

PARENTING PROGRAM TO INCREASE PARENTS' CAPACITY IN IMPLEMENTING HEALTHY LIFE FOR EARLY CHILDREN BASED ON THE APOSTLE'S WAY OF LIFE

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Abstract

The background of this research is that child development requires a family that acts as a center for children, where interactions between children and other families can make a foundation for children's attitudes towards other people and the surrounding environment. This study aims to determine the implementation of the parenting program to increase the capacity of parents in instilling healthy lifestyle behaviors for early childhood based on Ala Rasul. This study uses a qualitative descriptive method, with the number of samples in the study being one manager, one teacher, and 6 representatives of parents. Data collection techniques through interviews and observation. Based on the results of the study, it was found that the implementation of parenting to increase the capacity of parents in instilling healthy living behavior for early childhood based on the Ala Rasul has been going well following the purpose of this activity, namely increasing the capacity of parents in instilling healthy living behaviors in children, parents of students. gain knowledge that can be used at home where parents are examples when children are at home.

Keywords: Early Childhood, Parenting, Healthy Lifestyle Ala Rasul

Abstrak

Latar belakang penelitian ini adalah perkembangan anak memerlukan keluarga yang berperan sebagai pusat anak, dimana interaksi antara anak dengan keluarga lain dapat menjadi landasan bagi sikap anak terhadap orang lain dan lingkungan sekitarnya. Penelitian ini bertujuan untuk mengetahui implementasi program parenting untuk meningkatkan kapasitas orang tua dalam menanamkan perilaku hidup sehat pada anak usia dini berbasis Ala Rasul. Penelitian ini menggunakan metode deskriptif kualitatif, dengan jumlah sampel dalam penelitian ini adalah satu orang manajer, satu orang guru, dan 6 orang wakil orang tua. Teknik pengumpulan data melalui wawancara dan observasi. Berdasarkan hasil penelitian ditemukan bahwa pelaksanaan pola asuh untuk meningkatkan kapasitas orang tua dalam menanamkan perilaku hidup sehat pada anak usia dini berdasarkan Ala Rasul telah berjalan dengan baik sesuai dengan tujuan dari kegiatan ini yaitu meningkatkan kapasitas orang tua dalam menanamkan perilaku hidup sehat pada anak, orang tua siswa. mendapatkan ilmu yang bisa digunakan di rumah dimana orang tua menjadi contoh ketika anak berada di rumah.

Kata Kunci: PAUD, Parenting, Pola Hidup Sehat Ala Rasul

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INTRODUCTION

Child development requires a family that acts as a center for children, where interactions between children and other families can make a foundation for children's attitudes towards other people and the surrounding environment. Therefore, the role of parents is needed in paying attention to all processes of child development and adjustment of children in socialization, so that children are form perspectives and self-concepts for the next stage. As a child's first madrasa, a parent must have knowledge and understanding of child parenting. Parenting given to children will have an impact on the future of a child, so parents must provide knowledge, understanding, and guidance to children to become a quality generation.

Judging from the situation above, the parenting program can be used as a way to improve the quality of being a parent in the family. In essence, parenting is defined as a parenting technique for parents to their children. Here parents play an important role in educating, nurturing, guiding their children so that they have a good personality following what parents want. To guide their children, parents need to teach some concepts where parents must also observe various activities carried out by children. Parents must always support the activities carried out by children. Several concepts must be considered by parents, namely responding, monitoring and modeling. Informal education is an education in the family which in its implementation is influenced by the ability of parents to provide care for children, family care is the initial gate of a child's life, so a parent must need knowledge and skills, namely through parenting (Hoghughi 2004: 35).

Based on the opinion of Augusta (2012: 13) said that early childhood is an individual who has a unique pattern of growth and development ranging from cognitive, physical, social-emotional, creativity, language to special communication based on the stages that must be passed by children. This development is known as the golden period, at this time children experience a sensitive period so that all growth and development will occur quickly. However, appropriate or not the growth of an individual differs depending on the development of each individual. Parents need to provide nutritious and balanced food so that the growth and development of children go well. Success in the golden age of children is also influenced by children's basic education, where education providers at PAUD institutions are the determinants for the success of further education or are very dependent on the education system and process that is carried out.

In addition to the basic learning obtained from PAUD, children also need to be taught religious education, one of which is how to live a healthy life following the teachings of Islam. In the teachings of Islam, we are commanded to always maintain the health of our servants. Regarding the importance of health, the Prophet Sallallahu Alayhi Wa Sallam said which means: Two pleasures that are often forgotten by most people are health and leisure time "(HR. Al-Bukhari: 6412, At-Tirmidhi: 2304, Ibn Majah: 4170). The hadith explains that this is what often happens to most people, they are deceived by free time and healthy pleasures so that these two blessings pass without benefit. So far, there are still many parents who do not understand how good parenting is in educating early childhood, especially in modern times like today, there are still many parents who apply traditional education patterns, including a healthy living culture. There are still many parents who pay little attention to this because it is considered trivial even though it is very much needed for Early Childhood. Aspects of development for Early Childhood according to the Regulation of the Minister of Education and Culture of the Republic of Indonesia Number 137 of 2013 it is stated that there are 6 categories of child growth and development, one of which is quite interesting concerning children's health problems is the physical motor aspect. Therefore, it is necessary to increase the capacity of parents in instilling

a healthy living culture for early childhood based on the style of the Apostle which is carried out by parenting.

THEORETICAL REVIEW

Parenting

Parenting education is one part of adult education, adult education is an education given specifically for adults who are in the community so that they can explore and develop their abilities and also they can increase their knowledge, skills, and professions. have. Another thing that will be obtained is a change in the attitudes and behavior of adults (Sudjana, 2010). Furthermore, according to John W, Santrock (Akhyadi & Mulyono, 2018) that parenting requires interpersonal skills and has great interpersonal demands, but very little informal education regarding this task. Hoghughi (Santoso, Apsari, & Taftazani, 2018) revealed that parenting includes several aspects, namely physical care, emotional care, and social care.

Family

The family is the first and foremost place of education for the baby which will be the most important basis in shaping the child's character to become a complete human being. (Hyoscyamina, 2011). To form a character that has a good and strong soul in children, one of the things that need to be done in the family is to create a harmonious and dynamic family atmosphere through coordination and communication that is built between parents and children in two directions. The family is socially expected to be able to participate and function to create a peaceful, safe society. Happy, and also prosperous where the family is the most important and smallest social institution for children. The family has unity with the child's life relationship, starting from the biological function, affection function, socialization function, education function, recreation function, religious function, and protection function. The seven functions of the family must be able to be carried out by the family in everyday life (Setiardi, 2017).

Early childhood education programs

Early childhood according to Bacharuddin Mustafa (Ahmad, 2016) is a child aged one to five years. The PAUD program is a basic education level that can develop children's potential through stimulation at home (Rumsari & Nurhayati, 2020). The first educational foundation for children is the family with the continuation of strengthening early childhood education which is in a sensitive period or golden age realized through the early childhood education, one of which is PAUD. PAUD is used as education in the sensitive period of children which can help the development and growth of both physically and spiritually for children which are held on formal, non-formal, and informal channels. The principles in early childhood development according to Elizabeth B. Hurlock (Ahmad, 2016) are: 1) Development related to change; 2) Early development becomes the most important basis compared to subsequent developments; 3) development is the result of the process of maturation and learning; 4) predictable child development patterns; 5) developmental patterns have predictable important characteristics; 6) differences in each child in some aspects of development; 7) Periodization in developmental patterns; 8) have social expectations for each period of development; 9) have risks in every area of children's development, both physically and psychologically; and 10) each child's development at different developmental periods.

Apostle's Healthy Lifestyle

According to Notoatmodjo (Astuti, 2016), health behavior can be interpreted as a response to stimuli that have to do with health-illness, disease, and other factors that can affect a person's health starting from the environment, drinks, food, and also health services. Health Behavior according to Soekidjo Notoatmojo (2010) is divided into two dimensions, namely: a. Healthy

behavior is a person's behavior to prevent disease by improving health. Behavior to avoid illness and health problems is an accident or other activity to maintain and improve health, for example eating healthy and appropriate nutrition, diligent in exercising, not eating and drinking containing addictive substances, getting enough rest and also doing recreation so that avoid stress. b). Health Seeking Behavior is the behavior of sick people to get recovery or healing from their health. This activity includes recognizing the symptoms of the disease, efforts to get healing and recovery by self-medicating and also professionally, always complying with the healing and recovery process. Furthermore, for healthy living behavior that is taught by the Prophet based on the hadith, namely "When one of you wakes up from his sleep, do not dip his hand into his ablution. so that he washes his hands three times because one of you does not know where his hand will spend the night (HR. Sunan An Nasa'i). The increasing number of non-infectious diseases that appear in the community is evidence of the low attention to a healthy lifestyle. Based on the above hadith, the instructions that can be taken by Muslims are that we need to: 1) wash our hands with running water before eating using soap or other antiseptics; 2) Start eating by chanting the name of Allah; 3) eat with the right hand; 4) do not eat hot food and it is also forbidden to blow hot food; 5) always maintain cleanliness; 6) maintain personal and environmental health in Islam; 7) Mental health and 8) social health. (Anam, 2016).

METHOD

The research method is based on post-positivist philosophy, which is used to examine natural objects (as opposed to experiments) where the researcher is the key instrument (Sugiyono, 2014). This study uses a descriptive method with a qualitative approach. The data collection technique is triangulation (combined), data analysis is inductive or qualitative, and the results of qualitative research emphasize meaning rather than generalization.

Sources of data can be determined purposively, which is selected with certain considerations and goals (Sugiyono, 2014). For research data, researchers took random samples, arguing that managers and educators have a supportive education and role in the learning process, while parents of students were chosen because they were involved in the process of implementing parenting at home. The number of samples in the study was one manager, one teacher, and 6 representatives of parents. Data collection techniques through interviews and observation. With the selection of the sample above, it can be seen how the implementation of the parenting program increases the capacity of parents in instilling healthy living behaviors for early childhood based on the Ala Rasul in facilitating parents of students in instilling healthy living behaviors for children. The place of research was carried out at RA Riyadus Sholihin in Majalengka Regency, West Java, Indonesia.

RESULTS AND DISCUSSION

Results

Based on the results of observations and interviews regarding how the implementation of the parenting program to increase the capacity of parents in instilling healthy lifestyle behaviors for early childhood based on the Ala Rasul is as follows:

According to the first respondent, namely the principle of RA Riyadus Sholihin whose initials M stated that "The parenting model is implemented once a month at the beginning of the week with participants from parents." Then further regarding the purpose of implementing this parenting model is "So that parents of students together with educators or teachers are equally responsible for implementing healthy living behaviors both at home and in the school

environment. In addition, the implementation of parenting is so that the capacity of parents in educating children can develop and increase knowledge for parents". Furthermore, according to the respondent, "At the time of implementation there were no difficult obstacles, everything went according to the plan that we (the school) had prepared. Parents are enthusiastic about participating in this activity, so we can complete this activity well." Then, the researcher asked questions about how the results of this activity were, namely "Parents gain knowledge about healthy living behavior in the style of the Apostle, parents' understanding of children's development and knowledge increases so that their capacity as parents increases in knowledge of healthy living behavior, another result is that students can do healthy living behavior according to the teachings of the Prophet, namely eating with the right hand, washing hands first, eating and drinking sitting and taking out the garbage after eating or doing activities.

Furthermore, the researcher conducted interviews with the second respondent, namely the educator with the initials Y. According to Y regarding the implementation of the activity, namely "The activity is going according to the plan we have made, the parents of students attend once a month to take part in this parenting activity. The parents of the students participated enthusiastically in participating in this series of activities." The researcher then asked about the purpose of the activities carried out, the respondent explained that "The goal is that parents and educators can work together to implement Apostle-style healthy living behavior to students both at home and in the surrounding environment. And parents can continue to develop the capacity for knowledge about parenting following what their children should get". Then further about the results of the respondents explained that "Parents get additional knowledge about healthy living behavior and get knowledge about parenting patterns and also their capacity as parents to educate children. Another thing that is obtained is that students can practice according to what has been taught, for example, they can eat and drink while sitting and praying first".

The researcher again continued the interview with the respondents, namely the parents of students, which concluded that "Parenting activities can provide benefits for us so that we can increase knowledge about the Apostle's healthy lifestyle. In addition, we can increase our capacity as parents in caring for our children. Parenting gives the result that we have to give examples of how to live a healthy lifestyle like the apostle, starting from washing hands, eating with the right hand, praying before and after eating. The problem we feel is that sometimes we can't give an example patiently to our children and sometimes some parents can't attend because of their busy lives."

Discussion

Based on the results of research that has been carried out on how the implementation of the parenting program increases the capacity of parents in instilling healthy living behavior for early childhood based on the *Ala Rasul*, namely that the implementation has been going well following the purpose of this activity, namely increasing the capacity of parents in instilling behavior. healthy living for children, parents get the knowledge that can be used at home where parents are an example when children are at home. Parents as the nuclear family must set a good example and parents must carry out their functions like a family. The family has unity with the child's life relationship, starting from the biological function, affection function, socialization function, education function, recreation function, religious function, and protection function. The seven functions of the family must be able to be carried out by the family in everyday life (Setiardi, 2017). According to (Rumsari & Nurhayati, 2020), the main educational foundation for children is the family with the continuation of strengthening early childhood education which is in the sensitive period or golden age realized through early

childhood education, one of which is PAUD. A sensitive period in children should be utilized as well as possible through Early Childhood Education (PAUD).

The parenting model through healthy living behavior is one way for parents to increase their capacity in caring for their children. Santrock (Akhyadi & Mulyono, 2018) suggests that parenting requires interpersonal skills and has great interpersonal demands, but very little informal education regarding this task. Hoghughi (Santoso, Apsari, & Taftazani, 2018) revealed that parenting includes several aspects, namely physical care, emotional care, and social care. These aspects are developed and practiced in daily activities between parents as examples and children or students as imitators. This is following the results of the parenting model through a healthy lifestyle, namely where children can apply the apostle's healthy lifestyle, namely washing hands before eating, praying before and after eating, and sitting when eating or drinking. The healthy lifestyle that students have got is following what has been taught by the Apostle, this is following the hadith, namely that furthermore, for healthy living behavior taught by the Prophet based on a hadith, namely that "When one of you wakes up from his sleep, do not dip his hands to his ablution, so wash his hands three times, because one of you does not know where his hands spend the night (HR. Sunan An Nasa'i). The increasing number of non-infectious diseases that appear in the community is evidence of the low attention to a healthy lifestyle. Based on the above hadith, the instructions that can be taken by Muslims are that we need to: 1) wash our hands with running water before eating using soap or other antiseptics; 2) Start eating by chanting the name of Allah; 3) eat with the right hand; 4) do not eat hot food and it is also forbidden to blow hot food; 5) always maintain cleanliness; 6) maintain personal and environmental health in Islam; 7) Mental health and 8) social health. (Anam, 2016). In health science, healthy living behavior according to Soekidjo Notoatmojo (2010) is divided into two dimensions, namely: a. Healthy behavior is a person's behavior to prevent disease by improving health. Behavior to avoid illness and health problems is an accident or other activity to maintain and improve health, for example eating healthy and appropriate nutrition, diligent in exercising, not eating and drinking containing addictive substances, getting enough rest and also doing recreation so that avoid stress. b). Health Seeking Behavior is the behavior of sick people to get recovery or healing from their health. This activity includes recognizing the symptoms of the disease, efforts to get healing and recovery by self-medicating and also professionally, always complying with the healing and recovery process.

The implementation of parenting for parents also provides positive benefits for children's development, as the main place for children to get basic education, parents have given good benefits by participating in healthy behavior parenting activities in the style of the Apostle, this is in line with the principles on early childhood development according to Elizabeth B. Hurlock (Ahmad, 2010). 2016 are: 1) Developments related to change; 2) Early development becomes the most important basis compared to subsequent developments; 3) development is the result of the process of maturation and learning; 4) predictable child development patterns; 5) developmental patterns have predictable important characteristics; 6) differences in each child in some aspects of development; 7) Periodization in developmental patterns; 8) have social expectations for each period of development; 9) have risks in every area of children's development, both physically and psychologically; and 10) each child's development at different developmental periods..

CONCLUSION

Based on the results of research and discussion on the implementation of parenting programs to increase the capacity of parents in instilling healthy living behaviors for early childhood based on the *Ala Rasul* that the implementation has been going well following the objectives

of this activity, namely increasing the capacity of parents in instilling healthy living behaviors in children. , parents get the knowledge that can be used at home where parents as an example when the child is in the house. Parents as the nuclear family must set a good example and parents must carry out their functions like a family.

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