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KNOWING ABOUT CHILDREN EMOTIONS AND THEIR DEVELOPMENT IN CULTURAL CONCEPTS

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ABSTRACT

Research on children's emotions and their development in cultural concepts is an understanding of emotions, concepts, forms and interactions that involve the cultural context around the child's environment. The method used in this literature is qualitative using literature research techniques with children as subjects. This research also aims to understand children's emotional development in cultural concepts which involves collecting data through understanding and learning theories from various relevant literature. From a psychological perspective, emotions are described as temporary psychophysiological reactions that include subjective feelings, bodily sensations, and behavioral tendencies. Emotions, ranging from fear, anger, jealousy, sadness, curiosity, joy to compassion, have a significant impact on a person's mental and physical health and social interactions. In particular, cultural norms and values have a major influence on the expression, perception, and management of emotions. Susanti (2014) outlines seven main emotions: fear, anger, jealousy, sadness, curiosity, joy, and affection, each of which shows different behavioral and physiological patterns. For example, fear includes feelings of shame, discomfort, and anxiety, while anger is an impulsive or distressing response caused by obstacles or disappointment. Apart from that, parental influence also plays an important role in children's emotional development. Multicultural parenting styles, which combine different cultural norms, result in a unique approach to emotional parenting. However, cultural distance can cause differences in emotional expression between family and society. Cultural differences not only influence individuals' emotional experiences, but also shape social standards about how emotions are expressed and resolved. To understand emotions, we need to understand the underlying cultural dynamics.

Keywords: Emotions, Cultural Context, Conceptual

INTRODUCTION

Emotions are the main foundation that shapes and influences the development of mental strength. The definition of emotion can be influenced by various circumstances that produce an effective response at the behavioral level. Emotions in early childhood are influenced by the way parents are raised, the culture of the surrounding environment, community socialization which can influence the child's behavior. Emotions in early childhood also involve strong emotions, usually conveyed through various means, both verbal and nonverbal, which reflect the individual's personality and ability to exercise self-control and patience.

Culture as a complex and abstract way of life plays an important role in determining human communication behavior, especially in early childhood, children's communication behavior can be absorbed quickly and applied in everyday life because children at an early age are also called the "Golden Age". . Cultural differences in understanding and expressing emotions can create difficulties in intercultural communication. Emotions are fundamental. aspects of human experience, influencing behavior, social interactions, and personal well-being. Studies explaining emotions in early childhood are a major focus in many fields, including psychology, sociology, anthropology, and neuroscience. However, understanding emotions is not easy, emotions can develop as children grow, influenced by cultural, social and biological factors. Additionally, the concept of cultural emotional literacy includes understanding the different types of emotions, how they are regulated, and how they interact in social and environmental contexts. For example, some cultures may have richer vocabularies for describing different shades of emotion, while other cultures may follow certain social conventions in expressing certain emotions.

Emotional expression in early childhood can be influenced by biological factors from birth, but understanding emotional development in a cultural context will provide insight into personal identity, relationships between individuals and the formation of cultural identity. Research on emotions in cultural contexts can help identify universal patterns and specific differences between cultures, which is important for developing more effective psychological interventions to support mental and emotional health across cultures.

METHOD

This research aims to understand the development of emotions in cultural concepts using qualitative literature research methods, which involve collecting data through understanding and learning theories from various relevant literature. In Sugiyono 2010 it was stated that data analysis activities include data reduction, data presentation and drawing conclusions. In this research, data collection was obtained from scientific articles and journals in accordance with this research aimed to find out knowledge about children's emotions and their development in cultural concepts with research subjects, namely children. The library materials obtained from various references are analyzed critically and must be deep to support the propositions and hypotheses.

Sarwono 2006 stated that literature study is the study of data from various reference books and research results of previous research that is relevant to the research to obtain a theoretical basis for the problem to be studied. The main goal of qualitative research is to understand phenomena or social

symptoms with a focus on a comprehensive understanding of the phenomena being studied, rather than reducing them to variables that are related to each other.

RESULT AND DISCUSSION

A. About Children and Emotions.

Early childhood refers to children in the age range of 0-8 years old. According to Beichler and Snowman (Pebriana, 2017), early childhood refers to children between the ages of 3-6 years old. The essence of early childhood is that it is a unique individual with growth and development patterns in physical, cognitive, socioemotional, creativity, language, and communication aspects that are specific and appropriate to the stages the child is going through. The early childhood period is often referred to as the "golden age" or the golden period. During this time, almost all of a child's potential experiences a sensitive period of rapid and significant growth and development. Each child's development is unique because every individual has different developmental trajectories.

From various definitions, researchers conclude that early childhood refers to children aged 0-8 years old who are in a stage of growth and development, both physically and mentally. Early childhood is a sensitive period for various aspects of development, including the early development of physical motor skills, language, socioemotional, and cognitive abilities. According to Piaget (Pebriana, 2017), children go through four stages of cognitive development, namely the sensorimotor stage (0-2 years old), preoperational stage (2-7 years old), concrete operational stage (7-11 years old), and formal operational stage (11 years old and above). The characteristics of early childhood involve individuals who have a relatively rapid level of development and are responsive to various aspects of development.

In summary, early childhood refers to the age range of 0-8 years old and is characterized by rapid growth and development in various aspects, including physical, cognitive, socioemotional, creativity, language, and communication. It is a sensitive period where children are highly responsive to stimuli and experiences, shaping their developmental trajectories.

In everyday life, the term "emotion" is often understood differently from the concept used in psychology. Psychologically, emotion refers to the manifestation of feelings that arise as temporary psychophysiological responses, which can be subjective and fluctuating. Emotions can vary between positive and negative, and psychologists investigate this phenomenon by considering its urgency and its impact on the mental and physical well-being of individuals, as well as their behavior in personal and social contexts (Prawitasari, 2016; Mayer, 2004).

The definition of emotion emphasizes that it is a complex state involving organisms, characterized by strong feelings that often accompany noticeable physical changes. Emotion is marked by the strength of feeling that drives individuals towards various forms of behavior or specific actions, closely related to bodily conditions including heart rate, blood circulation, and respiration. The expression of emotions can vary, ranging from smiles, laughter, to tears, and emotions can provide a strong subjective experience, often accompanied by physical changes in

blood circulation and respiration, as well as actions indicating the emotional state (Mayer & Salovey, 1993; Miller, 2003).

Another perspective portrays emotion as a primary foundation in shaping and developing an individual's mental strength (Colangelo et al., 2004). Understanding emotions is not limited to the aspect of feelings alone, but also encompasses all states within the individual that exhibit effective tones, whether in low or high intensity. Emotion can also be interpreted as an intense feeling transmitted to others or specific objects through various means, including words, writing, or actions, whether negative or positive. Furthermore, emotions also reflect an individual's character and serve as an indicator in evaluating self-control and patience. Questions often arise regarding the relationship between emotion and culture or customs associated with the social and cultural context where individuals reside, and whether emotional responses to similar situations or issues may differ depending on the cultural context.

There are various perspectives on emotions in different cultures, influenced by social norms, individual experiences, religion, and traditions. Cultures that are more expressive and those that are more subdued differ in how they express their emotions. Similarly, beliefs about the origin of emotions are influenced by culture, with some cultures believing that emotions originate from the heart or the brain. The way individuals express and respond to emotions is also shaped by social and religious rules within their culture. Some studies suggest that biological factors, ingrained since birth, can influence how individuals express emotions, which may have a common basis across all cultures, independent of cultural influence. The theory proposed by Darwin, as explained by Matsumoto & Juang (2013), states that humans express emotions through their faces in a uniform manner worldwide, regardless of race or culture.

In general, emotions are a process in which someone conveys subjective messages to others about the events they have experienced. Each culture has different perspectives and values in conveying emotional messages. According to Ekman, cultural differences also influence how individuals express their emotions, including when, where, and to whom they show or conceal their emotional expressions. Therefore, cultural differences often lead to difficulties in understanding and expressing emotions accurately according to the prevailing norms. This is known as "emotionally illiterate" or a lack of ability to understand and express emotions correctly.

Research also indicates that people from different cultures tend to agree on the most prominent emotional messages conveyed through universal facial expressions. For example, research by Yizarry, Matsumoto, and Wilson-chon, as cited by Matsumoto & Juang (2013), found differences in the evaluation of the level of smiling and non-smiling (neutral) between Japanese and American individuals in relation to attributes such as intelligence, attractiveness, and sociability. Smiling faces of Americans were rated as more intelligent than neutral faces of Japanese individuals. Although both have smiling faces considered friendlier than neutral faces, the difference in evaluation is greater among Americans.

B. Forms of Emotions.

Knowing About Children Emotions and Their Development in Cultural Concepts

According to Susanti (2014), various emotions are divided into seven points, including fear, anger, jealousy, sorrow, curiosity, joy and affection. From this statement it can be classified as an emotion because each point describes a conscious feeling that drives the individual to be moved and influences behavior, so emotion is referred to as (a state of being moved). Emotion is a condition of being moved with components of subjective appreciation of feelings, impulses to act and awareness. (awareness) about the feelings he is experiencing. (Semiawan), (Susanti, 2014). The following explains the various emotions according to Susanti, 2014:

1. Fear

The emotions felt in fear are generally related to shame, awkwardness, worry, and anxiety. Shyness is the influence of fear that can encourage individuals to withdraw from relationships with strangers. Awkwardness is a fearful reaction to people, not to objects or situations. Worry is a delusion of fear that is created from fear, causing anxiety for no reason. Anxiety is an unpleasant mental state related to threatened or imagined pain. It is characterized by worry, discomfort, and bad feelings that a person cannot avoid.

2. Anger

Anger is an expression that is more often expressed in childhood than fear. Triggers for anger include: obstacles to the child's desired movements, obstacles to activities that have already been started, obstacles to desires or intentions, and accumulated discomfort. Reactions to anger can be divided into two groups, impulsive and repressive. Impulsive reactions are often called aggression and are often directed at other people or objects. Meanwhile, the reaction that is repressed is always in a state of control or repression, for example: he is indifferent, indifferent (this is called: command, namely exemption from punishment).

3. Jealousy

Jealousy is a normal reaction to the loss of love or affection, whether real, imagined, or threatened. Jealousy arises from anger that causes irritation and is directed at other people. Jealousy patterns often result from a combination of anger and fear. The causes of jealousy can be explained in the following example.

   a. Children's jealousy of the home environment. Situations in the family environment, such as jealousy towards new siblings.

   b. The social situation at school causes feelings of jealousy in older children. This arises from jealousy at home and is brought to school.

   c. Arising from feelings of envy, a state of anger or revenge directed at someone who is jealous of something. This is because children feel neglected when they have to have the same things as other children.

4. Grief

Grief is psychological trauma and emotional suffering caused by the loss of a loved one. In its milder form, it is called "pain" or sadness. Grief reactions to the loss of a loved one or something can be visible or suppressed. For example, crying (a visible reaction), or apathy,

namely loss of interest in what is happening around you, decreased appetite, sleep disturbances, etc.

5. Curiosity Children

    Who have high curiosity have the following characteristics:

    a. React positively to new, strange, inappropriate, or mysterious elements.

    b. Shows a desire to know more.

    c. Observing the environment to look for new experiences, and

    d. Carefully examine or explore the stimuli with the aim of discovering the uniqueness of these elements.

6. Feelings of Joy

    Joy is a pleasant emotion, which is also known as joy, pleasure, or happiness. Every child has different interactions with joy and ways of expressing it. There are various forms of joyful reactions, including: silence, calm, complacency, to overflowing with joy.

7. Affection

    Affection is a feeling or emotional reaction that arises towards a person, animal, or object. This shows warm affection, both physical and verbal. This develops through the learning process. Affectionate response, especially through friendly, attentive, and habitual behavior.

C. Differences In The Meaning Of Emotions For Parents And Multicultural Behavior.

Culture has various meanings according to different experts from various perspectives. Sowden (2007) defines culture as a traditional social system, art, and thinking patterns historically associated with a particular social group or nation (Syaputri et all, 2021).

According to Moran (2001), culture is the way of life of a group of people that is constantly changing, consisting of a series of practices related to a set of products, based on a set of perspectives, and occurring in specific social contexts. This definition considers culture as a multidimensional phenomenon, consisting of five interrelated dimensions: products, practices, perspectives, society, and individuals. Moran (2001) also presents a model that includes both visible and hidden aspects, like an iceberg with the tip above water and the base submerged in water. This definition also implies that culture is dynamic, connected to the past but also moving forward and changing. The dynamism of culture is closely related to human nature, which actively changes products, practices, and societies where culture exists (Syaputri et all, 2021).

Culture also influences understanding and emotional expression. Cultural differences can cause variations in understanding and emotional expression, such as the location affecting the formation of emotions.

Furthermore, culture is an inseparable part of human nature, leading many people to view it as a genetic heritage that should be preserved. When someone tries to communicate with people of different cultures to accommodate their differences, it shows that culture is learned (Budiono & Masing, 2022).

Parents play a crucial role in the development of children's emotions, serving as the center in the early stages of a child's development. The emotional development of a child depends on their primary environment, which is usually the mother, and the experiences they gain from the mother can influence the child's growth.

Multicultural behavior can also affect understanding and emotional expression. In multicultural behavior, there are differences in emotional expression between home and public places, which can be caused by cultural and different norms.

Definitions of emotions can also vary between cultures. Emotions can be described as something we feel when they arise, and emotional experience is a condition or subjective feeling within ourselves.

The meaning of emotions for parents and in multicultural behavior can vary based on the culture and culture they adhere to. These differences may reflect how parents experience and express emotions, as well as how emotions may vary based on culture and the cultures involved.

There are various types of parenting styles that also influence children's social and emotional development. One of them is found in multicultural parents who combine parenting styles from their respective cultures. For example, the parenting style of parents from the Toba Batak tribe which is more rigid and prioritizes obedience to family rules, combined with the parenting style of parents from the Asahan Malay tribe which is gentler, full of affection and seems pampering. child. The combination of these two parenting styles creates a new parenting style where children receive two parenting styles from both parents (Rahman & Rahma, 2020).

Culture also influences a country's emotions, such as European American culture which emphasizes individuality and independence (Yang & Wang, 2020). In Australia, expressing feelings and thoughts is very important, whereas in Indonesia it is important to maintain a polite and considerate attitude towards others. Western and Eastern societies have different habits in expressing emotions and solving problems. The majority of Eastern families usually respect their elders and consider politeness as a custom in expressing emotions. On the other hand, Western families tend to be more open in expressing anger, parents to children or vice versa screaming and slamming doors are considered good ways to express anger (Puspakirana, 2014).

Various examples of emotional behavior can be influenced by genetic factors, living environment, parental educational status, parental temperament and behavior, level of socio-cultural activity, and also the number of children. Therefore, the emotional behavior of a country is certainly different from other countries depending on the culture displayed by that country and region.

CONCLUSION

The conclusion of this discussion is the importance of understanding emotions and their development in a cultural context. Thus, a good understanding of emotions and culture can influence how a person reacts to situations and acts in culturally diverse environments. Understanding emotions is very important in a cultural context because emotions have a significant role in social interaction,

communication, and individual adjustment to the surrounding environment. The above discussion discussing the meaning of emotions and their types provides deep insight into the complexity of emotions and how they influence human behavior. Besides that, the discussion about the differences in the meaning of emotions for parents and multicultural behavior shows that culture has a big influence on the way individuals interpret and respond to emotions. Children's emotions are greatly influenced by culture and the values taught by parents. Culture plays a significant role in the cognitive and emotional development of children as they learn and absorb many things from their surrounding environment. Parents have a primary role in introducing and teaching cultural values to their children, serving as examples in expressing emotions and interacting with others. Additionally, the environment, such as school, peers, and media, also influences children's perception and understanding of emotions.

In the context of parents, understanding emotions can help them understand their children's feelings and provide a wiser approach in educating and guiding them. Meanwhile, in the context of multicultural behavior, understanding emotions can help overcome differences in the way individuals from different cultural backgrounds express and interpret emotions. Thus, understanding the relationship between emotions and culture can help enrich interactions between individuals, strengthen social relationships, and promote mutual understanding and cooperation across cultures.

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