



Article

THE APPLICATION OF HYPNOPARENTING WITH THE RISK OF TEMPER TANTRUMS IN PRESCHOOL CHILDREN DURING THE COVID-19 PANDEMIC

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ABSTRACT

Temper tantrums are emotional outbursts that commonly occur in preschool-aged children, especially during the Covid-19 pandemic which has increased stressors for children. Hypnoparenting is a parenting method that applies hypnosis techniques to influence a child's behavior through positive suggestions. This study aimed to determine the effect of hypnoparenting on the risk of temper tantrums in preschool-aged children at the Posyandu in Dorolegi Village, Godong, Grobogan. A quantitative quasi-experimental time series design was used, involving 28 children aged 3–5 years who were at risk of temper tantrums. Parents were trained to apply hypnoparenting by giving positive verbal suggestions to their children before bedtime for seven consecutive nights. The level of temper tantrums was assessed using a standardized questionnaire before and after the intervention. The results showed that prior to the intervention, all children (100%) were categorized as at risk. After the hypnoparenting intervention, only 2 children (7.1%) remained at risk, while 26 children (92.9%) were no longer at risk. Statistical analysis using the Wilcoxon Rank Test indicated a significant difference in tantrum risk before and after the intervention ($p < 0.001$). In conclusion, hypnoparenting significantly reduces the risk of temper tantrums in preschool-aged children. It is recommended that hypnoparenting be introduced to more parents and integrated into early childhood education and health programs to support children's emotional development and self-regulation.

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INTRODUCTION

Temper tantrums are frequent behavioral expressions in preschool-aged children, marked by intense emotional outbursts that occur when children struggle to regulate feelings of frustration, confusion, or unmet desires ¹. These episodes, typically lasting 10 to 15 minutes, are considered developmentally normal but become concerning when they escalate in frequency or intensity ^{2,3}. In Indonesia, the incidence of temper tantrums has significantly increased over the past decade,

with recent data indicating 152 cases per 10,000 children a marked rise from previous estimates of only 2 to 4 cases per 10,000 ^{3,4}.

The Covid-19 pandemic has further exacerbated emotional and behavioral challenges among children^{4,5}. restricted physical activity, reduced social interaction, and increased time spent indoors have intensified stress and behavioral dysregulation in children. As a result, more preschoolers are displaying heightened sensitivity, dependence, and behavioral issues, including frequent temper tantrums ⁵.

Hypnoparenting, a parenting technique combining elements of hypnosis and affirmational communication, has emerged as a promising approach for influencing children's subconscious behavior and emotional regulation ⁶. This method involves parents delivering calming, positive suggestions during relaxed states, such as before sleep, aiming to reduce behavioral issues and enhance psychological resilience in children ^{7,8}.

Given the clear impact of pandemic-related stressors on child behavior, this study aims to evaluate the effectiveness of hypnoparenting in reducing the risk of temper tantrums in preschool-aged children ⁵. The research holds direct relevance to pediatric mental health and primary care, as it offers an accessible, non-pharmacological intervention that may improve emotional well-being in early childhood, particularly in times of prolonged societal stress.

METHODS

This research is a quantitative study with a quasi-experimental design using a time series approach. The sampling technique used was purposive sampling, this technique is a sampling technique carried out by selecting respondents or objects that meet certain criteria according to the research objectives. The sample consisted of 28 preschool-aged children at risk of temper tantrums. The instrument used to assess temper tantrums was a standardized questionnaire containing 9 validated items that identify behavioral indicators of temper tantrums according to Titin Suhartini⁹. This questionnaire had previously undergone validity and reliability testing in earlier research.

The inclusion criteria in this study were preschool-aged children aged 3-5 years and children who had a risk of temper tantrums, while the exclusion criteria in this study were children who lived with their grandmothers/siblings, not biological children, stepchildren, mothers who traveled/went on out-of-town assignments, illiterate mothers, children who experienced concentration of attention and hyperactivity (ADHD), and children with special needs, such as blind, deaf, deaf, disabled, disabled, talaras, and autism.

Assessment of temper tantrums with a questionnaire using scoring categorized into "at risk" and "not at risk" groups for the "at risk" group has a total score of 41-80 and for the "not at risk"

group has a total score of 20-40. Intervention with the application of hypnoparenting was implemented by the mother for 7 days in a row, that is 7 times before going to bed at night. Hypnoparenting is using repeated suggestions to children when their brains are in Alpha waves (8-12 Hz), namely in a relaxed state or condition (sleepy and eyes starting to close). At that time, parents provide positive affirmative sentences related to tantrums, so that this will become a stimulus for the brain to process in a conscious state and then be recorded strongly in the subconscious. So if the recording of positive behavior in releasing tantrums is strong, it will influence daily behavior in releasing tantrums positively¹⁸.

The analysis used in this study was the Wilcoxon Rank Test. With Ethical Clearance number 100/EC/KEPK-FK/UNIMUS/2022.

RESULTS

Of the 38 samples at risk of temper tantrums, 28 samples applied hypnoparenting intervention while 10 samples do not apply hypnoparenting intervention. After the hypnoparenting intervention, temper tantrum assessment was carried out on children and most (92.9%) became not at risk of temper tantrums (Table1).

Table 1. temper tantrum assessment and hypnoparenting intervention

<i>Applying hypnoparenting</i>	<i>N (%)</i>
Not at risk of temper tantrums	26 (92,9)
At risk of temper tantrums	2 (7,1)

Univariate Analysis

Of the 28 samples who performed the hypnoparenting intervention, the results showed that most of the mothers in this study (57.1%) were > 30 years old. Mothers with high school education were the most numerous (46.4%), and most mothers (64.3%) were housewives. Half of the sampled children (50.0%) were 3 years old. At the beginning of observation, all children were at risk of temper tantrums (100.0%) (table 2).

Table 2. Characteristics of children and mothers at Posyandu Dorolegi Village, Godong Sub-district, Grobogan Regency, Central Java

<i>Characteristics Mother</i>	<i>N (%)</i>
Mother's age	
20-30 years	12 (42,9)
> 30 years	16 (57,1)
Mother's education	

Characteristics Mother	N (%)
Elementary school	2 (7,1)
Junior high school	7 (25,0)
Senior high school	13 (46,4)
Scholar	6 (21,4)
Mother's job	
Civil servants	1 (3,6)
Teachers	2 (7,1)
Self-employed	4 (14,3)
Trader	2 (7,1)
Farmer	1 (3,6)
Housewife	18 (64,3)
Children	
Child age	
3 years old	14 (50,0)
4 years old	10 (35,7)
5 years old	4 (14,3)
Temper tantrums	
<i>Pretest</i>	
At risk	28 (100,0)
Not at risk	0 (0,0)
<i>Posttest</i>	
At risk	2 (7,1)
Not at risk	26 (92,9)

Bivariate Analysis

Table 3 of the 28 samples that underwent hypnoparenting intervention, there was a significant difference in the risk of temper tantrums between before and after the application of hypnoparenting ($p < 0.001$). This difference also means that there is a relationship between the application of hypnoparenting and the risk of temper tantrums in preschool children during the Covid-19 pandemic at Posyandu Dorolegi Village, Godong Subdistrict, Grobogan Regency, Central Java.

Table 3. Relationship between the application of hypnoparenting and the risk of temper tantrums

Application Hypnoparenting	Temper tantrums		Total	p
	At risk	Not at risk		
	n (%)	n (%)	N (%)	
Before	28 (100,0)	0 (0,0)	28 (100,0)	<0,001
After	2 (7,1)	26 (92,9)	28 (100,0)	

DISCUSSION

There is a relationship between the application of hypnoparenting and the risk of temper tantrums in preschool children during the covid-19 pandemic at Posyandu Dorolegi Village,

Godong District, Grobogan Regency, Central Java. The success of the application of hypnoparenting in reducing the risk of temper tantrums is also shown by Anugraheni's research that hypnoparenting has an effect on temper tantrums in preschool children at Bina Insani Mojoroto Integrated Islamic Kindergarten, Kediri City, the study shows the results that there is an effect of hypnoparenting on temper tantrums in preschool children ¹⁰. Similar research was also done on Sukomarsudiputro 01 Kindergarten in Semarang Regency, showing the results that there were differences in temper tantrum behavior between before and after hypnoparenting treatment. Positive suggestions are related to changes in behavior and positive activities in children ⁸. Giving suggestion sentences to children before bed is effective in reducing the risk of temper tantrums ¹¹.

Hypnoparenting is a method that combines hypnosis and parenting to help develop a child's personality. Hypnoparenting stimulation contributes to the control of emotions in children through positive sentences that are processed in the subconscious ¹⁰. Hypnoparenting uses the principle of repeating suggestions to children when the brain is in Alpha waves to theta waves. Alpha waves (8-12 Hz) are found when children are in a relaxed condition, or before bed (when they want to close their eyes) while theta waves (4-7 Hz) occur when children are asleep but can still hear surrounding sounds ⁸. Personality formation is influenced by two factors: internal and external. These factors include influences from within the individual and external influences from parents, teachers, friends, and the surrounding community. Hypnoparenting is a parenting method that utilizes the subconscious mind to provide positive suggestions to children. This is because the subconscious mind holds unlimited and long-term memories. It is hoped that the positive suggestions provided by parents will be embedded in the child's memory until adulthood¹⁹.

Hypnoparenting Intervention

The application of hypnoparenting intervention time in this study was carried out for 7 days. the application time of hypnoparenting refers to other studies that have been conducted with the results of 7 days of application of hypnoparenting has been effective in lowering the risk of temper tantrums ¹².

The application of hypnoparenting in this study was supported by maternal factors such as age, education, and mother's job. Most of the mothers in this study were >30 years old (57.9%). Mother's age is a benchmark for the level of maturity in dealing with tantrums in children. At this age, mothers have a more stable level of emotional maturity so that they can understand children, be able to provide better and wiser understanding to children who are tantruming ¹³. Based on the

level of education, more mothers have a high school education (47.4%) or at the secondary education level, the mother's level of education can stimulate the mother's curiosity about childcare, and is related to the ease of understanding information that can increase her knowledge¹⁴. Knowledge possessed can affect parenting patterns and understanding of how to deal with tantrums in children properly ¹⁵. Then, most of the mothers in this study (60.5%) were housewives. Housewives tend to have more time to pay attention and take care of children so that they can minimize the risk of tantrums ¹⁶.

The pandemic has caused an increase in the incidence of temper tantrums. The implementation of social restriction policies causes restrictions on the scope of children's play which can cause stress and behavioral changes in children ¹⁷. This study was a research during a pandemic where children have limited space to move and play. In addition, the pandemic situation is also likely to affect parenting patterns, especially mothers who tend to become authoritarian, this can trigger temper tantrum conditions in children.

CONCLUSION

Temper tantrums often happen in preschool children, especially during the Covid-19 pandemic. This study found that hypnoparenting can help reduce temper tantrums. After mothers gave positive suggestions before bedtime for 7 days, most children no longer showed signs of tantrums. It means hypnoparenting is a simple and effective way that parents can use at home. This method can also be used in community health programs to support child mental health. In the future, more studies can try to apply hypnoparenting in different areas and with more children.

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