

"JITU" STRATEGY (DON'T PANIC, BE CALM AND SWEAT) AS AN EFFECTIVE APPROACH IN HANDLING CHILDREN'S TANTRUM TO SUPPORT SOCIAL DEVELOPMENT

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ABSTRACT

Tantrums are a form of emotional expression that is often experienced by early childhood and can interfere with social development if not handled properly. This article discusses the "JITU" strategy (Don't Panic, Calm, and Rub) as an effective approach in dealing with children's tantrums. Through a descriptive qualitative method, this study was conducted at ABA Kapas Bojonegoro Kindergarten with observation, interviews, and documentation. The results show that the "JITU" strategy can help parents and teachers respond to tantrums more calmly and empathetically. This approach can create a sense of security for children, build emotional closeness, and support children's ability to manage emotions and interact socially. Thus, this strategy plays a role in developing positive character.

Keywords: Tantrums, JITU strategy, social development, early childhood, empathetic approach.

INTRODUCTION

Early childhood development is an important foundation for the next stage of life. One aspect that needs to be considered in this stage is social development, which includes the child's ability to interact, cooperate, and understand and manage emotions. However, in practice, early childhood often faces challenges in controlling emotions, one of which is through tantrum behavior (Liani & Fauziyah, 2023)

Tantrums are behavior that occurs in early childhood as a form of emotional outbursts that they cannot control properly, behavioral expressions that appear can be crying, screaming, screaming, stomping feet, rolling on the ground, or even aggressive actions such as hitting, kicking or even hurting yourself by banging your head on the floor, and running around aimlessly while crying (Syamsuddin, 2013). Tantrums usually appear as a form of rejection of unfulfilled desires or the child's inability to express their desires or can also be caused by inappropriate parenting. Many parents and educators find it difficult to deal with children's tantrums (Muizzulatif & Machmud, 2022). In the context of early childhood education and parenting at home, parents and teachers need to have effective strategies in dealing with tantrums. Inappropriate strategies, such as shouting, threatening, or even ignoring children, can actually worsen the situation and form

unhealthy communication patterns, therefore, a more empathetic and targeted approach is needed (Pradipta et al., 2021).

Previous research by Inayah & Afrianti, (2024) provides an overview of the characteristics and factors that cause children to be angry in children aged 4-6 years and how tantrum behavior can affect children's social interactions with peers. Meanwhile, research by Jiu et al., (2021) explains how to identify forms of tantrums and triggers for tantrums in early childhood and how to calm children with tantrums by hugging them. Both studies focus on identifying tantrum behavior and early handling strategies for early childhood who experience emotional outbursts, both in terms of causes and impacts on children's social relationships. However, there has not been much research on dealing with children with tantrums, especially those developed in the form of practical guides for parents and educators. Therefore, this study is presented as an empathetic alternative by offering the "JITU" strategy (Don't Panic, Calm Down, and Rub) as an effective approach that not only calms children but also supports their social development optimally.

This strategy emphasizes the calm attitude of adults, a loving approach, and emotional closeness built through touch. This study will dig deeper into the effectiveness of the "JITU" strategy in handling tantrums and how its implementation can support children's social development. Through a descriptive qualitative approach, the author tries to examine this strategy not only from a theoretical perspective, but also through real practices in the family and school environment.

LITERATURE REVIEW

1. Tantrum behavior in early childhood

Tantrums often occur in early childhood aged 2-6 years and can even be up to 12 years (Prutipaisan et al., 2025), children tantrums do not recognize the place, can occur at home, school, even in public places. Common causes of tantrums are caused by: a. Frustration, this condition is caused by children not being able to express what they want, children feel frustrated and disappointed, it can also be because parents are not yet able to understand what is wanted or parents can also be slow in responding to children's desires. b. Fatigue or hunger, this physical condition such as tired, tired or hungry can reduce children's concentration to the point of triggering feelings of disappointment, it can also be caused because parents do not recognize the child's condition when tired or hungry, which leads to tantrums. c. Parenting, inappropriate parenting styles can also cause children to tantrum (Rifdatul et al., 2021)

Tantrum conditions experienced by children often also occur because they witness the channeling of emotions from parents, changing moods of children, experiencing discomfort, inconsistent parenting patterns, children seeking attention, children being disturbed by people around them and children's desires not being fulfilled according to their expectations. The attitude that can be taken by parents is to immediately fulfill the child's desires, ignore, shout and calm them down. This method has an impact on future development. This condition can be explained that if the child's desires are immediately fulfilled, the impact is that the child can immediately calm down or return to normal conditions, but on the other hand this experience will be used as an effective way to get what they want. Parents ignore children who are having tantrums, this has an impact on children who will learn and have less respect for social conditions in the surrounding environment, because children learn from the experience of being ignored, if parents respond by shouting, the impact is that tantrum behavior will increase or will stop with feelings of fear, this condition has an impact on child development, children become insecure and afraid to make decisions. Therefore, it is important for parents to have the right strategy in dealing with tantrums so that children grow up with good social emotional intelligence (Imrotul, 2024)

2. Parenting strategies for dealing with tantrums

Effective parenting strategies are needed to handle tantrums positively. Fattikasary & Wulandari, (2022), divides parenting patterns into three, namely protective, authoritarian, permissive, neglective and democratic. Protective parenting style, parents provide excessive protection to children, do not give children space to decide for themselves, authoritarian parenting style, parents do not give space to express opinions and do not listen to children's opinions, permissive parenting style, parents give excessive freedom and tend to fulfill all children's desires, and neglective parenting style, parents do not pay attention to children's needs, do not have strict control, and do not listen to children's opinions, and democratic parenting style, parents prioritize open communication and empathy. The democratic parenting style is considered the most effective. Parents or teachers are expected not to respond to children's emotions with emotions, but to provide a calming response.

3. "SUREFIRE" Strategies for Dealing with Tantrums

The Central Statistics Agency (BPS) estimates that the population of early childhood in Indonesia will reach 30.73 million in 2022. In 2019, the incidence of tantrums in Indonesia reached 152 per 10,000 children (0.150.2%), a sharp increase

compared to ten years ago which was only 2-4 per 10,000 children (Putri, 2020). In Indonesia, 23-83% of children aged 2-4 years have experienced tantrums within one year (Rahmawati, 2024). The "JITU" strategy is an abbreviation of Don't Panic, Calm, and Rub, which is an approach that emphasizes adult self-control when dealing with children who are having a tantrum. This strategy is based on the principle that children need calm from their surroundings to be able to calm their emotions, managing emotions is greatly influenced by social support and the surrounding environment (Puspitasari & Hidayat, 2023).

4. Social development of early childhood

Children's social development includes the ability to understand other people's feelings, establish relationships, and manage social interactions positively, children who are able to manage their emotions well tend to be more adaptable in social environments. Therefore, proper emotional management during tantrums also has a significant impact on children's long-term social development (Anzani & Intan Khairul Insan, 2020).

METODOLOGY

This study was conducted as a case study focusing on students who have a habit of tantrum behavior if environmental conditions do not support the child's wishes. With a qualitative descriptive approach, this study explores the experiences of teachers in dealing with tantrum children at ABA Kapas Bojonegoro Kindergarten. Qualitative research methods are based on the philosophy of epistemology, used to research natural object conditions, where researchers play an active role in the process of implementing the JITU strategy in dealing with tantrums built through interactions between researchers and participants (Creswell, 2014). The subjects of the study involved one student and one class teacher, with data collection through interviews, observations and document analysis. The purpose of this process is to obtain information on the child's initial behavior, how the application process is, and the final results in implementing the JITU Strategy as an effective approach in dealing with children's tantrums to support social development. Can the strategy help parents and teachers in dealing with children's tantrums effectively, build better emotional relationships between children, parents, and teachers, foster better positive social development between children, parents, and teachers, and can reduce the frequency and intensity of tantrums with a calming approach. The strategy has been implemented for one academic year 2024-2025 by building commitment between teachers and teachers, teachers and parents, teachers and children, and children and children consistently with the same language and attitude when

children experience tantrum behavior. This condition is built to provide a positive message to children that everyone is paying attention with the same love and affection.

RESULT AND DISCUSSION

Based on the results of observations, interviews, and documentation at KB ABA Kapas Bojonegoro, the "JITU" Strategy has been proven to have a positive impact in overcoming tantrums in children. This strategy consists of three stages, namely Don't Panic, calm and stroke which psychologically provide a sense of security, comfort and as a form of love hormone in children. The following is a description of each step and findings in the field: 1) Don't panic is a behavior that can be created by parents or teachers when suddenly a child has a tantrum for an unclear reason. The attitude that parents or teachers need to get used to is a. Don't react immediately with anger or frustration. This attitude needs to be avoided by parents or teachers when dealing with children who are having tantrums, this will help calm the child down, if parents or teachers respond to children who are having tantrums with anger, it will worsen the situation and parents or teachers will be motivated to hurt the child verbally or non-verbally, such as cursing, shouting, pinching, and hitting, even worse if the tantrum occurs in a public place, parents feel embarrassed, then the child will be dragged and scolded 1000 words, even more extreme, the child is put in a room and locked. So, in this case, parents need to be aware that anger will have an impact on the child's development, including the child will imitate the behavior of the parents, the child is easily nervous, hesitant in making decisions, and has low emotional intelligence (Issarraras, 2017). b. take a deep breath and keep your emotions under control. The benefits of taking a deep breath will reduce stress and anxiety: Deep breathing techniques can lower levels of stress hormones such as cortisol, thereby helping to calm the mind and reduce feelings of anxiety. So that when dealing with a tantruming child, parents will be able to control their emotions (Nuramdani, 2022). In this condition, parents or teachers can strengthen it by reading *istiqfar* to Allah SWT, while asking for help and protection from Allah so that they do not lose control in dealing with a tantruming child. One of the techniques applied by teachers when dealing with a tantruming child is the breathing technique according to the IHF (Indonesia Heritake Foundation), namely: a. Take a deep breath, play a song/music that makes you comfortable. Sit quietly and free your mind from anything that interferes with concentration and causes negative emotions (stress). b. Close your eyes and focus your mind on the heart area, place your palm on the upper left chest, where the heart beats. c. Take a deep breath using the diaphragm muscle which widens the lungs. Inhale, hold for a moment, then exhale. Do this 3 times. d. Continue by continuing to inhale, hold for a moment while telling yourself "Today I want to be happy"

and "I want to throw all emotions into the vast ocean." e. After all emotions are 'thrown out', bring up feelings of happiness and love. f. Feel the feelings of happiness and love in your chest, and spread them to all cells in your body. g. If you feel calm enough, open your eyes slowly and say thank you to God. c. Remember that tantrums are part of a child's development. Parents or teachers in this case need to have mind perception skills, where if parents or teachers are angry when handling a child who is having a tantrum, they must remain in a healthy state of mind and heart, and realize that tantrums are normal behavior during a child's development, realize that children need help in managing their emotions and need to be handled properly, so that positive behavior will grow in the future. 2) Be calm, be calm physically and mentally, when a child is having a tantrum, the steps that parents or teachers can take at this stage are: a. Be calm and avoid shouting or threatening the child, b. Use a soft voice to give a sense of security to the child, c. Understand the child's wishes, invite him to tell the story slowly, if the child is not ready, the parent or teacher just has to watch and give the child time to express his emotions first. d. If possible, take the child to a quieter place. 3). Rub, affectionate physical contact, at this stage parents or teachers can practice the hadith of the Prophet Muhammad SAW, when angry, namely, if the child is tantruming in a standing position the teacher can invite the child to sit, if the tantrum is in a sitting position, invite the child to lie down or take a sleeping position, at this stage parents or teachers can manifest in the form of positive behavior by: a. Gentle touch such as rubbing the back or head, this can provide a calming effect and present religious strength by reading prayers and verses of the Qur'an and say "Abi calm down, take a breath, calm down". b. Show empathy by approaching and adjusting body language by occasionally building effective communication by asking the child, by saying, such as "Dad is sad, what do you want, mom is ready to listen, I want to tell you", if the child is not ready, the parent or teacher continues the communication in a low voice, by saying "Okay, mom is patient waiting for you to tell me, you can cry or be angry, I'm sorry if you don't understand what you want". c. After the child starts to calm down, talk to him in a comfortable tone and be a good listener, when the child is ready to tell you what the problem is. d. Give appreciation if the child succeeds in managing his emotions by saying "Thank you, Dad, for your cooperation in being a patient child" or can also give an expression by pointing your thumbs and hugging. e. Do the same thing consistently in these stages, in dealing with a child who is having a tantrum.

The JITU strategy has been applied to children who have repeated tantrums with different children every year. This strategy is very effective for use by parents and teachers, but it must be realized that this strategy requires a process that is not short, it needs to be

done repeatedly consistently, with commitment, patience and resignation. And it requires support from all parties involved such as parents, school residents (teachers, students, school guards), and the community. An example of a case of a student named Abi, is a child who was entrusted by his parents to the ABA Bojonegoro educational institution for 2 years. When Abi first became a student, Abi had extreme tantrum behavior, such as hitting, throwing, screaming and hurting himself. Initially, the teachers panicked with Abi's condition, and the teacher was often the target of Abi's anger, such as being hit, bitten, and damaging the teacher's clothes. Thanks to the cooperation and consistent attitude of all school residents in implementing JITU, Abi is now an independent, responsible, and patient Abi. Able to control emotions well and Abi found a way to control his own emotions by holding hands and reading istiqfar.

The JITU strategy is more effective to implement, because this strategy is developed by looking at the conditions and needs of the child's development, providing space for children to think, in identifying their problems and being able to decide on the right solution for themselves, the JITU strategy uses an effective high thinking communication approach, and provides appreciation for the child's achievements without conditions. To achieve maximum results, the school provides parents with the implementation of the JITU strategy through educational parenting activities, and the result is that Abi in the past is different from Abi now, parents and teachers feel more confident in handling tantrums because they have found the right and effective ways and strategies.

CONCLUSION

The "JITU" strategy (Don't Panic, Calm, and Rub) has been proven effective in dealing with children's tantrums with a gentle approach, full of empathy, full of patience, full of affection and effective communication high thinking, children feel understood, appreciated, and accepted. This contributes positively to children's social development, especially in building the ability to regulate emotions, communication, and healthy social interactions. This strategy can help calm tantrums emotionally, but it can also strengthen the emotional relationship between children and parents and children and teachers. It is recommended that parents and teachers apply this strategy consistently and with commitment accompanied by a deep understanding of children's emotions.

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