

Original Research Article

Therapeutic Group Therapy for Temper Tantrum in Toddler

Galuh Kumalasari^{1*}

¹Department of Nursing, Sekolah Tinggi Ilmu Kesehatan Kepanjen, Indonesia

***Corresponding Author:** Galuh Kumalasari

Department of Nursing, Sekolah Tinggi Ilmu Kesehatan Kepanjen, Indonesia

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Abstract: Temper tantrums in children Toddlers often cause parents frustration so a solution is needed to overcome this. This study aims to determine the effect of therapeutic group therapy on the incidence of temper tantrums in toddler-aged children. The research design used in this research is a quasi-experimental research design with a pretest–posttest approach using a control group. This research was conducted in October 2023 in Pakisaji, Malang Regency. This research involved 9 children (aged 2-3 years) in the Pakisaji sub-district area as the treatment group and 9 other children as the control group. The treatment group was given 6 sessions of therapeutic group therapy over a period of 3 weeks. The results of the analysis using the paired sample test showed that in the treatment group there was a significant difference in the value of children's temper tantrums before and after being given treatment, namely with a value of $p=0.039$ (<0.05). Meanwhile, in the control group, the p value = 0.085 (>0.05) was obtained, which indicated that there was no significant difference. The results of the analysis of differences in the incidence of temper tantrums before and after treatment between the treatment group and the control group were carried out using an independent sample t test and the results obtained were $p=0.387$ (>0.05). These results show that there is no significant difference in the incidence of pre and post temper tantrums between the treatment and control groups. The conclusion of this study proves that there is no significant influence from the application of Therapeutic Group Therapy on the incidence of temper tantrums in toddler. because there are many factors that can influence it including the parenting style of parents.

Keywords: Temper tantrum, toddler, therapeutic group therapy.

INTRODUCTION

In the toddler period there is a golden period where children think critically and have the opportunity to explore the world. In the golden age, all organ and nerve functions in the brain develop rapidly, so children must be given encouragement so that all their development develops optimally. Almost all children's potential experiences rapid growth and development starting from thinking, emotional, motoric and social development. Therefore, during this period children receive good parenting patterns to make it easier to determine appropriate development which will be important in the future, including parenting patterns and parents' handling of phenomena that often occur in toddler-aged children, namely temper tantrums (Mashar, 2015).

Temper tantrums are a behavior that is still part of the emotional development process. Children with temper tantrums have weaknesses in controlling their emotions. When they are angry, children can cry by screaming, shouting, throwing things, rolling on the floor, stomping their feet, and even banging their heads. Children's emotional development is closely related to the conditions of the family environment, especially parents. Because whatever actions parents take play an important role in every stage of a child's development. Temper tantrums can also occur due to suppressed anger towards parents because children feel they lack love and attention from their parents. When this happens continuously, in the end the child will feel depressed and this can trigger the child's attitude to become emotional and express temper tantrum behavior (Sriyanti, 2014).

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Tantrums in children can arise due to several factors, including: physiological factors, namely because the child feels tired, hungry or sick; psychological factors, including children experiencing failure, and parents being too demanding of their children according to their parents' expectations; parental factors, namely parenting and communication patterns; and environmental factors, namely the family environment and the environment outside the home (Wiyouf, 2017). Tantrums usually occur because children experience depression, deep sadness and stress. Children don't know how to express these emotions, which causes children to become frustrated and express them in the form of tantrums. A preliminary study conducted at the Posyandu, Kendalpayak Pakisaji Village, Malang Regency, showed complaints from mothers whose children experienced temper tantrums that were difficult to control and occurred almost every day. The cadres and mothers who submitted complaints hope for further information regarding efforts that can be taken to help overcome this problem.

Therapeutic Group Therapy is a form of group therapy that gives members the opportunity to share experiences, help each other, to find ways to solve a problem that will be faced by teaching effective ways to control stress. Therapeutic groups focus more on relationships within the group, interactions between group members and considering selective issues (Townsend, 2015).

Research conducted by Damayanti (2010) shows that Therapeutic Group Therapy significantly improves mothers' cognitive abilities in stimulating the development of preschool-aged children. At childhood, Therapeutic Group Therapy influences the ability to know about developmental stimulation including controlling temper tantrums (Istiana, D., Keliat, BA, Nuraini, T., 2011).

Based on the above background, further studies are needed regarding the influence of therapeutic group therapy on the incidence of temper tantrums in toddler-aged children in Kendalpayak Pakisaji Village, Malang Regency.

RESEARCH METHODS

The research design used in this research is a quasi-experimental research design with a pretest–posttest approach using a control group. This research was conducted in October 2023 in Pakisaji, Malang Regency. This research involved 9 children (2-3 years old) in the Pakisaji sub-district, Segaran hamlet as the treatment group and 9 children as the control group. The treatment group was given 6 sessions of therapeutic group therapy over a period of 3 weeks on a scheduled basis, 1 meeting per week (1 meeting 2 sessions), while the control group was given education. The statistical test used in this research is the independent sample t test with a significance level of $\alpha = 0.05$.

RESEARCH RESULT

Univariate Analysis

Based on the research conducted, the following results were obtained:

Table 1: Descriptive Analysis of Respondent Demographic Data in Pakisaji District, Malang Regency

Variable	(n)	(%)
Gender		
Man	3	33.3
Woman	6	66.7
Age		
2-2.5 years	5	35.7
2.5-3 years	4	50

The characteristics of respondents in table 1 based on gender are dominated by female respondents with a total of 6 respondents (66.7%), while the remaining 3 respondents (33.3%) are male. Based on age level, the majority are in the range of 2 to 2.5 years.

Table 2: Descriptive Analysis of Respondent Dependent Variables in Pakisaji District

<i>Temper Tantrum Incident</i>	Pre		Post	
	Mean	elementary school	Mean	elementary school
Treatment Group	25.22	9.02	21.44	5.47
Control Group	24.89	8 .08	22.78	6.67

Respondent data in table 2 shows that the incidence of temper tantrums in both the treatment and control groups experienced a decrease in the average value. A significant decrease was shown in the treatment group with an initial average score of 25.22 to 21.44 after receiving Therapeutic Group Therapy.

Bivariate Analysis

The results of the bivariate analysis carried out are as follows:

Table 3: Results of analysis of the incidence of temper tantrum before and after treatment in Pakisaji District

<i>Temper Tantrum Incident</i>	Mean		Difference	ρ
	Pre	Post		
Treatment Group	25.22	21.44	3.78	0.039
Control Group	24.89	22.78	2.11	0.085

The results of the analysis using the paired sample test above show that in the treatment group there was a significant difference in the value of children's temper tantrums before and after being given treatment. In the treatment group, the value obtained was $p = 0.039$ (< 0.05), while in the control group, the value obtained was $p = 0.085$ (> 0.05), which indicated that there was no significant difference between the results of measuring the incidence of children's temper tantrums before and after.

The results of the analysis of differences in the incidence of temper tantrums before and after treatment between the treatment group and the control group were carried out using an independent sample t test and the results obtained were $p = 0.387$ (> 0.05). These results show that there is no significant difference in the incidence of pre and post temper tantrums between the treatment and control groups, so that H_0 fails to be rejected. This can be interpreted as meaning that there is no significant influence from the application of Therapeutic Group Therapy on the incidence of temper tantrums in toddler children.

DISCUSSION

Temper Tantrum Events Before Being Given Therapeutic Group Therapy

Respondent data in table 2 shows the incidence of temper tantrums before the therapeutic group therapy was carried out. In this study, the average value was 25.22 in the treatment group and 24.89 in the control group. Both groups showed moderate and tolerable levels of temper tantrums. Normal temper tantrums in children only last up to 15 minutes and last less than 5 times a day, but on the contrary if the child If you experience a temper tantrum for more than 15 minutes and more than 5 times a day, your child will show a bad mood continues to be negative forever.

Hurlock opinion that Temper tantrums are emotional outbursts related to children child or they Which difficulty emotional, usually be marked with symptoms of stubbornness, crying, screaming, defiance, and shouting. Opinion other mention that Tantrums is demonstration practical from what the child feels from within himself. Tantrums are not If it can be overcome, it can endanger the child's physical condition, besides that the child will not be able to control his emotions or the child will lose control, and will more aggressive (Ramadia, 2018).

Every child vary in respond stimulus Which received from the environment. Common emotions that arise during childhood children such as anger, fear, jealousy, curiosity, annoyance, and emotions others are displayed in a manner different too. There are children who showing his emotions directly, such as immediately shouting if are in a state of irritation, but there are also those who are silent, and stay away from person Which make the child annoyed.

Temper Tantrum Incident After Being Given a Therapeutic Group

Measurement data Table 2 shows that the incidence of temper tantrums in both the treatment and control groups experienced a decrease in average values. A significant decrease was shown in the treatment group with an initial average score of 25.22 to 21.44 after receiving Therapeutic Group Therapy.

The involvement of parents in stimulating children in age groups appropriate to their development is very important, because children who receive stimulation appropriate to their age group will become active children, and their behavior will be directed towards a developmental goal. On the other hand, children who are never given stimulation will become passive children, lacking initiative and lacking curiosity about their surroundings. So the indication for this therapeutic group therapy is for mothers who have toddlers aged 1 to 3 years. Whether their children have growth and development problems or not (Allen, 2014; Wiyoun, 2017).

The aim of therapeutic group therapy is to anticipate and overcome problems caused by physical and psychiatric disorders by developing the potential of the group members themselves (Kurnia, 2023). Therapeutic groups are also useful for reducing feelings of isolation, increasing readjustment and relationships for problematic communities and increasing problem-solving abilities. In addition, therapeutic group therapy also aims to offer patients support from a therapist during periods of turmoil, restoring and strengthening temporary defenses (Kaplan, 2015).

The strategy for implementing therapeutic group therapy carried out in this research was divided into six sessions. The first session, namely an explanation of the concept of stimulating children's autonomy, includes discussing the experiences faced by parents in caring for children during childhood, the needs of childhood growth and development stages, deviations in childhood behavior and how they have been providing for their developmental needs. As a result of this first session, parents learn about childhood development, deviations in childhood behavior as well as problems that arise and needs according to childhood development stages. The second session is the application of stimulation to the motor aspect. The third session, application of stimulation to cognitive aspects. Fourth session, application of stimulation to emotional aspects. Fifth session, application of stimulation to psychosocial aspects. The sixth session was an experience sharing session after being trained to provide developmental stimulation to children regarding development in motor, cognitive, emotional and psychosocial aspects.

Analysis of the Effect of Therapeutic Group Therapy on the Incident of Temper Tantrums

The results of the analysis of differences in the incidence of temper tantrums before and after treatment between the treatment group and the control group showed that $p = 0.378 (> 0.05)$. These results show that there is no significant difference in the pre and post temper tantrum incidence values between the treatment and control groups, so that H_0 fails to be rejected. This can be interpreted as meaning that there is no significant influence from the application of therapeutic group therapy on the incidence of temper tantrums in toddler children.

This research proves that there is a reduction in temper tantrums in children in Pakisaji District before and after receiving therapeutic group therapy. However, this reduction cannot be declared effective enough when compared to the control group.

In the toddler period, there is a golden period, which is a period where children think critically and have the opportunity to explore the world. Children's growth and development need full attention from parents. Experiences in childhood will influence their behavior and emotional intelligence in the future. Therefore, as parents you need to pay attention to the type of growth and development stimulation that is appropriate to your child's age. In accordance with research conducted by Gilmer *et al.*, (2016), the outcome of providing training to parents who have toddler children is that they only understand parenting patterns that are appropriate to the level of stimulation of the child's age development. Providing critical attention during this golden period makes children feel more comfortable with their caregivers and will influence their affective development.

The aim of conducting therapeutic group therapy in this toddler group is to facilitate parents in caring for their toddler children, which includes aspects of growth and development. Another aim is to provide opportunities for members to share experiences, help each other, find ways to solve problems and anticipate problems that will be faced by teaching effective ways to control stress (Kurnia, 2023). This statement is in accordance with research conducted by Ramadia (2018), that the aim of conducting group therapy for parents who have limitations in their children's abilities is that parents become able to practice stimulation and choose their own alternative solutions to problems based on discussions with peer groups. It is the same as the group therapy guide for toddlers, that therapy groups work to help situations that can influence someone to need change (Maldonado, 2009). This has a positive impact from conducting group therapy that the aim of TKT can be an effective method used to solve problems. Because with the existence of a peer group that is more experienced in caring for children, they are able to share their experiences while caring for toddler-aged children.

The procedures carried out in therapeutic group therapy for toddlers are in accordance with the therapy module, namely six sessions. Where each session has a different outcome (Kurnia, 2023). Starting from a session explaining the concept of stimulation, application of motor, cognitive, emotional, psychosocial stimulation and sharing experiences during the sessions that have been passed. According to Maldonado (2009), to participate in group therapy, small groups (4-6 people) are created to help solve group problems, of course according to age. According to the Association for Specialists in Group Work (ASGW) they classify group therapy as a broad professional practice, which includes providing assistance to, and achieving tasks or goals within a group. ASGW divides four types of groups, namely task groups, Guidance/Psychoeducation Groups, Counseling/Interpersonal Problem Solving Groups and Psychotherapy/Personality Reconstruction Groups (Maldonado, 2009). In this toddler TKT, the appropriate group division is the task group, because the group task explains the same problem, the group's plan to go through, the goals to be achieved and other groups who assess.

According to research conducted by Hawa & Spanoudis (2014), speech delays in children are more often found at toddler age. To overcome this, a therapeutic group therapy was formed which has several functions. The therapist's role model is then transferred to the child's parents, and the mother immediately becomes a model in providing stimulation to her child. This is in accordance with the procedures of Spieker *et al.*, (2014) who explained that the group was guided by a mental health master. There are five sessions that must be carried out over 10 weeks. The length of each session can be 60-75 minutes. In this group, parents are required to be more sensitive to their child's development. As a facilitator, the

mental health master stimulates group members to stimulate cognitive and language skills, using videos. After a discussion has taken place, feedback will be provided at the end of the session from members. However, in this study the content of each session was not explained, there was only feedback at the end of the session. The only conclusion regarding the impact of toddler group therapy is that there are still children who have not been stimulated comprehensively.

The results of this research are still not in accordance with several studies and theories in the explanation above, this is because there are many factors that play a role in the therapeutic group therapy process being carried out. Like Which mentioned by Tasmin (in Mashar, 2015) that, there is a number of factor Which can cause tempertantrums on child namely patterns _ foster person old Which No consistent. Inconsistent parenting patterns are also a factor reason child temper tantrums. Including If person old too pampering child or too abandoning children. Then there is the hindering factor desire child for get something. What this means is that there are needs that the child wants or notfulfilled. For example, if you are hungry, your child is unable to express it What his wish or inability child communicate clearly one's desires, and people respond to these desiresold not in accordance with the What Which expected child. Another factor is atmosphere heart child, Atmosphere heart Which experienced by child Also influence behavior that occurs, for example when a child experiences stress. Childexperiences unpleasant feelings or the child experiences inconvenience, atmosphere heart like This Can cause child temper tantrums.

Reason temper tantrums tightly connection with conditionfamily, like child too Lots get criticism from family members, interference or interference when the child is play by another sibling, emotional problems with one person old, competition with you, and problem communication and parents' lack of understanding about temper tantrums and people parents respond to it as something annoying. The old man's way in raising children also plays a role in causing children to become temper tantrums. An overly pampered child, and always gets what he wants, can have temper tantrums when he wants rejected (Mashar, 2015).

CONCLUSION

This research proves that there is a decrease in the incidence of temper tantrums in toddlers in Pakisaji District before and after receiving therapeutic group therapy. However, this increase cannot be declared effective enough when compared to the control group. There are many things that influence the effectiveness of therapeutic group therapy, especially parental parenting patterns.

SUGGESTION

The next suggestion can be developed by researching other factors that influence the effectiveness of implementing therapeutic group therapy, so that the implementation of therapeutic group therapy can be better and can be applied to children to reduce temper tantrums.

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