

## URGENCY OF PARENT'S INVOLVEMENT IN BUILDING PRESCHOOLERS'S PEACE OF MIND

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### Abstract

Preschoolers (5-6 years old) are children who are still in the early age range. Bullying and violence (child abuse) events become an important issue that needs to be of great interest after much news about both. Being the subject of bullying and child abuse, of course the child will bring up a variety of responses one of them aggression behavior. A difficult thing for an individual including a parent to be able to control everything that comes from outside the child, but building a fortress of strength from within the child is the most likely thing to do. One effort that requires a strong role of the family in dealing with these issues is to build a peace of mind on the child. The mind of peace has three patterns, among which are: developing the idealist mind-humble, self-controlling, and disagree-tolerance. Parents can learn, practice, and help children to build a peace of mind with these three patterns in order for the child to remain resilient to the unpleasant treatment they receive.

**Key words:** peace of mind, parent's involvement

### INTRODUCTION

At the age of 5-6 years old, Children are in the stage where they possess rapid development. So, they belong to the phase of *the golden age*. In this phase, if children receive proper stimuli, they will develop optimally. On the contrary, if they receive less proper stimuli, their development will be hampered.

Children possess a rapid development. However, they are also potential to various problems, one of the problems is maladaptive behaviour. A potential maladaptive behaviour in children is aggressive behaviour. Most of the children show physical aggressive behaviour during childhood, and most of them will learn to show it in the other forms before they are in Elementary school (Tremblay, 2004).

Attempts are needed to prevent children from increasing the quantity and the quality of their aggressive behaviour (Ostrov, 2009). One of the attempts can be made by improving the important role of parents in optimising the children's development. Parents possess an important role in the development of early childhood since they become the primary and the first teacher of their children (Supriyanto, 2016). Furthermore, Early

Childhood Education Institution (PAUD) shall work together with three important elements namely counsellor, teacher, and parents in handling the children's problems (Rohmadheny & Saputra, 2017), including the emerge of children's aggressive behaviour.

One of the parents' roles that supports the success of school purpose is to build the children's peaceful mind. So, they will learn to have peaceful mind since the early ages. This is important because it makes the children learn to reduce their desire of hurting other people they do not like.

To make it more acceptable for children, the building of peaceful mind needs to notice the surrounding' culture. This is in line with a program in Bandung that promote Sunda culture-based character education (Hasanah, Gustini & Rohaniawati, 2016) The development of peaceful mind that based on local wisdom is essential to reduce the children's desire to hurt other people intentionally or accidentally.

One of local culture which can be the basis for children to have a peaceful mind is the advice of *Markesot*. *Markesot* is the personification of an Indonesian humanist, Emha Ainun Najib, and his friend. This paper quotes the result of the study on

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the identification of peaceful mind based on the advice of *Markesot Markesot* by using the hermeneutic method of qualitative study. The findings of this study will be the guide for parents in teaching their children peaceful mind.

### RESEARCH METHOD

This paper quotes the results of the study on the identification of peaceful mind based on the advice of *Markesot* by using hermeneutics method of qualitative study. Specifically, this study applied Gadamerian hermeneutic to reveal the meaning behind the text of *Markesot Bertutur (Markesot says)*. Gadamerian Hermeneutic is an objective hermeneutics study.

The findings of this study will guide the parents in developing the peaceful mind of preschool children in the age of 5-6 years old. So, the parents actively take parts in the attempts to keep children from easily perform violence that harmful to themselves and others. The parents' role, in this case, is essential since the formal education institution will not reach its goal without the parents' awareness and vital role.

### RESULT AND DISCUSSION

The parents possess an important role in developing children' peaceful mind (Orpinass et al., 2000). So children can reduce their desire to hurt other people physically or psychologically aggressively. If this attempt succeeds, it will lead to a safe and comfortable situation for children and results in their optimal self-actualisation. Furthermore, an anti-violence promotion will improve the learning environment and will not interfere the children' learning process (Twemlow et al., 2001).

To develop children' peaceful mind, Parents can adapt the findings of this study on peaceful minds based on the advice of *Markesot*. The findings of the study stated that peaceful paradigm of *Markesot* consists of three forms namely (1) if I am an idealist of a truth, I shall be more humble on my idealism; (2) If I agree with others' opinion, I need to control myself from forcing other people to follow my assent; and (3) If I do not agree with others, I need to be tolerant of diversity. Three peaceful paradigms will be taught by the parents to their preschool children so they will reduce the desire to be aggressive.

Children' peaceful paradigm is essential to

be developed since early ages, so in their adulthood, they will be peace-loving individuals. Further, the parents' role is vital in developing children' peaceful mind development. The important role of parents in building peaceful mind shall be carefully considered based on the analysis on the big change on the globe, particularly in various cases of violence (Binggao, 2012) Peaceful development on the children is essential, as it has been done in China where they emphasize the peaceful development of China' citizen (Jiabao, 2004; Wang, 2010; Yi, 2005).

Children with a peaceful mind will be an Individuals who can manage themselves and not to be aggressive. This habit will be embedded within themselves when they are adult. The result of studies showed that the training program on peaceful mind results in the decrease of aggressive behavior, violence, or hassle in the school (Orpinas, 2000) In Sweden, there is a program called "The Dream of the Good" (DOGD) which attempts to develop a nonviolent behavior and character on children (Sommerfelt & Vambhemim, 2008) Particularly on the preschool children, peaceful mind training program is made to promote the development of the ability of social, cognitive, and conflict resolution on preschool children

In the educational setting, an attempt to develop children' peaceful mind is known as peace education. Peace education will not optimally reach its goals if only involve the school parties. The parents' role is vital to bolstering the school in reaching the goals of peace education. Johan Galtung describes peace as freedom of violence, not only personally or directly, but also structural or indirectly. (Castro & Nario-Galace, 2008).

Peace Education refers to the teacher who teaches about peace: why it does not exist and how to reach it. Further, teacher teaches the challenges in reaching peace, develops nonviolence skill and promotes peaceful attitude (Harris, 2004). Peace education is an education that promotes a culture of peace, it cultivates the knowledge base, skills, attitudes and values that seek to transform people's mindsets, attitudes and behaviors that, in the first place, have either created or exacerbated violent conflicts (Castro & Nario-Galace, 2008).

Peace education possesses high urgency and potency to be implemented in elementary education in Indonesia (Saputra, 2016). Particularly, the implementation of peace education

in counselling setting is called as peace counselling (Saputra & Handaka, 2017). Peace education can be implemented by Islamic perspective if it is implemented in an Islamic-based institution (Saputra, Widiyari, & Dina, 2017). The concept of peace education needs a real application to educational actors to form a community without violence. Studies showed that peace builders become a program that succeeds in reducing children aggressive behaviour (Embry et al., 1996; Flannery et al., 2003).

Based on various opinions and result of studies, parents need to be deeply involved in supporting the attempt of establishing the culture of peaceful mind since early childhood. It is important to motivate the parents in learning how to teach peaceful mind on children. So, children can keep themselves from aggressive behaviour that harms themselves or others.

### CONCLUSION AND SUGGESTION

The cultivation of peaceful mind on preschool children is essential to support their optimal development. Parents take an important role in cultivating the peaceful minds of children. An attempt can be made by the parents is by training three forms of peaceful mind based on the study on the advice of *Markesot*, namely (1) if I am an idealist of a truth, I shall be more humble on my idealism; (2) If I agree with others' opinion, I need to control myself from forcing other people to follow my assent; and (3) If I do not agree with others, I need to be tolerant of diversity. Based on the conclusion above, The parents shall always be consistently involved in teaching peaceful mind on children, so they can reduce the desire of hurting others physically or psychologically.

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