

Parenting Practices and Parenting Programs in Indonesia: A Literature Review and Current Evidence

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Research has indicated that parenting practices play an important role in the development of child emotional and behavioural problems. Despite its importance, there has been limited research that focuses on Indonesian parenting practices. Furthermore, with the increased prevalence of child emotional and behavioural problems, parenting interventions are needed. Research conducted in developed countries has found that parenting programs are effective in increasing parenting competence and reducing child emotional and behavioural problems. Unfortunately, evidence-based parenting programs are not yet available in Indonesia. This paper reviews the literature on parenting practices and parenting programs in Indonesia and proposes the Triple P-Positive Parenting Program as a promising intervention program for Indonesian families.

Keywords: parenting practices, parenting programs, child emotional and behavioural problems, Triple P.

Penelitian menunjukkan bahwa pengasuhan anak mempengaruhi munculnya masalah perilaku dan emosi pada anak. Meskipun masalah ini penting, riset yang berfokus pada pengasuhan anak oleh orang tua Indonesia relatif terbatas. Selain itu, intervensi parenting sangatlah dibutuhkan mengingat kasus-kasus yang terkait dengan masalah perilaku dan emosi pada anak semakin marak. Penelitian yang dilakukan di negara-negara maju menunjukkan bahwa program parenting terbilang efektif untuk meningkatkan kemampuan orangtua dalam mengasuh anak dan menurunkan masalah perilaku dan emosi pada anak. Hanya saja, program parenting yang berbasis bukti belum ada di Indonesia. Artikel ini mengkaji literatur pengasuhan anak dan program parenting di Indonesia dan membahas *Triple P-Positive Parenting Program* sebagai program intervensi yang menjanjikan bagi keluarga Indonesia.

Kata kunci: pengasuhan anak, program parenting, masalah emosi dan perilaku pada anak, *Triple P*.

Parenting has a powerful impact on child development. Research has shown that parental warmth and responsiveness promote infant social and emotional development (Eshel, Daelmans, Mello, & Martines, 2006) and positively contribute to children's and adolescents' well-being (Khaleque, 2013). In contrast, harsh and uninvolved parental behaviour negatively impacts children's adjustment (Manly, Kim, Rogosch, & Cicchetti, 2001), and increases the likelihood of children's aggressive behaviour (Kawabata, Alink, Tseng,

van Ijzendoorn, & Crick, 2011) and delinquency (Hoeve et al., 2009). Although genetic pre-disposition, such as the child's temperament, has been suggested to influence child behaviour, this is mediated by parenting practices (Collins, Maccoby, Steinberg, Hetherington, & Bornstein, 2000).

The prevalence of child emotional and behavioural problems has been estimated as relatively high across many countries. The World Health Organization (Rangaswamy et al., 2001) reported that between 10% and 20% of children in developed countries, such as Switzerland, United States, Germany, India, and Japan, experienced one or more mental health or behavioural disorders. A recent report (O'Connell, Boat, & Warner, 2009) based on 50 studies around

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