

TANTRUMS IN EARLY CHILDHOOD DUE TO PERMISSIVE PARENTING

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Abstract: Tantrums are a common behavioural problem experienced by young children, which can result from various factors, including permissive parenting practices. This qualitative case study aims to explore the forms of tantrums displayed by 6-year-old children, identify the factors contributing to these tantrums, and examine the efforts made by parents with permissive parenting styles to manage their children's tantrums. The research design involves descriptive qualitative methods, utilizing observation, interviews, and documentation techniques for data collection. Data triangulation is applied to ensure the reliability and validity of the findings. The study reveals that tantrums exhibited by the children in the study include crying, hitting, kicking, screaming, and more. The factors leading to tantrums encompass unfulfilled desires, reprimands, neglect, and teasing. The parents' response to these tantrums involves always fulfilling the child's wishes, even when aggressive behaviour is displayed. Furthermore, parents refrain from providing clear explanations to correct negative behaviour. Sometimes, parents let the child continue their tantrum until it subsides without intervening. These findings highlight the presence and consequences of permissive parenting practices on children's emotional development and behavioural patterns.

Keywords: temper tantrums, early childhood, permissive parenting

INTRODUCTION

Development in early childhood is starting to be able to feel and express what they feel. They begin to recognize feelings of joy, sadness, anger, and disappointment. When children express their emotions, sometimes parents pay less attention and guide them to accept what children feel so that they can express and channel their emotions positively. Parents are likelier to dampen children's emotions so they are not channelled. If this happens continuously, it will form a pile of negative emotions in children that can later explode uncontrollably (Falaah Nurfadilah, 2021). Furthermore, this is characterized by the habit of tantrums often carried out if the child knows that the method given by his parents can fulfil

his request. The more often the child tantrums, the higher the tendency to reuse the tantrum, such as when he needs to communicate to complain or vent his pent-up energy and emotions (Rohmah, 2021).

Tantrums are one of the characteristics of children who have problems in emotional development, such as excessive anger, wanting to damage themselves and their belongings, where they cannot express what they want, and powerful feelings of fear that interfere with interactions with their environment. They often show embarrassment to withdrawing from the environment, it is challenging to be sensitive to overcome their offended feelings, and their views tend to be negative with their moody attitude (Herawati, 2018). Tantrums are a normal response to anger that usually occurs in children aged 1 to 4 years. This response arises as an effort from the child's failure to practice self-control and decision-making. Tantrums are more common in active children with high desires and excess energy. Almost all tantrums occur when the child is with the person they love the most. This behaviour usually reaches its worst point at 18 months to 3 years and is sometimes still found in children aged 5 or 6 (Ulfah & Hayati, 2017).

The manifestation of tantrums in children can pose a risk of injury, including dropping the body to the floor, hitting the head, or throwing things. This is considered an early form of tantrum when children can express their frustration. Behavioural changes will not be a problem for parents if the child does not show signs of deviation. However, if the child has shown signs that lead to negative things, it will make some parents anxious. Behavioural deviations in children can occur due to the selection of inappropriate forms of parenting (Sukmalara, 2018).

Parenting practices that can encourage tantrum behaviour in children include inconsistent parenting, unreasonable expectations, excessive strictness, overprotection, and overindulgence. Parents and teachers need to understand children's behaviour at home and school to cope with tantrum behaviour in children. Tantrums should be handled after the child's anger has subsided. Parents and teachers help children learn to express negative feelings and anger more positively (Jiu et al., 2021). The three categories of tantrums that can appear in children include destructive aggression, non-destructive aggression, and distress, but children only show one of these three categories of behaviour during tantrums. Non-compliance triggers 52% of tantrums in children. Aggressive behaviour was more likely to occur early in the tantrum, followed by behavioural distress.

Tantrums are most commonly experienced by children two years old or in preschool. Children at preschool have begun to learn to face and feel disappointed when their wants are not fulfilled. Feeling sad, angry and disappointed is a natural thing experienced at that age. Nevertheless, often, parents inhibit the emotions that children feel. For example, when a child is crying because of anger, parents, in various ways, comfort, distract, and even scold to stop the child's crying. This is what makes children's emotions not channelled freely and makes children continue to feel depressed. If this continues every day, it will cause a collision of emotions. This collision of emotions can explode uncontrollably and appear as a tantrum. Tantrums in children usually last 30 seconds to two minutes, with the highest intensity occurring in the first 30 seconds. Tantrums can occur anytime and anywhere regardless of the

situation, so sometimes parents feel shocked and confused to overcome them (Rahayuningsih, 2014).

Based on previous research on tantrums in children conducted at Northwestern Feinberg on 1,500 parents who have children aged 3-5 years shows that around 83.7% sometimes experience tantrums. 8.6 of them have daily or frequent tantrums, which is abnormal if it happens every day. In 2019, especially in Indonesia, tantrums reached 153 per 10,000 children (0.150.2%), a sharp increase compared to ten years ago which was only 2-4 per 10,000 children.

Based on observations made by researchers, one child has unique behaviour in Dsn. Becirongengor RT 4 RW 2 Ds. Becirongengor Kec. Wonoayu Kab. Sidoarjo with the initials PD. PD is a 6-year-old child who studies in TK-B. PD tends to cry, hit others, throw things, and kick things around him when his parents do not obey his requests. PD's tantrum behaviour is almost daily at home, involving his mother and grandmother. The cause of PD's tantrums is because parents do not comply with the child's requests directly, such as buying snacks or toys and borrowing his mother's cell phone to play, scolding PD, and being promised that his requests will be obeyed one day. So, from these causes, it can be interpreted that there is permissive parenting from parents that can cause children to have tantrums.

The harmful impact of this tantrum behaviour is that it becomes a way for children to express their anger or frustration. Even worse, tantrums will be increasingly frequent until they exceed proportional limits. At the same time, the psychological impact on children regarding tantrums is to have low self-control. The short-term impact of children of tantrums is that they can hurt themselves and others and destroy objects around them. While the long-term impact caused by tantrums on children is that they will have difficulty adapting to their environment, are at risk of delinquency in adolescence later, have psychiatric disorders, are sensitive, and inhibit the process of growth and development (Norgitasari & Qurniyawati, 2017).

According to (Aisyah & Afrianingsih, 2021), several factors can cause tantrums, including obstruction of the child's desire to get something, the child's inability to express himself, unmet needs, parental parenting, the child feeling tired, hungry, or in pain, and the child is under stress. Tantrums can also be triggered due to stress due to school assignments that children have to do. In this case, parents must accompany the child when he does his assignments and then by looking at how parents care for their children. At the same time, other factors that cause tantrum behaviour in children are inhibiting the child's desire to get something, his inability to express himself, not fulfilling the child's needs, parenting, and the child feeling tired, hungry, sick, or stressed and uncomfortable. The causes of tantrum behaviour itself are diverse, one of which is parenting.

Tantrum behaviour in early childhood cannot be ignored but needs to be handled and dealt with wisely. Therefore, parents who have children who behave tantrums should have a broad understanding of tantrum behaviour and how to conduct assessments so that they can determine optimal early intervention so that tantrum behaviour will not develop into deviant behaviour and become permanent behaviour for the child's subsequent life (Amin, 2014). In this case, the parents of PD have permissive parenting by always freeing the child to do everything they want and indulging in all their desires without restricting the child in the

hope that the child will not cry if all their wishes are fulfilled. This causes the child always to do everything he likes because he knows his parents can grant all his wishes. If they are not granted, he will get a tantrum by crying, kicking, throwing things, and screaming so that his request is granted.

Permissive parenting is a parenting pattern that frees a child to behave in any way, according to what the child wants, where this parenting pattern will form an individual who cannot control his behaviour (Asma Fadhilah et al., 2021). Applying parenting patterns is closely related to behaviour patterns and emotional control for children. In early childhood, children tend not to understand how to control their emotions, and sometimes children will experience tantrums or emotional outbursts that are difficult to direct and relieve. The child will experience a tantrum if his request is not followed at that time. He will start crying, slamming toys, banging his head, etc., hoping that his request will be obeyed if he does so. This tends to happen to children who experience the application of permissive parenting, where parents will comply with all the wishes and interests of the child without any firm control and control. The application of permissive parenting is based on the reason that the child does not cry or get angry even though he knows that what he wants is not very important or suitable for the child.

Therefore, parents have an essential role in being able to accompany and try to provide treatment if the child makes mistakes during the child's growth and development. Parents are expected to be able to apply a positive parenting model, namely permissiveness, which is a balanced alternative and can respect each other's opinions. This type of parenting can respect each other's needs and opinions, but parents still apply appropriate and firm limits. Children raised with such parenting will feel cheerful, able to control themselves, be independent, and rarely experience tantrums. Parents are also expected to know how to prevent tantrums in children, what causes them, and how parents raise their children. If tantrums cannot be prevented, parents must remain calm, restrain their emotions, ignore the tantrum, hug the child with love, and teach him with tenderness.

METHOD

This research uses a qualitative descriptive method with a case study research design (Case Study), describing what happened in the field. The basis for choosing this method is the case study research method which is the right strategy to use in research that uses how or why research questions, having little time for researchers to control the events studied. In the case study method, the researcher focuses on the design and implementation of the research (Mendenhall et al., 1974). The research objective of the case study is to provide a detailed description of the background, characteristics, and characteristics of a case or the status of an individual, which then, from the characteristics above, will make it a general matter (Rusandi, 2014).

This research was conducted in May 2023 at Dsn. Becirongengor RT 4 RW 2 Ds. Becirongengor Kec. Wonoayu Kab. Sidoarjo. In this study, the subjects were children aged six with the initials PD who had tantrums and mothers of children with permissive parenting styles. Permissive parenting frees a child to behave in any way, according to what the child

wants, where this parenting style will form an individual who cannot control his behaviour (Asma Fadhillah et al., 2021).

Data collection techniques used in this study were observation, interview, and documentation techniques which were based on the verbal aspects of tantrums (crying, excessive anger, stomping feet, screaming, irritability, and embarrassment) and non-verbal (kicking, hitting yourself, hitting others, punching others, banging your head, biting yourself, biting others, throwing things, breaking things, hitting walls, and spitting at other people). Concerning data collection techniques, this research begins with direct observation to uncover and obtain data on tantrums, the intensity of tantrums, the factors that cause tantrums, and parents' efforts to overcome tantrums. Then conduct, structured interviews by preparing research instruments in the form of several open and closed questions conducted to PD's parents (mothers). Next, do documentation which in this study collects several documents in the form of PD tantrums, including crying, kicking, hitting other people, being excessively angry, screaming, punching other people, throwing things, and stamping their feet.

Data analysis in a qualitative descriptive study with a case study research design (Case Study) used data triangulation with two types of triangulation: source and technical. Connection with the triangulation of sources carried out in this study was to test the credibility of the data by checking the data that had been obtained through several sources, in which the data regarding PD tantrums were obtained from the subject himself (PD) and the parents (mother) of PD. At the same time, the technical triangulation carried out in this study was to test the credibility of the data by checking the data to the same source using different techniques after obtaining the results of the interviews, which were then checked against the results of observations and documentation. Based on the results obtained, field data show the forms of tantrums, the causes of tantrums, and how parents try to deal with tantrums.

As for the stages of data analysis in the triangulation technique based on the results of the research, namely: (1) Reducing data, in this study, after the researchers went to the field as a place of research, reducing data will focus on children by categorizing aspects of social behaviour, personality, and behaviour during tantrums; (2) Data Presentation, in this presentation data obtained from interviews, observations, and documentation is described to obtain factual data according to the research conducted. Presenting the data in this study uses information about how to deal with permissive parenting towards tantrum behaviour in children; and (3) Drawing conclusions, which are research results that can be in the form of clear descriptions of research objects based on research that has been done, namely in the form of tantrums including crying, kicking, hitting other people, excessive anger, screaming, punching people. Others throw things and stamp their feet.

RESULT AND DISCUSSION

The following are the results of research based on the results of observations, interviews, and documentation to describe the tantrums carried out by PD, including:

A. Form of tantrums

Based on the aspects and indicators that have been used, namely regarding physically attacking tantrums and verbally attacking tantrums carried out by this PD, include:

a) Cry

PD does one form of a tantrum, namely crying. The researchers found this when his mother forcibly took the cell phone made as a toy by the PD because he had been playing with the cell phone for a long time. The PD carries out this tantrum daily for 1 hour 3 times.

b) Kick

PD does one form of a tantrum, namely kicking. The researchers found this when the PD kicked things around him because his mother could not buy snacks at the shop. The PD carries out this tantrum every day for 5 minutes 2 times.

c) Hitting other people

PD does one form of a tantrum, namely hitting other people. The researchers found this when the PD hit his mother because his mother took the cellphone made for the toy, then the PD asked his mother to turn on YouTube on TV, but his mother did not comply. The PD carries out this tantrum every day for 5 minutes 3 times.

d) Punching other people

PD performs a form of a tantrum, namely punching other people. The researchers found this when the PD punched his grandmother's back because her grandmother also forbade him to buy snacks at the shop. The PD carries out this tantrum daily for 1 minute and one time.

e) Too Angry

PD does one form of a tantrum, namely excessive anger. The researchers found this when the PD yelled loudly while whining, asking his mother to do what he wanted. The PD carries out this tantrum daily for 15 minutes 1 time.

f) Throwing stuff

PD does one form of a tantrum, namely throwing things. The researchers found this when the PD threw things around when he did not want to take advice from his mother when he was not allowed to buy snacks at the shop. The PD carries out this tantrum every day for 10 minutes 2 times.

g) Stomping feet

PD performs a form of a tantrum, namely stomping his feet. The researchers found this when the PD stomped his feet while crying because his mother ignored the PD's request. The PD carries out this tantrum in a day for 3 minutes.

h) Spit on other people

PD does form a tantrum, namely, spitting on other people. The researchers found this when PD spat on his aunt because he was teased by his aunt when he cried and was

forbidden by his mother not to buy snacks at the shop. This behaviour cannot be measured in intensity because the PD does this tantrum when he feels compassionate.

i) Screaming

PD does one form of a tantrum, namely shouting. The researchers found this when the PD screamed very loudly while crying because his mother ignored him because he always asked to buy toys daily. The PD carries out this tantrum every day for 3 minutes 1 time.

j) Embarrassed

PD does one form of a tantrum, namely embarrassment. The researchers found that when the PD felt embarrassed when asked to interact with new friends at his house, he hit his mother because he felt embarrassed. The tantrums that the PD carried out were carried out only once.

The following are the results of the documentation obtained from the tantrums carried out by the PD, as shown in Figure 3.1 below:

Figure 1. PD Tantrum Documentation



Based on the results of the research above, it can be seen that tantrums are often shown by PD, as shown in the table below:

Table 1. Frequent forms of tantrums

Tantrum form	Tantrum Intensity	Tantrum Duration
Crying behaviour	3 Times	1 Hour
Kicking behaviour	2 Times	5 Minutes
The behaviour of hitting others	3 Times	5 Minutes
Other people's punching behaviour	1 Times	1 Minute
Excessive angry behaviour	1 Times	15 Minutes
Throwing behaviour	2 Times	10 Minutes
Foot-stomping behaviour	1 Times	15 Minutes
Screaming behaviour	1 Times	3 Minutes

Based on Table 1 shows that the most frequent forms of tantrums that occur during a day in the child (PD) are crying three times for 1 hour, hitting other people three times for 5

minutes, throwing things two times for 10 minutes, and kicking two times for 5 minutes. The results of this study are in line with research conducted by (Wulansari, 2015), which explained that there were two children with tantrums in one of the kindergartens with the following behaviours: (1) crying; (2) kicking; (3) hitting; (4) screaming, and (5) throwing objects. Furthermore, three categories of tantrum behaviour can arise, namely destructive aggression, non-destructive aggression, and distress behaviours (Eisbach et al., 2014). Every child is unique and will respond differently to environmental changes or internal and external stimuli. However, parents must understand these responses to reduce aggressive behaviour so they can manage it into adaptive behaviour.

B. Factors that cause tantrums

Based on the results of observations, interviews, and documentation that has been carried out, the causal factors for the emergence of PD tantrums are due to a wish not being fulfilled by the mother, getting reprimanded, feeling easily offended, and when the PD feels comfortable in a comfortable position, as when he is engrossed in playing a cellphone, but the cellphone taken by his mother. The evidence from the results of the interviews that have been conducted is as follows:

Researcher: "Why do children get tantrums? Is there a reason that causes children to behave like that?"

Parents (mother): "The reason is that I didn't immediately comply with his wishes that day, but I got angry, and I just made a promise to him that if he waits for the money, then he can buy it, as soon as he immediately tantrums he cries for a very long time, very comfortable if you cry."

Based on the results of interviews with parents (mothers) of PD, it can be concluded that the factors causing the emergence of PD tantrums are that parents do not comply with the child's requests directly and scold and are given promises that their requests will be fulfilled one day.

The results of the research above show that the factors that cause tantrums in PD in a day are as shown in the table as follows:

Cause of tantrums	Amount
The child's desire is not immediately fulfilled	6 Times
Got a warning	6 Times
Being ignored or ignored by parents	3 Times
Bullied and teased	2 Times

Table 2 shows that the cause of tantrums in children (PD) in a day is the child's wishes that are not immediately fulfilled and getting reprimanded or scolded by parents six times a day. It can be seen that there is a permissive parenting style which can be seen from. PD's mother's actions include the child's wishes not being immediately fulfilled, constantly reprimanding PD without explanation, and ignoring PD's behaviour. If PD has tantrums without stopping, parents immediately comply with PD's requests, precisely the cause of PD's frequent behaviour. Tantrums.

Furthermore, early childhood does have the characteristics of egocentrism. If it is supported by permissive parenting, then these attitudes and characters will stick to the child and become his personality. The impact of permissive parenting will continue to become a habit for children. Children will find it challenging to deal with an environment broader than the family environment (Asma Fadhilah et al., 2021). Furthermore, 52% of temper tantrums in children are due to child non-compliance (Eisbach et al., 2014).

C. Parents' efforts to overcome tantrums

Based on the results of observations, interviews, and documentation that have been done, the efforts of the mother's parents to deal with PD's tantrums are that parents (mothers) overcome PD's tantrum behaviour by always obeying their wishes even though PD beats his mother because of his wishes are not immediately followed. The parents (mother) did not explain if the PD's attitude of asking for all of his wishes was incorrect and could not be repeated, so the PD continuously repeated his tantrums. In addition, if the parents are tired of the PD's tantrum behaviour, they let the PD carry out the tantrum until it subsides on its own. Meanwhile, if the PD makes tantrums by spitting on other people when he feels offended, the parents overcome it by scolding the PD until he cries even louder. In addition, the efforts of parents (mothers) to deal with PD tantrums are to frighten or persuade their children that if they still have tantrums, their uncles will scold them. As the results of the interviews that have been conducted are as follows:

Researcher: "What can make your child not have tantrums anymore besides having to obey his wishes?"

Parents (mother): "I sometimes persuade him that if he cries again or does not listen to me, his uncle will scold him, and he will be circumcised. So he does not dare to be with his uncle, so I am scared of that so he will not continue to fight his parents. Continuously".

Based on the research results above, it can be concluded that parents' efforts to deal with PD tantrums always comply with the child's wishes (PD) even though the child beats his mother because his wishes are not immediately followed. Parents also do not provide explanations that are easy for children to understand if the child's attitude (PD) to ask for all of their wishes is incorrect and may not be repeated, but parents scold their children. In addition, if parents are tired of their child's tantrums, they let their child have tantrums until they subside on their own. This is the same as research conducted by (Mireault & Trahan, 2007), which found that parents often respond to children who experience tantrums in inappropriate ways, namely 59% try to calm the child, 37% ignore it, and as much as 31% tell the child to be quiet. This data shows that parents are often mistaken when dealing with children who experience tantrums. Tantrums allow parents to introduce angry emotions to children and how to overcome them. So, parents need to know how to respond to tantrums appropriately.

CONCLUSION

From the research that has been done, it can be concluded that the form of temper tantrums that PD has is physical and verbal tantrums. Tantrums are universal and expected behaviours in children. Even though temper tantrums are expected in a child's emotional development stage, if this behaviour is not handled properly and appropriately, it can affect their social and emotional development. Tantrum behaviour in PD can appear when his desires are not fulfilled, such as asking to play with a cell phone or buying items his parents prohibit. He will start crying or screaming so that his desires are fulfilled. The permissive parenting style of PD parents results in emotional attitudes in PD because parents always do what the child wants in the hope that the child will not cry anymore. Based on the results of data analysis, it is known that the form of tantrums carried out by PD is by crying, kicking, hitting other people, punching other people, getting angry excessively, throwing things, stomping their feet, and screaming. Factors that cause this tantrum are desires that are not immediately fulfilled, getting reprimanded, being ignored or ignored by parents, and being harassed and teased. The efforts made by PD parents when dealing with their children who experience tantrums are to always comply with PD's wishes even though the child beats his mother because his wishes are not immediately obeyed. Parents also do not provide explanations that children easily understand if this attitude is considered incorrect and should not be repeated. They came back, but the parents scolded their son. In addition, if parents are tired of their child's tantrums, they allow their child to have tantrums until they subside by themselves, which can be called the permissive parenting style practised by PD parents.

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