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## Research Article

# Factors Associated with Emotional Intelligence of Children Aged 3-6 Years

Asmarawanti Asmarawanti<sup>1</sup> | Rani Fitriani Arifin<sup>2</sup> | Yosep Purnairawan

<sup>1,2,3</sup>Sekolah Tinggi Ilmu Kesehatan Sukabumi, West Java, Indonesia

### \*contact

asmarawanti@gmail.com

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### Abstract

**Aims:** This study aimed to determine the factors associated with the emotional intelligence of children aged 3-6 years.

**Methods:** This type of research uses correlation with a cross-sectional approach. The population of this study was 140 people, with a sample of 140 parents with children aged 3-6 years in Wangunreja Village, Sukabumi Regency, using a total sampling technique. The answer value scale refers to the Likert scale. Data collection techniques using questionnaires. Data were analyzed using univariate analysis with frequency distribution and percentage of each category. Bivariate analysis using chi-square.

**Results:** The results showed that most respondents were 20-35 years old, 108 people (77.1%), had a high school education, 48 people (34.2%), worked, 75 people (53.5%), had female children, 78 people (55.7%), had the first child, 58 people (41.4%), had children aged three years, 55 people (39.3%), had a democratic parenting style, 49 people (35.1%), and had children with high emotional intelligence, 56 people (40.0%). There is a relationship between maternal age, child gender, and parenting style with the emotional intelligence of children aged 3-6 years ( $p$ -value  $< 0.05$ ). There is no relationship between maternal education and emotional intelligence of children aged 3-6 years ( $p$ -value  $> 0.05$ ).

**Conclusion:** There is a relationship between maternal age, child gender, and parenting style with emotional intelligence of children aged 3-6 years and no relationship between maternal education and emotional intelligence of children aged 3-6 years.

### Keywords:

**Emotional Intelligence, Gender, Mother's Age, Mother's Education, Parenting**

## INTRODUCTION

Child health problems are one of the main problems in the health sector that currently occurs in Indonesia. The degree of children's health reflects the nation's health because children, as the nation's next generation, can be developed to continue the nation's development. For these reasons, children are prioritized in planning and structuring the nation's development (1).

Parents have a very vital and decisive role for children. Through direction and guidance from parents, they will be able to determine the development and future of the child. Many factors influence children's behavior, including parenting or parenting style. Parenting is the attitude and behavior of parents in caring for their children. Although this pattern will change as the baby or child ages and the environment expands, the core pattern tends to remain. This is why the relationship between

mother and father and other family members in parenting is an important element for child development, it can be in the form of parenting styles or forms of parenting towards their children (2).

Preschool age children are the most decisive period in forming a child's character and personality. This means that age, as the age of developing the potential of children, is considered very important in helping to lay the foundation of quality human resource capabilities. Not only in the progress of language, physical, cognitive aspects of religious values, and morals, but also at the preschool age of 3-6 years the level of emotion and socialization of children is very important to develop. This development must be handled and paid particular attention to because children's social-emotional development and intelligence at preschool age must be more fostered in early childhood, or can be called the formation period (3,4).

Emotional intelligence is the ability to recognize, process, and control emotions so children can respond positively to any

conditions that stimulate emotions. By teaching children with emotional skills, they will be better able to overcome various problems that arise during their development process towards adulthood (5,6).

This study aimed to determine the factors associated with the emotional intelligence of children aged 3-6 years in Wangunreja Village, Cijangkar Health Center Working Area, Sukabumi Regency.

## METHODS

This type of research uses correlation with a cross-sectional approach. The population of this study was 140 people, with a sample of 140 parents who have children aged 3-6 years in Wangunreja Village, Sukabumi Regency using total sampling technique. The answer value scale refers to the Likert scale. Data collection techniques using questionnaires. Data were analyzed using univariate analysis with frequency distribution and percentage of each category, and the bivariate analysis used chi-square.

## RESULTS

### 1. Overview of Respondent Characteristics

**Table 1. Overview of Respondent Characteristics**

No	Respondent Characteristics	F	%
1	<b>Age (Years)</b>		
	> 35	32	22,9
	20-35	108	77,1
2	<b>Education</b>		
	Elementary School	39	27,9
	Junior High School	46	32,9
	Senior High School	48	34,2
	College	7	5,0
3	<b>Employment Status</b>		
	Working	75	53,5
	Not Working	65	46,5
4	<b>Child Gender</b>		
	Male	62	44,3
	Female	78	55,7
5	<b>Child Sequence</b>		
	1st Child	58	41,4

2nd Child	46	32,9
3rd Child	36	25,7
<b>6 Child's Age (Years)</b>		
3	55	39,3
4	29	20,7
5	38	27,1
6	18	12,9

Table 1 shows that most of the respondents were 20-35 years old, namely 108 people (77.1%), had a high school education, namely 48 people (34.2%), worked, namely 75 people (53.5%), had female children, namely 78 people (55.7%), had the 1st child, namely 58 people (41.4%), and had children aged three years, namely 55 people (39.3%).

## 2. Univariate Analysis

**Table 2. Univariate Analysis**

Variable	F	%
<b>Parental Pattern</b>		
Democracy	49	35,1
Authoritarian	31	22,1
Permissive	36	25,7
Combined	24	17,1
<b>Emotional Intelligence</b>		
High	56	40,0
Medium	36	25,7
Low	48	34,3

Table 2 shows that most respondents have democratic parenting, namely 49 people (35.1%), and a small proportion of respondents have combined parenting, namely 24 people (17.1%). Most respondents had children with high emotional intelligence, namely 56 people (40.0%), and a small proportion of respondents had children with moderate emotional intelligence as much 36 people (25.7%).

## 3. Bivariate Analysis

### a. Relationship between Mother's Age and Emotional Intelligence of 3-6 Years Old Children

**Table 3. Relationship between Mother's Age and Emotional Intelligence of 3-6 Years Old Children**

Mother's Age (Years)	Emotional Intelligence						Total		P-Value
	Low		Medium		High		N	%	
	F	%	F	%	F	%			
20-35	39	36,1	22	20,4	47	43,5	108	100	<b>0,028</b>
> 35	9	28,1	14	43,8	9	28,1	32	100	
Total	48	34,3	36	25,7	56	40,0	140	100	

Based on table 3 shows that most respondents have children with high emotional intelligence and respondents aged 20-35 years, namely 47 people (43.5%), while most respondents have children with low emotional intelligence and respondents aged 20-35 years, namely 39 people

(36.1%), while most respondents have children with moderate emotional intelligence and respondents aged 20-35 years, namely 22 people (20.4%). The results of the chi-square statistical test obtained a p-value of 0.028 <0.05, which indicates a relationship between maternal age and emotional intelligence of children aged 3-6 years.

#### b. Relationship between Mother's Education and Emotional Intelligence of 3-6 Years Old Children

**Table 4. Relationship between Mother's Education and Emotional Intelligence of 3-6 Years Old Children**

Mother's Education	Emotional Intelligence						Total		P-Value
	Low		Medium		High		N	%	
	F	%	F	%	F	%			
Elementary School	2	28,6	3	42,8	2	28,6	7	100	<b>0,752</b>
Junior High School	14	35,9	9	23,1	16	41,0	39	100	
Senior High School	13	27,1	13	27,1	22	45,8	48	100	
College	19	41,3	11	23,9	16	34,8	46	100	
Total	48	34,3	36	25,7	56	40,0	140	100	

Based on table 4 shows that most respondents have children with high emotional intelligence and respondents with high school education, namely 22 people (45.8%), while most respondents have children with low emotional intelligence and respondents with junior high school education, namely 19 people (41.3%), while most respondents have children with moderate emotional intelligence and respondents with high school education, namely 13 people (27.1%). The results of the chi-square statistical test obtained a p-value of 0.752 > 0.05, indicating no relationship between maternal education and emotional intelligence in children aged 3-6 years.

#### c. Relationship between Children's Gender and Emotional Intelligence of 3-6 Years Old Children

**Table 5. Relationship between Children's Gender and Emotional Intelligence of 3-6 Years Old Children**

Gender	Emotional Intelligence						Total		P-Value
	Low		Medium		High		N	%	
	F	%	F	%	F	%			
Male	22	35,5	17	27,4	23	37,1	62	100	<b>0,000</b>
Female	26	33,3	19	24,4	33	42,3	78	100	
Total	48	34,3	36	25,7	56	40,0	140	100	

Table 5 shows that most respondents have children with high emotional intelligence and are female, namely 33 people (42.3%), while most respondents have children with low emotional intelligence and are female, namely 26 people (33.3%). In contrast, most respondents have children with moderate emotional intelligence and are female, namely 19 people (24.4%). The results of the chi-square statistical test obtained a p-value of 0.000 <0.05, which indicates a relationship between child gender and emotional intelligence of children aged 3-6 years.

#### d. The Relationship between Maternal Parenting and Emotional Intelligence of 3-6 Years Old Children

**Table 6. The Relationship between Maternal Parenting and Emotional Intelligence of 3-6 Years Old Children**

Parenting	Emotional Intelligence						Total		P-Value
	Low		Medium		High		N	%	
	F	%	F	%	F	%			
Democracy	14	28,6	11	22,4	24	49,0	49	100	<b>0,040</b>
Authoritarian	9	37,5	4	16,7	11	45,8	24	100	
Permissive	6	19,4	12	38,7	13	41,9	31	100	
Combined	19	52,8	9	25,0	8	22,2	36	100	
Total	48	34,3	36	25,7	56	40,0	140	100	

Based on table 6 shows that most respondents have children with high emotional intelligence and respondents have democratic parenting, namely 24 people (49.0%), while most respondents have children with low emotional intelligence and respondents have permissive parenting, namely 19 people (52.8%). In contrast, most respondents have children with moderate emotional intelligence, and respondents have authoritarian parenting, namely 12 people (38.7%). The results of the chi-square statistical test obtained a p-value of 0.040 < 0.05, which indicates a relationship between maternal parenting patterns and emotional intelligence of children aged 3-6 years.

## DISCUSSION

### 1. Relationship between Mother's Age and Emotional Intelligence of 3-6 Years Old Children

The bivariate analysis results in this study indicate a relationship between maternal age and the emotional intelligence of children aged 3-6 years, with a p-value of 0.028. This research is in line with Sari et al. (7), which suggests a significant relationship between maternal age and children's emotional intelligence.

Emotional intelligence is the ability to motivate oneself and persevere in the face of frustration, control impulses and not exaggerate pleasure, regulate moods, and keep stress from paralyzing the ability to think, empathize, and pray. Another theory put forward by Reuven Br-On explains that emotional intelligence is a set of abilities, competencies, and noncognitive skills that affect a person's ability to cope successfully with everyday problems (8,9). One of the factors associated with children's emotional intelligence is the mother's age.

According to the Indonesian Ministry of Health (10), age is a unit of time that measures the time of existence of an object or creature, both living and dead. For example, the age of a human being is said to be fifteen years, measured from the time he was born until the time the age was calculated. Therefore, age is measured from the date of birth to the current date (present). Age is also measured from the event's beginning to the current date.

This is possible due to the fulfillment of developmental tasks in the early adult stage. According to Hurlock (1993), one of the developmental tasks that should occur in early adulthood is parenting

because at this stage a person is at the stage of independence and needs to be responsible for the household life, such as taking care of children (11).

The results showed that most respondents were 20-35 years old, which encouraged most respondents to have children with emotional intelligence in the high category.

## 2. Relationship between Mother's Education and Emotional Intelligence of 3-6 Years Old Children

The results of the bivariate analysis conducted in this study showed that there was no relationship between maternal education and the emotional intelligence of children aged 3-6 years with a p-value of 0.752. The results of this study are supported by the research of Windiastri & Nurhaeni (11), which reveals that there is no relationship between mother's education and children's emotional intelligence.

According to Law Number 20 of 2003 concerning the National Education System, education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed by themselves, society, nation and state (12).

This is not in line with Mubarak (2012) Syamsianah et al. (2010), who explain that education level can affect a person's thought process and understanding. If the mother's education level is low, her knowledge will be lacking or vice versa. Thus, when a mother has a high level of education, a mother's understanding of good attitudes and behavior will be applied, which will affect the child's emotional development (11).

The results showed that most respondents have a high school

education, which allows most respondents to have children with emotional intelligence in the high category. However, other factors, such as socio-economic factors, may contribute to children's socio-emotional development.

## 3. Relationship between Children's Gender and Emotional Intelligence of 3-6 Years Old Children

The results of bivariate analysis conducted in this study indicate that there is a relationship between child gender and emotional intelligence of children aged 3-6 years with a p-value of 0.000. The results of this study are supported by Tagela's research (13), which says a significant relationship exists between a child's Gender and emotional intelligence.

Another factor associated with children's emotional intelligence is Gender. According to Hungu (14), Gender is the difference between women and men biologically since a person is born. The biological differences and biological functions of men and women are not interchangeable between the two, and their functions remain with men and women who exist on earth.

Several factors influence emotional intelligence: experience, age, Gender, and position. Based on the study's results, it can be understood that women have higher emotional intelligence than men. Women tend to have a motherly nature and empathy and use feelings more in acting to increase their emotional intelligence (15).

According to Cooper et al. (2009), boys aged 4-6 years who received mental services showed a greater prevalence of behavioral and social-emotional developmental problems than girls (11).

The results showed that most respondents had female children, which meant most respondents had children

with emotional intelligence in the high category.

#### 4. Relationship between Maternal Parenting and Emotional Intelligence of 3-6 Years Old Children

The bivariate analysis results in this study indicate a relationship between maternal parenting and emotional intelligence of children aged 3-6 years, with a p-value of 0.040. The results of this study align with the research of Jamiatul et al. (16), which states that there is a relationship between maternal parenting and children's emotional intelligence. The results of this study are also reinforced by research by Fadhilah et al. (17), which suggests that maternal parenting can be related to children's emotional intelligence.

Maternal parenting is a factor that relates to children's emotional intelligence. Parents are the main and first educators before children get an education at school because children first learn from their parents. Parenting is a system of educating and raising children influenced by many factors. Parenting will affect the behavior and growth patterns of children (18).

Parenting is the attitude of parents in interacting with their children. This parental attitude includes how parents provide rules, rewards, and punishments, how parents show their authority, and how parents pay attention and respond to their children (19). Parenting that is applied affects child development because parenting fosters a child's personality that is emotionally and spiritually intelligent (20).

The researcher assumes that the study results show that most parents' parenting styles are democratic because the reality in the field shows that most children are active in socializing. Children who are active in their activities tend to have free thinking and are less likely to be embarrassed to voice their

feelings. Active children must receive support from their parents to always appear active and free to communicate with anyone, including democratic parenting, where parents give children the freedom always to communicate openly.

The results showed that most respondents had a democratic parenting style, making most respondents have children with emotional intelligence in the high category.

## CONCLUSION

The results showed that most respondents were 20-35 years old, had a high school education, worked, had a female child, had a 1st child, had a 3-year-old child, had a democratic parenting style, and had children with high emotional intelligence. The results showed that there was a relationship between maternal age, child gender, and parenting patterns with the emotional intelligence of children aged 3-6 years, and there was no relationship between maternal education and emotional intelligence of children aged 3-6 years in Wangunreja Village, Cijangkar Health Center Working Area, Sukabumi Regency.

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