool, which is a measurement scale containing 28 anxiety scores that asks parents to provide correct information about their child. Data processing techniques: editing, scoring, coding, and tabulating. The method of data analysis in this study uses descriptive analysis, namely describing variables in the form of frequency distributions and percentages

### 3. RESULTS AND DISCUSSION

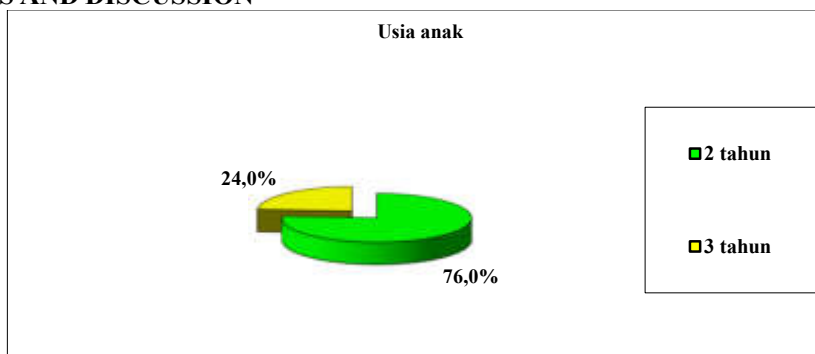


Figure 1. Age distribution of children at the Bojonegoro City Child Care Center in 2022

Based on Figure 1 it can be seen that of the 25 respondents there were mostly 2 year old children, namely 19 children (76%).

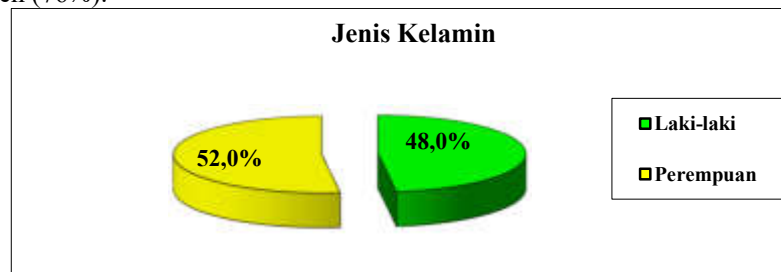
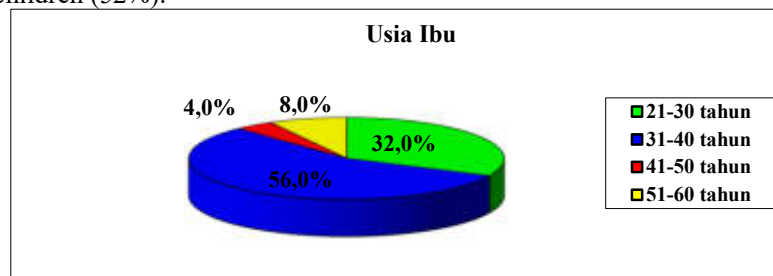


Figure 2. Distribution gender of children at the Bojonegoro City Child Care Center in 2022

Based on Figure 2, it can be seen that of the 25 respondents, more than half of the children were girls, namely 13 children (52%).



Picture 3. Distribution the age of the mother to the child at the Bojonegoro City Child Care Center in 2022

Based on Figure 3, it can be seen that of the 25 respondents, there were more than half of the mothers of children aged 31-40 years, namely 14 respondents (56%).

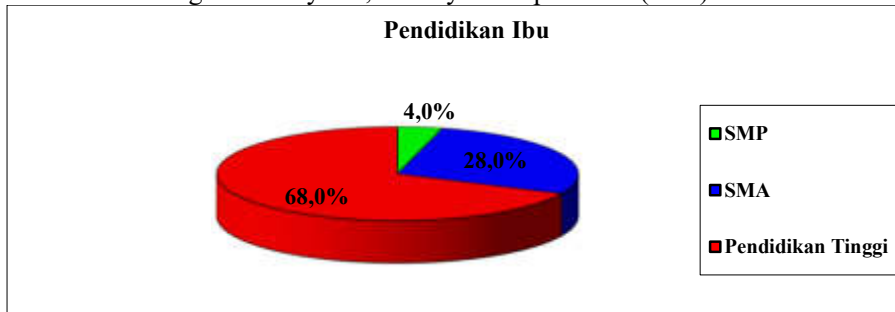
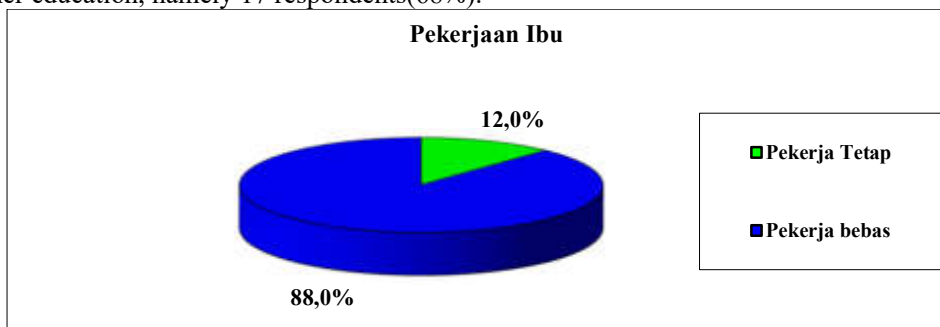


Figure 4 Distributionmother to child education at the Bojonegoro City Child Care Center in 2022

Based on Figure 4, it can be seen that of the 25 respondents, there were mostly mothers with higher education, namely 17 respondents(68%).



Source:

Figure 5. Distribution work of mothers to children at the Bojonegoro City Child Care Center in 2022

Based on Figure 5, it can be seen that of the 25 respondents, there were mostly mothers and children who were free workers, namely 22 respondents (88%).

No.	Child anxiety	Frequency	Percentage (%)
1.	Normal	21	84
2.	High anxiety	4	16
Amount		25	100

Based on Figure 2, it can be seen that of the 25 respondents, more than half of the children were girls, namely 13 children (52%).

Based on table 1, it can be seen that out of 25 respondents, the majority of children in daycare did not experience anxiety (normal), namely 21 children (84%).

### Discussion

Based on the results of the study, it was found that out of 25 respondents, the majority of children in daycare did not experience anxiety, namely 21 children (84%).

Worry is a feeling of vague unrest due to discomfort or fear that is accompanied by a response (the cause is nonspecific or unknown to the individual). Feelings of fear and uncertainty are signals that make people aware that warnings about danger are coming and strengthen individuals to take action against threats (Yusuf et al., 2018: 89). Symptoms of anxiety while appearing in children in a milder form, anxiety may be expressed in easily recognizable behaviors, such as moodiness, nervousness, irritability, poor sleep, irritability and extreme sensitivity to the words or actions of others. anxious children are

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unhappy because they feel uneasy. They may blame themselves for feeling guilty for their inability to live up to the expectations of their parents, teachers and peers, and often feel lonely and misunderstood. The dissatisfaction they experience is not limited to a specific situation, but is even widespread (Khadija & Armanila, 2017: 111). Anxiety experienced by early childhood occurs a lot due to several factors such as: 1) Parental factors. Excessive attention and protection from parents gives rise to feelings of fear, anxiety, guilt and so on if the child does not have parents by his side. For example: fear of children to be separated from their parents. 2) The factor of disciplinary rules. Discipline applied by parents or educators excessively creates feelings of anxiety and fear in children. So that children become insecure, afraid of punishment, experience tension, or fear of failure. 3) Child independence factor. Children who are not used to living independently are very vulnerable to anxiety. Fear of being alone, always being watched over by mother at school, always wanting to be with other people, anxiety about doing something without the help of others (Khadijah & Armanila, 2017: 110–111).

Based on the research results, it is known that most of the children in daycare at 8 TPA Bojonegoro City do not experience anxiety. In this study, the factor that causes anxiety in children when they are in the daycare center is the disciplinary factor at the daycare center which also affects children's anxiety, where the majority of TPAs in Bojonegoro City are not too strict with their foster children. They are able to overcome all problems in parenting such as when the child is crying, fighting with his friends or when the child does not want to be left by his mother when the mother takes him to the TPA in the morning. In addition, parental factors, namely the mother's education can also have an influence on anxiety in children, where most of the children's mothers are highly educated. Someone with a higher education will be more able to provide learning and understanding to their children. Mothers with higher education can of course easily respond to children's attitudes, are more flexible in applying discipline to children and do not limit children's desire to learn something they enjoy.

However, as an effort to prevent and overcome anxiety in children while at the Daycare Center, namely by giving information to mothers should be able to keep promises to their children. Anxiety in children can be handled by having more conversations with children before leaving them, making sure that school is a safe place for them and if a problem happens to them, they can tell their father or mother. While the efforts that can be done by the teacher TPA to overcome anxiety in children while at TPA, namely by looking for causes that make children anxious; diverting the child's attention to things he likes or likes; calming the child by giving affection through physical contact such as hugging him or stroking his head; Try to keep the class atmosphere conducive. In addition, the room for child care needs to be modified by adopting a comfortable environment and equipped with various kinds of pictures of animals or natural scenery as well as several types of play equipment that are safe for children. Then educators need additional skills in childcare through their participation in seminars or training activities related to childcare.

#### 4. CONCLUSION

Most of the children are in daycare in Bojonegoro City year 2022 experience no anxiety. It is hoped that mothers can make children believe that school is a safe place for them, mothers must be able to provide a feeling of comfort for their children, especially when they want to be left so that children do not cry.

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