

Parenting Program to Develop Social and Emotional Ability of Children with Special Needs During the Covid-19 Pandemic

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Abstract: The purpose of this study is to find the right parenting program model for early childhood at RA MH School Cirebon. Management in Parenting is important in nurturing and educating children while at home or outside the home. This research was carried out by RA MH Cirebon. In addition, parenting needs to be applied according to children so that children with special needs will be educated, and parents can stimulate the social skills of children with special needs. This research uses qualitative descriptive research, this research was chosen because it wanted to reveal in more detail and clearly about the management of parenting programs for children with special needs in developing social skills so that they can be a reference for parents and teachers who have students with special needs in educating and providing appropriate stimulation. Because the stimulation given to the crew will be different in stages. This research data collection technique is divided into 3 parts, namely observation, interviews, and documentation. The data analysis technique of this research is divided into 2, namely data reduction and triangulation.

Keywords: Parenting Program, Children with Special Needs, and Developing Social Skills

INTRODUCTION

The Covid-19 pandemic has changed all human life, and has a very serious impact throughout the world (Khairunnisa Ulfadhilah, 2021). Covid-19 has attacked the whole world, including Indonesia, even in the world of education, there has been a striking change in learning and has been replaced by online (Ulfadhilah, 2021b).

Childhood is the most fertile stage, the right stage to be given the right stimulation by parents and educators (Khairunnisa Ulfadhilah, Nurlaela, 2021). In order to instill appropriate norms into the soul and aspects of children's actions for the future (Pramana, 2020). The government made rules to minimize the spread of Covid-19, namely regarding number 21 of 2020 Large-scale Social Restrictions in order to stop the spread of the virus (Marwiyati & Istiningsih, 2020).

Positive aspects of the Covid-19 pandemic, mothers and fathers need to set aside time with their children (Ulfadhilah, 2021e). At the same time it provides emotional closeness, and provides more intense stimulation for children (Anggraini, 2019). Study from home to minimize the spread of Covid-19. The government also calls for communities to stay at home (Huda et al., 2020). There is a change in the online mode of learning methods (Nurkolis & Muhdi, 2020).

Parents feel stressed, children are also affected by stress because they are prohibited from traveling, and must stay at home (Wiresti, 2020). So parents can make the decision to chat with children so they

can understand the Covid-19 situation to keep their distance, and stay at home to be safer (Khairunnisa Ulfadhilah, 2021).

The pandemic has affected teachers and children when online learning is being carried out, but the main thing is to optimize the parenting function in the implementation of learning from home (Kusuma & Sutapa, 2021). Online learning is carried out using zoom, and whatsapp groups. Can be used using video calls, can be face-to-face online. In this learning, the teacher can monitor the child's development, and the child's difficulties while studying from home (Ulfadhilah, 2021a).

Parenting has several meanings, namely mothers, fathers must be alert in guiding, educating, and setting a good example for children and providing a decent place to live along with clothing and education for children (Hikmawati & Munastiwi, 2019). Parents need to know the phase of the child's growth and development, and give love wholeheartedly and take care of the child's nature (Ulfa & Munastiwi, 2020). The role of fathers and mothers for education, and educating children is in the care of parents so that children can be controlled in action and nutritional intake (Krisdayanti & Maryani, 2021). Parents need to know how the changes that occur in children, need to be given social emotional development, and the child's personality (Ulfadhilah, 2021d).

Parenting parents are very important in educating children, and can provide stimulation to aspects of child development (Santoso et al., 2021). Aims to achieve education that is fair, quality, and relevant to the needs

of children. The policy is based on the principle of the availability of school institutions that can be used by everyone so that the affordability of services for early childhood is in accordance with the community's capability to support quality optimization for early childhood. There are several definitions of parents in parenting so that parents can guide a new life, and can nurture, protect, and guide a new life for children.

Parenting is the nature of parents in children who can have a good influence on children, educate, and raise children (Fadlilah, 2020). Parenting can be a means for children to know the values and rules in their environment so that parenting is one way for parents to give good examples to children because parents are row models for their children. Parenting has its own purpose, namely so that children can spend time with their parents, get to know each other, and can be a bridge for children to be close emotionally and mentally. Education in the family is very important to be applied to educating children before there is education from institutions, family education is the main education of children from parents and other family members.

Children with special needs are children who experience abnormalities or deviations (physical, mental, intellectual, social, emotional) during their growth and development so that they require special education services. The deviations mentioned are: blind, deaf, mentally retarded, physically handicapped, visually impaired, communication disorders, ADHD, and autism. ADHD is a popular term which stands for *Attention Deficit Hyperactivity Disorder* (Winarsih et al., 2013). If translated into Indonesian, it is Attention Concentration Disorder and Hyperactivity (GPPH). Using a child's traits or symptoms to show inattention, hyperactivity, and impulsivity to define ADHD, which causes most of the child's life activities to become unbalanced. *Attention Deficit Hyperactivity Disorder* (ADHD) as a behavioral disorder, is generally found early on, most of whom attack ADHD are boys.

Children are the responsibility of parents to be raised, and make children as old as their parents hope (Safitri et al., 2020). In the growth and development of children, parents have the same responsibility because the family is the first place for birth, growth, and children will grow (Wijaya et al., 2020). Parenting is responsible for educating children, stimulating, teaching, and providing the best examples for children (Yuwono, 2020). There are differences in influencing parenting styles in children so that they will give different colors in the family (Syahrul & Nurhafizah, 2021). Parenting is a series of attitudes of parents and children creating an emotional atmosphere including the interaction of parents with children (Rahayu & Munastiwi, 2018).

The educational situation in Indonesia has changed a lot which is dynamic regarding the

expected direction of educational goals, even facing the environment to educate children from an early age (Rozalena & Kristiawan, 2017). The importance of character needs to be instilled from an early age. One way is the habituation of parents that needs to be implemented, programs organized by educational institutions involve the role of parents in the parenting field because through this program educators can provide knowledge and to train about the importance of how to be successful parents so that children can have a personality and personality. commendable character.

Implementing an integrated, comprehensive plan for the community in order to know the development and growth of children so that they will not lose every moment in the child's growth and development. In addition, parents need to work together with teachers to optimize their children's abilities so that aspects of child development can be well stimulated. Stimulation is very appropriate to be applied to children from an early age because it is in the stage *golden age* parents, and the phase is very precisely stimulated by and teachers.

Children born to earth have many potentials and talents, therefore the role of parents is to stimulate aspects of child development so that they can be realized properly according to the stages of child development (Wulandari & Asmawi, 2021).

Children's potential is sometimes inherited by genetic factors from parents, either from mother or father, and can also be stimulated when children enter an early age so that aspects of child development can be carried out. Potential is inherited by parents to their children, and is innate to children and can be developed by parents and teachers when children are in school.

Social development is the ability of a child to adapt to the environment, starting from the family. The socio-emotional development of early childhood is in an ups and downs stage, and there is a need for full guidance from parents and teachers at school. The development of social is designed to help children get used to other social. Social growth aims to help children to be able to socialize with teachers, parents, peers and the surrounding environment.

Socio-emotional can be instilled by parents through habituation, for example, stimulation by watching videos that can show good emotional social in children, or can see from cartoons that contain high norm values, and religious values (Ulfadilah, 2021c). Like the nussa and rara cartoons, these cartoons can be used as stimulation media for parents to provide stimulation to their children through video broadcasts that include audio-visual and kinesthetic. In viewing the Nusa and Rara cartoons, parents can guide their children to be able to set an example of the role models listed in the video which are full of positive things. For early childhood it is very important for proper stimulation by parents when at home and by teachers

when in the school environment. Socio-emotional early childhood is not yet stable, children are in the egocentric stage, therefore parents need to instill a sense of patience in guiding children from an early age.

METHODS

This study uses a qualitative research with a case study approach. This approach deals with real life, in a contemporary context or setting. The data sources used are primary sources and secondary sources. Primary sources are principals, teachers, parents, and students. Secondary sources in the form of archives or documents relating to this research. The technique of collecting data was carried out by observing the type of passive participation, semi-structured interviews, and documentation. Data analysis using the Milles and Huberman model states that focusing the data is in the form of the stage of focusing the data related to the research formulation, data selection. Divided into data reduction, data presentation, and drawing conclusions. In testing the validity of the data, this research uses source triangulation and technical triangulation.

The method chosen by the researcher is interviews and documentation in obtaining information on the development of children's independence. Esternberg in Sugiyono's book explains that there are several types of interviews, namely structured, semi-structured and unstructured interviews. The researcher chose the semi-structured interview method, this type of interview was included in the category *in-depth interview*. The purpose of this interview is to find problems more openly, where the interviewees are asked for their opinions and ideas. In conducting interviews, the researcher listened and listened carefully to what the informants were saying. The findings in this study are described in accordance with the facts in the field in an appropriate and systematic way.

This research is to investigate or find out more about parenting programs to develop the social and emotional abilities of children with special needs during the Covid-19 pandemic. Therefore, the data obtained in this study will be in the form of an explanation that describes the condition of the child at that time. This research was conducted on a child and his parents who sent their children to TKIT Al-Irsyad Cirebon. The research subjects were a boy and a girl aged 5-6 years. The number of respondents, namely class A, consisted of 10 students consisting of 5 girls and 5 boys. Then class B consists of 12 students consisting of 7 girls and 5 boys.

The criteria used to check the validity of the data are the degree of trustworthiness, transferability, dependence, and certainty. The degree of confidence can be tested through triangulation techniques and referential adequacy. The validity of this research data using source triangulation. Triangulation of sources,

means to get this research data through different sources with the same technique. The triangulation of sources in this study has three sources, namely the father and mother of the child and the class teacher at school. This can be described as below analysis technique used in this study uses the Miles and Huberman model analysis technique. Data analysis in this study was carried out at the time of data collection, and after completion of data collection within a certain period which was deemed sufficient by the researcher. At the time of the interview, the researcher had analyzed the answers of the interviewees. If the answer given by the informant after being analyzed is considered to be still unsatisfactory, the researcher will continue to ask questions again to the informant until data is obtained that is considered credible enough for research.

Research data analysis activities are carried out in an interactive manner and continue continuously until complete so that the data is saturated. The research data that has been collected will be analyzed with steps such as data reduction, data display, conclusion and verification.

FINDINGS AND DISCUSSIONS

Findings

Based on the results of research at RA MH Cirebon, the presence of parents in the child parenting process will have a positive impact on children's growth and development from an early age. At an early age, children are in the golden age where the child's growth period is good if the right stimulation is carried out by parents. Parenting for children with special needs has a different way because it will not be the same as caring for normal children with children with special needs. Parents need to have more patience in educating children with special needs, and making special children with special needs. Make children feel proud, and not confident in what they have because God will give humans advantages and disadvantages.

Growing into a series of decisions about children that must be included by parents in the care of this child sequentially has a sense of responsibility, and parents need to instill a sense of responsibility in children. Parenting as referring to a series of processes of parental actions and interactions supporting the development of children, the process of being a parent is not an easy thing. The obligation of parents in educating, interaction between parents and children needs to be instilled from an early age. It is a parenting activity carried out by parents, including protecting children, providing the best service from clothing, food to shelter, and education for children.

Ideal parenting can be seen from some of the behavior of parents towards their children, for example accepting children, being warm to children, providing

opportunities for children consistently. This ideal parenting becomes important for parents to show if they have children who are different from other normal children.

A child-friendly family is a family that can provide comfort to children in educating and caring for children in the family. Many things are felt by parents from the implementation of parenting programs, namely increasing knowledge, understanding in educating and caring for children well. With increasing parental knowledge, attitudes and behavior towards parenting given to children are much better. Good communication and togetherness will have an impact on good relationships between children and parents in the family. In the aspect of education, there are many ways that parents use to communicate and interact with their children, one of which is to fill the time by telling stories, playing while learning. Health in early childhood is very important and needs more attention from parents, because the health experienced by children will have an impact on the growth and development of children. By implementing a healthy life that parents teach to children through small habits and the way parents take care of and care for children in the family is very good. Parenting is directly related to parents, where the parenting process is given to children in the form of attention, time, affection, and other things that can support basic needs in their growth period. In social care, more emphasis is placed on how parents can provide care that can create a child's point of view in the social environment.

The form of care and how to care for children in the family is one form of obligation as parents in fostering child-friendly family behavior. Well-fulfilled nutrition for children greatly affects the growth and development of good children, as parents in the family have their own way of meeting the nutritional needs of children. What parents do in maintaining and fulfilling nutrition in children is quite good. Where the fulfillment of nutrition is carried out by parents such as providing nutritious food or drinks, because the fulfillment of good nutrition in children will support good growth and development for children, considering that early childhood is a period in the process of growth. The family has a function as a sense of security and comfort as well as a protector for each of its members from threats or conditions that make family members feel uncomfortable. One form of protection that parents can do to their children is by giving love, more attention to children and protecting children from anything that can threaten their safety.

Descriptive parenting pattern of parental care for children, the first dimension is responsiveness described about the reaction of parents if they know the needs of children in activities, love children with all their heart. Parents who are less involved with children will be left behind in the stages of child development,

keep their distance from children, ignore, and do not provide stimulation to children. Parents need to stimulate, educate, protect, and love their children with all their heart.

Character education should be given from an early age because children's development is in the golden age. So it needs to be given the right stimulation, and applied to children. Educational institutions can also be an option to be able to provide stimulation for children, and seek to increase the insight of parents in assisting children's growth and development during the golden age. The parenting program is carried out by parents and the school provides parenting programs for parents so that parents know the right way of parenting for their children. Parenting activities are also to provide knowledge about school. Parenting has a goal, namely to invite parents to provide the best education for children. parenting can increase insight and skills such as in parenting and education for children.

Parenting has an impact on children's emotional abilities during the Covid-19 pandemic, and issues joint decisions set by regulating the learning process, and transferring teachings to homes to prevent exposure to the plague, students and teachers. The family learning policy was originally formulated by the government not to learn directly but to learn online. The state of learning conditions in school institutions was stopped and changed online to avoid the spread of Covid-19. Efforts as much as possible so that students learn online optimally by the teacher to still have to obtain optimal learning. And parents need to assist their children in online learning, and create engaging learning.

Children aged 4-5 years have a lot of curiosity, this is manifested in the fact that children pay attention to the teacher's explanation when the teacher shows new things to explain the material. In addition, there are often children who are still often busy with their own affairs, such as chatting with other friends, learning will continue when all children are silent and start to focus on learning. Children aged 4-5 years have a lot of curiosity, this is manifested in the fact that children pay attention to the teacher's explanation when the teacher shows new things to explain the material. In addition, there are often children who are still often busy with their own business, such as chatting with other friends, learning will continue when all children are silent and start to focus on learning.

Based on the results of observations of the implementation of educational activities and the effect of stimulation given to children, it is known that dominance is related to problems of children's social emotional development. Indicators of children's social and emotional development consist of indicators: children are ready to give their own property, children are ready to share with friends, children help each other, children proudly show their friends the results of their activities.

Parenting in the care of children with special needs has its own special way that is different from normal children in general (Kurniawan & Hermawan, 2016). Parenting parents who have children with special needs will have different ways because every parent has their own way of parenting, but it is important to remember that proper care for early childhood is needed (Ekawati & Iriani, 2020). Parents also have to learn parenting, can learn through seminars, read parenting books so that parents know the right parenting to apply to their children (Santoso et al., 2021). Instilling parenting in accordance with the needs and conditions of children correctly and appropriately (Mulyana et al., 2021). Parents have obstacles in educating children with special needs, therefore it is necessary to take part in parenting events that can be carried out by school institutions (Indonesia, 2017).

One of the best ways to provide the best parenting method for children is that parents can provide parenting that does not restrain children, does not demand many things from children, does not prohibit but frees every child's decision with notes under parental supervision. Parents need to understand and understand the needs of children, and understand children. Holding parenting for the school can be done monthly so that parents understand the best care for their children, good for parents is not necessarily good for children. Sometimes parenting is only concerned with the wishes of the parents without knowing whether the child feels comfortable undergoing parenting, it is very important for parents to know and learn parenting procedures for children from an early age. The challenge for a teacher is not limited to providing care for children with special needs, parents provide the best care. Parents need to be able to recognize situations and conditions considering that children are being taught, and provide knowledge for children with needs from an early age. Special attention for children with special needs in children especially when parents have a career outside will pay less attention to parenting, and will pay less attention to the growth and development of children at home and at school. Parenting is very important applied to children. Mothers and fathers who have children with special needs can establish good communication with children with special needs, and the goal is to stimulate optimal growth and development of children. Parents as educators of children while at home to educate, accompany children during the stage of growth and development, learn online. In addition, parents can create a pleasant home atmosphere for children, especially at this time the Covid-19 outbreak has not been completed, even the number is always increasing, therefore parents need to be good at making children feel comfortable, and not to lose the *golden age* even if only at home. just. The role of parents is important as we know that the implementation of education can be carried out in the family environment. Therefore, the responsibility for education is the shared responsibility of the teacher while at school.

Discussion

The section on procedures for proper caretaking includes educating, protecting, and giving the best in an effort to optimize the growth and development of children. The family is the place where parenting activities are carried out in the family, the first is the level of education of the child which is the smallest unit (Krisdayanti & Maryani, 2021). Family has a very important meaning in the life of a child from childhood to adulthood, the most comfortable place, and always accepts it well (Ulfah, 2019). Parenting of parents and children needs to be balanced when children receive care from parents or at school by teachers (Trisnawati & Sugito, 2020). The process of raising children is not only carried out by one party, namely parents of children with schools about the importance of the role of parents for the success of children's character education, and then forming a deep parenting pattern, active group activities involving parents, teachers need to provide learning guidance to children so that they can optimal child development, activities when children are in the school environment, and the school discusses children's growth and development during meetings.

The parenting program is an activity that must be carried out by parents at home, parenting activities can be carried out by the school so that children's parents can find out, and learn the right parenting method from an early age to adulthood. Parenting has many benefits for parents with children, parents can learn from parenting science in parenting for children, to try not to prohibit the ability of children, not to curb the desire as long as they are accompanied by parents, parents need to provide stimulation at an early age so that when children step on adults will have a positive impact, and become parents who are considered friends by children. Parents become friends of children, it is very important so that parents will know the daily activities of children, and can monitor children. Implemented at all age levels of children because no matter how old children are, children will still need good care by parents so that character education can be instilled from an early age. Children when they get good parenting from their parents will look different from other children when they don't get the wrong parenting, and are seen until the child reaches adulthood.

Children with special needs are children who are different from normal children, have differences, namely; mental, sensory abilities, communication skills, social behavior (Ichsan & Hutagalung, 2019). Extraordinary children are children who have something extraordinary, and distinguish them from children of the same age in general (Madyawati & Zubadi, 2020).

Parents, namely father and mother, must be respected and respected. The environment that is first introduced by parents to children, then growth and

development are influenced by parents (Putri Abadi & Suparno, 2019). Mother's father is the first in the child's life, can get to know everything from parents to their children (Wardani & Ayriza, 2020). Mothers and fathers prepare so for their children in terms of clothing, nutrition, housing to education for children to adulthood (Maulidia & Hanifah, 2020). Parents have a big enough share in the lives of children so that they can provide the best, educate, and provide stimulation when children reach an early age. children in the stage *golden age*. Parents are tasked with educating children well, providing nutritional intake for children while at home and providing the best education for children. Provide appropriate stimulation for children to stimulate all aspects of child development during the golden age stage.

Mother's father is someone who can guide, educate, and provide stimulation in the form of the child's personality, knowing his special needs, being responsible for the child, and a *support system* for the child. A child has the right to be encouraged by parents, and, motivation in children, fosters a sense of trust in the child if the child is able so that the child will have self-confidence because it has been trusted by parents. Children can learn from mothers, mothers are the first school for their children. Next through with the father, and other family members such as brothers or grandparents. Then gradually learn through a wider environment, if the family is the first step for a child's learning, therefore education in the family is very important to be instilled in children from an early age, and this has a positive impact on children until children grow up. Parents need to give rights to children so that parents are the key to their children's success. If parents provide appropriate stimulation, stimulation and education for the child, the child will record well when the mother and father have set an example so that the child can imitate the father and mother for habituation of children's daily lives.

The existence of the Regulation of the Minister of Education and Culture of Indonesia No. 4 of 2020 regarding distance learning in order to prevent the spread of Covid-19 so as to prevent the outbreak (Trisnawati & Sugito, 2020). The role of teachers, children and parents work together to learn. In addition, in the current Covid-10 pandemic, the government's policy of implementing social distancing throughout the community will lead to all external activities, reducing the number of crowds in an association. Learning from home will have an impact on children's social and emotional behavior because children are lacking in social activities with friends due to staying away from crowds, and keeping a distance from others. As a result of this epidemic, children feel bored or sad, miss friends and teachers. The socio-emotional impact of children learning online will create a sense of worry because of the lack of interaction between children and the surrounding environment. Barriers to socializing

children are the scope of experiencing changes in which children can usually leave the house but at this time stay at home to prevent exposure to Covid-19. In addition, find difficulties in learning online. Learning from home during the Covid-19 pandemic is sometimes not very cooperative in completing teacher assignments or giving obligations in teaching because teaching via online has obstacles and difficulties such as signal difficulties, and difficulties in buying internet quota packages.

Social and emotional development in providing examples and good stimulation in terms of social and emotional development, and can train children's social and emotional abilities from an early age. Boredom is something that is often faced by everyone, especially children in a state of Covid-19. It's boring because conditions force all humans to keep their distance, and make boredom appear especially in early childhood. It's boring because the environmental conditions are unattractive, tend to be limited in space because they don't have the freedom to interact, and are bored with this situation. Increase anxiety when online learning is carried out during a pandemic in early childhood having a sense of boredom studying at home, because early childhood prefers to study directly at school together with teachers and their peers. The emotions generated in children also depend on how parents support their children's learning at home. Emotional support for children from families and parents is the key to being supported and ensuring that the home is comfortable for children so that online learning is carried out by children feeling comfortable, and making online learning fun for children. Elements of children's emotional intelligence are; Children are able to manage self-awareness, manage emotions, can use emotions productively, and have a sense of caring for others.

CONCLUSION

Parenting programs for children with special needs will look different because parents who have children with special needs will have different ways of parenting compared to mothers who do not have children with special needs. Parenting parents when they have children with special needs will be seen from the way of educating, providing stimulation so that aspects of early childhood development can run properly, and parents have more patience to accompany children with special needs. Parents need to give a sense of pride in front of the child and behind the child so that the child does not feel ostracized by the family or by the surrounding environment.

Developing social-emotional emotions in the Covid-19 era in early childhood can be done by habituation from parents because parents are the row model for children at home, it can be done to provide

the right stimulation to children during this pandemic. Children really need to be instilled with emotional social at the time of Covid-19 because it changes all activities in all circles, including early childhood, the scope of children is limited due to this outbreak. Parents need to train children to control themselves, train emotional management, provide stimulation for children to be able to socialize with others so that children do not feel ashamed to get acquainted with or express the feelings that children feel.

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