




# The Role of Parents in Child Development: Literature Review

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**Abstract.** Introduction: A child is someone aged 0-18 years. Children are assets for the family and the country which will later become human capital whose needs must be met in order to grow into quality human beings. Meeting the child's needs is entirely the responsibility of the parents. Parents have a strategic role in educating and helping children's growth and development. The number of early childhood children according to the Central Statistics Agency (BPS) in 2022 is 30.73 million people or the equivalent of 11.21% of Indonesia's total population. This article is a form of literature review using data sources from Pubmed and Google Scholar. The literature search began in 2020-2023. The topic chosen was the role of parents in children's growth and development. Searching using Pubmed got 138 articles which were then filtered again according to the criteria and found 3 suitable articles and using Google Scholar got 19,300 articles which were then also filtered according to the inclusion criteria, so that 4 suitable articles were filtered out. The results of the literature review show that parents play a very important role in children's growth and development.

**Keywords:** Role of parents, Child growth, Child development

## 1 Introduction

The number of children under five in Indonesia according to data from the Central Statistics Agency (BPS) in 2022 is 11.21 percent or around 30.73 million young children [1]. The composition of toddlers based on age group is 12.11 percent are babies less than 1 year old, 58.78 percent are toddlers (1-4 years) and 29.11 percent are preschool children (5-6 years). Most young children live with their biological father and mother in one household, namely 90.85 percent. Having parents live with their children provides an opportunity to create an atmosphere of togetherness and will strengthen the relationship between children and parents. Children will do many activities together with their family, starting from talking, watching television together, reading fairy tales and so on [2].

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A child's childhood is a golden period as well as the most vulnerable period. This golden age is the right time to lay the foundation for cognitive and psychosocial understanding that will determine the quality of life for children in the future [2]. Improving the quality of human resources is greatly influenced by the growth and development of early childhood, from the fetal period to the age of 6 years. Preparing for children's growth and development from an early age will produce a quality young generation in Indonesia in the future [2].

The growth and development process takes place from the fertilization process, through the prenatal period, pre-school babies, elementary school and adolescence. One of the determining factors in a child's development, both physically and mentally, is the role of parents, especially the role of the mother because the mother is the first and main educator for children. Parents play a role in the growth and development situation which includes various aspects through stimulating growth and development or forming the child's character and personality [3]. There are 3 important phases in a child's growth and development until the child is 6 years old, namely the opening phase (0-6 months). The critical phase (1000 HPK) and the sensitive phase (0-6 years) are then referred to as a child's golden period. When a child is born, brain growth only reaches 25 percent, but once he is 2 years old, brain formation will accelerate by up to 80 percent and by the age of five years it will decrease again to 15 percent [4]. Basic human skills develop in the first 1000 days of life (HPK), if this process is disrupted then growth failure occurs. At this stage there is rapid development of the human brain and this stage will determine further growth and development. Before 1000 HPK the brain is still open and the development process is still ongoing but at the age of 2 years the front and back crowns will close [5].

Stunting is a problem that often occurs due to chronic malnutrition and infection which may occur in the 1000 HPK which is characterized by stunted height or failure to grow for his age. Stunting has an impact that can affect health and even intelligence. The impact of stunting in the long term will affect growth and development in the form of decreased learning achievement, reduced cognitive abilities, decreased immunity and the risk of various diseases appearing [6]. Parents have a very important role in optimizing the golden age phase in toddlers to prevent stunting starting from 1000 HPK until children are 2 years old by providing motor stimulation which affects brain development and function [7].

Good parenting patterns are very necessary to stimulate growth and development and prevent stunting, starting from education about reproductive health and nutrition for teenagers and prospective mothers to understanding the importance of fulfilling nutrition during pregnancy, fetal stimulation and obstetric examinations. This literature review aims to discuss the role of parents in children's growth and development.

## 2 Method

This research was conducted using the literature review method. In this method, we will analyze the role of parents in children's growth and development. The role of parents will be discussed in a broad context in the form of direct roles and in parenting.

The role conditions and parenting styles analyzed also vary between normal conditions and pandemic conditions, considering that one of the factors that influences growth and development is the environment. The strategy used to search for articles is to use the PICOS Framework. The inclusion criteria in this research on the population is research with the research subjects being toddlers, with intervention on the role of parents in stimulating growth and development, there is no comparison group in the comparison criteria. The outcome of the selected research is to explain the role of parents in children's growth and development in various aspects. The study design chosen was to use cross-sectional open qualitative research and literature review. The year of publication is between 2018 and 2023 with articles in Indonesian and English. The type of research is quantitative research.

The exclusion criteria for this study were research before 2018, qualitative research, samples other than toddlers. The data based in this research are Pubmed and Google Scholar. The keywords in researching this article are the role of parents and child development or Parenting and Growth and development. The researcher selection process uses the Prisma diagram (Fig. 1).

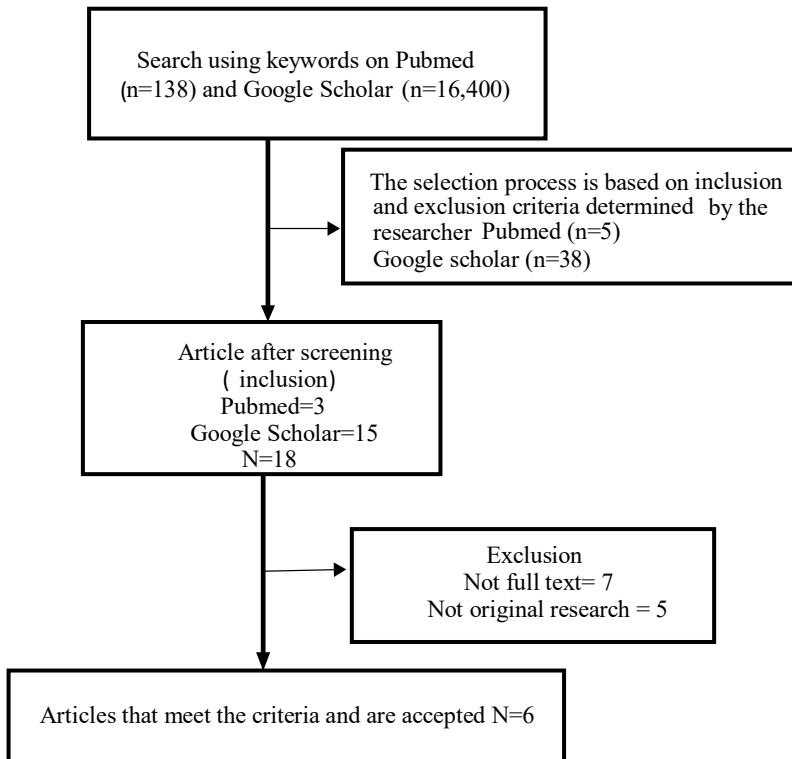


Fig. 1. Prisma Diagram

### 3 Results and Discussion

#### 3.1 The Role of Parents in Stimulating Child Growth and Development

Parents have an important role in children's growth. Some of the roles parents can play and this will stimulate children's growth include meeting children's nutritional and healthy food needs, teaching children how to solve problems and making decisions, building emotions with children, instilling religious and moral values in life. Parents also have a role in fostering mutual respect, tolerance, cooperation, responsibility and simplicity and what is no less important is that parents must also fulfill children's needs for love, attention and security [8]. Research results show that the majority of parents play a fairly good role in monitoring the growth and development of their toddlers. The role of parents is said to be sufficient if they are able to fulfill the child's basic needs, namely nurturing and nurturing [9].

Sharpening needs are stimulation needs where children need to be stimulated from an early age to develop as early as possible their motoric, sensory, emotional-social, speech, cognitive, independence, creativity, leadership, moral and spiritual abilities. This needs to be done considering that the billions of brain cells that are formed when we are still 6 months old have no connections between brain cells (synapses), so the role of parents is to stimulate the connections between these cells. The more stimulation there is, the stronger the connections between brain cells and the more complex the variations in their relationships. The balance of stimulating the right and left brain can develop multiple intelligences and higher intelligence [10]. Another need for the role of parents in children's growth and development is the need for love and emotion (Asih). There are several ways to build a loving relationship between parents and children, including creating a sense of security and comfort, paying attention to their interests, desires and opinions and educating them with joy. The final need is to fulfill the child's physical-biological needs (foster care). Fulfilling the care needs for this child by meeting the needs for clothing, shelter, immunization, play and activities as well as health services [10].

The role of parents in monitoring children's growth and development is influenced by several characteristics of the parents, namely age, education and occupation. Apart from that, it is also influenced by environmental factors starting from postpartum, family factors and habits such as work and family income, home stability, father and mother's personality, customs, norms, religion, and urbanization and political life in society [11].

Apart from being influenced by the factors above, children's growth and development is also influenced by the parenting patterns of the parents themselves. The results of the research show that there is a relationship between parenting styles and fine motor development in toddlers. Good parenting will help the development of children's fine motor skills to be better than the development of children their age because children are given the opportunity to practice and learn in an integrated and creative way according to their abilities [12].

### 3.2 Parental Stimulation in Child Growth and Development

The growth and development achievements of each child are different, some are fast and others are different, this depends on fuel factors (genetics), environment (stimulation and care) and convergence (a combination of talent and environment) [3]. Each child has its own uniqueness in growth and development and different achievements in each stage of growth and development. Parents need to monitor, guide and direct so that their children will be better prepared to live their future lives through optimal growth and development [13].

The role of parents in stimulating growth and development is also supported by research results which state that the majority of parents have stimulated growth and development in their children, including stimulation of fine motor skills, and from the results of this research it was found that there was a relationship between the role of parents and motor development. Fine children aged 4-5 years [14]. The role of parents in providing growth and development stimulation varies depending on the age of the children. When the baby is 0-3 months old, parents stimulate growth and development through touch and eye contact and this can be done when parents sing, talk and read fairy tales near the child. Gross motor exercises such as sitting with their body supported can be done when the child 4-7 months old. Parents can optimize the stimulation of their speaking ability until the child is 12 months old by increasing communication with the baby as he becomes more familiar with words. Stimulation regarding attitudes and behavior can be taught starting at 1 year old because children are starting to be active and interested in socializing with their peers [13].

Many factors influence a child's growth and development [11]. The physical environment is one of the factors that influences a child's growth and development. Weather, seasons, geographical conditions of an area, earthquakes or natural disasters, epidemics greatly affect children's growth and development [11]. The role of parents in monitoring growth and development during the pandemic is still in the sufficient category, this is because parents are worried about taking their children out of the house even to carry out growth and development screening [9].

Apart from environmental factors, parental knowledge and education also influence children's growth and development. The better the level of education and knowledge of parents, the parents can receive any information about good child care, how to stimulate growth and development, how to maintain health and much more [11]. This is proven by research results which show that the less knowledge parents have about Stimulation, Detection and Early Growth and Development Intervention (SDIDTK), the greater the chance of not carrying out SDIDTK on their children [15]. This is also supported by research results which prove that mothers with a higher level of education provide better stimulation and care compared to mothers with lower education [16]. Family and customs also influence the stimulation of growth and development in children. Parental personality and parenting patterns influence children's growth and development. Good emotional control from parents will increase the child's personality development. Parent-child warmth helps facilitate the development of empathy in children [17]. Democratic parenting has better personal and social adjustments and children are more independent and responsible [11].

## 4 Conclusion

Stimulation from the environment is important for children's growth and development. Children who receive continuous and regular stimulation will experience faster development compared to children who receive little or no stimulation. Through stimulation, the child's genetic potential will also be optimized. Conducive environmental conditions also encourage good physical and mental growth and development, while an un-supportive environment will have an impact on children's potential being below their genetic potential. The role of parents is as a determining factor in physical and mental development. Education in the family plays a very important role in developing character, personality, cultural values, religious values, morals and simple skills.

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