

Pola Asuh Orang Tua dan Tingkat Kemandirian Gosok Gigi Anak Usia Prasekolah Di TK Katolik Assisi Medan

Parenting Patterns and Level of Independence in Preschool Children's Teeth Brushing at Assisi Catholic Kindergarten Medan

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ABSTRAK

Pendahuluan Anak usia prasekolah (golden age periode) merupakan usia dimana anak menumbuhkan kepercayaan untuk menggali kemandiriannya. Salah satu bentuk kemandirian anak prasekolah dalam personal hygiene adalah menggosok gigi secara mandiri. Anak prasekolah rentan mengalami karies gigi akibat konsumsi makanan manis dan rendahnya kebiasaan menggosok gigi, sehingga diperlukan pola asuh orang tua yang tepat untuk menumbuhkan kemandirian dalam menjaga kebersihan gigi. Penelitian ini bertujuan untuk mengetahui pola asuh dan tingkat kemandirian gosok gigi anak prasekolah di Tk Katolik Assisi Medan. **Metode** yang digunakan adalah metode deskriptif dengan pendekatan purposive sampling. Sampel dalam penelitian ini sebanyak 35 responden. Teknik pengambilan sampel adalah Purposive sampling. Instrumen penelitian yang digunakan adalah kuesioner dari Tiarasukma pola asuh orang tua dan kemandirian gosok gigi. Hasil penelitian menunjukkan sebagian besar orang tua menerapkan pola asuh demokratis sebesar 62.9% dan tingkat kemandirian gosok gigi anak prasekolah mencapai 74.3%. **Diharapkan hasil penelitian** ini menjadi bahan pembelajaran kepada tenaga kesehatan dalam memberikan informasi kepada orang tua terkait penerapan pola asuh orang tua yang baik dan benar untuk membantu orang tua lebih mudah dalam mengajarkan kemandirian gosok gigi pada anak usia prasekolah.

ABSTRACT

Background Preschool children (golden age periode) are the age where children develop the confidence to explore their independence. One form of independence for preschool children in personal hygiene is brushing their teeth independently. Preschoolers are prone to experience dental caries due to the consumption of sweet foods and low teeth brushing habits, so proper parental parenting is needed to foster independence in maintaining dental hygiene. This research aims to determine parenting patterns and the level of independence in brushing teeth of preschool children at the Assisi Catholic Kindergarten Medan. **The method** used is a descriptive method with a Cross-Sectional approach. The sample in this study are 35 respondents. The sampling technique is Purposive sampling. The research instrument used is a questionnaire Tiarasukma on parenting patterns and independence in brushing teeth. **The research results** shows that the majority of parents implemented democratic parenting at 62.9% and the level of independence for preschool children in brushing their teeth reached 74.3%. It is hoped that the results of this research will become learning material for health workers in providing information to parents regarding the implementation of good and correct parenting patterns to help parents more easily teach independent tooth brushing to preschool children.

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Preschool Children; Brushing Teeth; Independence; Parenting Patterns

INTRODUCTION

Preschool children (*golden age period*) are children in the age range of 3-6 years. The preschool age is often also called *the golden age period* because it is during this period that brain cells develop rapidly so that it is easier for children to learn various physical skills, speak, and even try to grow confidence for themselves to explore their independence (Mulyanti et al., 2021). One form of independence instilled by parents in preschool in the form of personal hygiene is that early childhood learns to brush their own teeth and instills a sense of responsibility for their hygiene. Tooth brushing independence is taught at an early age on the

basis of the many dental caries phenomena that occur and preschoolers are one of the groups that are prone to high rates of dental caries (Pabidang et al., 2024).

Based on data from the World Health Organization (WHO), the incidence of dental caries in children reaches 60-90%. In Indonesia, this figure has reached 60% in 3-year-olds, 85% in 4-year-olds, and 86.4% in 5-year-olds. This shows that dental caries is very high among preschool age (Lestari & Mujiyati, 2019). According to the Ministry of Health (2018), almost 93% of preschoolers in Indonesia experience cavities, while only 1.1% of children aged 3-4 years have proper brushing behavior. This condition has not met the target set by the World Health Organization (WHO) and the World Dental Federation (FDI), which requires that 50% of children aged 5-6 years are free from dental caries and children aged 12 years do not have a dental caries index. This is because children's bad behavior who is lazy to brush their teeth after eating and before going to bed is often neglected because many parents who do not understand the importance of maintaining a twice-daily toothbrush routine, rarely monitor and teach dental health independence in children at an early age (Oktaviani et al., 2022).

Generally, preschoolers have a habit of consuming sweet foods and are high in pure sugar content such as chocolate and candy (Health et al., 2024). In addition, inadequate brushing routines, as well as the low socioeconomic status of parents which have an impact on the limitations in providing facilities such as toothbrushes so that it can cause dental caries if not treated immediately. In childhood, teeth are needed for chewing, helping with speech, maintaining facial balance, and supporting aesthetics, especially the first teeth which act as regulators of permanent tooth growth. Therefore, parents need to know how to take care of children's teeth properly, guide them in brushing their teeth properly, and train children to be independent in maintaining dental hygiene from an early age. Parents should ensure the child brushes his teeth 2 times a day for 2 minutes with a soft-bristled toothbrush, choosing an age-appropriate size for the child (toothbrush size 15-19mm) and a pea-sized fluoride toothpaste and post-toothbrush oral rinsing should be done to a minimum to maintain the effect of fluoride in the oral cavity (Khan et al., 2021).

The way parents guide children to be able to brush their teeth independently is through parenting. Fathers and mothers as the closest people to the child can teach how to brush their teeth by introducing and giving direct examples of personal hygiene tools such as brushing to children with a gentle, caring and affectionate attitude, giving children the opportunity to repeat these activities until the child is proficient and creating a pleasant atmosphere during brushing practice. So that in this way, good dental health maintenance behavior will form into a routine habit that is expected and will continue to be carried out until the child grows up (Razi et al., 2020).

Based on the results of an initial survey on the level of independence of brushing teeth at Assisi Catholic Kindergarten Medan, the results of interviews from 10 parents obtained 1 in 10 parents with children aged 4 years and 6 months said that their children were not independent to brush their teeth. 3 children aged 5-6 years are already independent in brushing their teeth. Meanwhile, 3 other children in the same age range are independent but still need parental supervision and help. Not only that, 2 children aged 6 years are also independent in brushing their teeth, while 1 other 6-year-old child is still not independent in brushing their teeth and is still dependent on their parents. The purpose of this study is to find out the parenting style and level of independence in brushing the teeth of preschoolers at Assisi Catholic Kindergarten in Medan in 2024.

METHODS

This type of research uses descriptive research with a *cross sectional design*. This study was used to observe, describe and document the parenting style and level of tooth brushing independence of preschool-age children at Assisi Catholic Kindergarten Medan in 2024. The population of this study is 282 complete parents (fathers and mothers) of grade B students at Assisi Catholic Kindergarten Medan. The sample of this study was 35 respondents, with sampling based on the limitations of inclusion criteria, as follows: One of the parents of students of class B at Assisi Catholic Kindergarten Medan, both father and mother who escorted / picked up children in the period from April 19 to May 7, 2024 and the age range of children was 4-6 years.

The variables in this study were parental parenting and the level of tooth brushing independence of preschool-age children at Assisi Catholic Kindergarten Medan. In this case, the validity and reliability of the questionnaire used by the researcher was not tested because it had been developed by previous researchers. The measuring tool for this research is a questionnaire (Nursalam, 2015). Parenting questionnaire, For parenting instruments, parents use parenting questionnaires (Tiarasukma, Intan (2022)). Includes 20 statement items using ordinal scales with values of Always (4), Frequent (3), Rare (2), Never (1). Then it was grouped into 3 categories, namely authoritarian parenting (<44), permissive parenting (44-56), and democratic parenting (>56). Toothbrushing independence instruments used toothbrushing independence questionnaire (Tiarasukma, Intan 2022). This questionnaire consists of 21 statements. This statement has 2 answer scales Yes and No. In a *favorable statement*, if the answer is Yes, it gets a score of (1) and No (0). Meanwhile, it is an *unfavorable statement*, if the answer is Yes (0) and No (1). A parenting questionnaire was adopted from the researcher (Tiarasukma, Intan (2022)). With the results of the valid test score of the parenting questionnaire obtained was $R_{count} > R_{table}$ with a table E value of 0.444 and 20 questionnaire statements were said to be all valid, while the reliability test value was ≥ 0.6 .

The parenting questionnaire was adopted from the researcher (Tiarasukma, Intan (2022)). With the results of the parenting questionnaire valid test scores, the results obtained were $R_{count} > R_{table}$ with a table E value of 0.444 and 20 questionnaire statements were said to be all valid, while the reliability test score was ≥ 0.6 . The tooth brushing independence questionnaire was adopted from researcher Pangesti (2019), with the results of the validity test score of r value calculated 0.466-0.504 with $r_{table} \geq 0.361$, while the reliability test score with Cronbach's Alpha value of 0.955 was the result of the test value $\alpha > 0.6$.

This research has received an Ethical Feasibility Statement by the Health Research Ethics Commission of STIKes Santa Elisabeth Medan with letter number No.067/KEPK-SE/PE-DT/III/2024

RESULT

The demographic data of the respondents in this study included the age of the respondents, the gender of the respondents, the respondents' occupation, the education of the respondents, the age of the children, the sex of the children, the order of the children, and the number of children. The study's specific data included the parenting category and the category of tooth brushing independence. The characteristics of the 35 respondents can be seen in the following table:

Table 1. Distribution of frequency and percentage of respondents based on demographic data

Age of respondents	(f)	(%)
26-35 years old	18	51.4
36-45 years old	15	42.9
46-55 years old	2	5.7
Respondents' gender		
Male	9	25.7
Female	26	74.3
Respondent's occupation		
Employees/TNI/Polri	5	14.3
Private employees	2	5.7
Self employed	10	28.6
Merchant	5	14.3
Housewives	13	37.1
Respondent education		
SD	1	2.9
SMP	3	8.6
SMA	15	42.9
College	16	45.7
Child's age		
4 years	3	8.6
5 years	11	31.4
6 years	21	60.0
Gender of the child		
Male	16	45.7
Female	19	54.3
Child Sequen		
First child	16	45.7
Second child	14	40.0
Third child	4	11.4
Fourth child	1	2.9
Number of children		
1 child	7	20.0
2 children	18	51.4
3 children	7	20.0
4 children	3	8.6

The results of the research on frequency distribution and percentage based on demographic data were obtained by the majority of respondents aged 26-35 years (51.4%), the most female respondents were 26 respondents (74.3%), the majority of respondents were housewives (37.1%), the last education of the majority of respondents was 16 respondents (45.7%), based on age, 21 children were at the age of 6 years (60.0%), Based on the gender of the majority of female respondents' children as many as 19 children (54.3%), based on the order of children the majority of the first respondent's children are 16 children (45.7%) sourced from the number of children, the majority of respondents have 2 children totaling 18 respondents (51.4%).

Table 2. Distribution of frequency and percentage of respondents by parental parenting category

Category Parenting	(f)	(%)
Democratic	22	62.9
Permissive	6	17.1
Authoritarian	7	20.0
Total	35	100.0

The results of the research were the distribution of frequency and percentage of respondents based on the category of parenting, democratic parenting as many as 22 respondents (62.9%), permissive parenting as many as 6 respondents (17.1%), authoritarian parenting as many as 7 respondents (20.0%).

Table 3. Distribution of frequency and percentage of respondents based on the category of tooth brushing independence level of preschool-age children

Categories of independence level of brushing teeth	(f)	(%)
Self-sufficient	26	74.3
Not independent	9	25.7
Total	35	100.0

The results of the research on the distribution of frequency and percentage of respondents were sourced from the category of the level of independence of brushing their teeth, independent as many as 26 children (74.3%), and non-independent as many as 9 respondents (25.7%).

DISCUSSION

Parenting Style of Preschool-Age Children at Assisi Catholic Kindergarten Medan in 2024

Parenting is a way that parents do to direct, care, regulate and habituate children with the aim of forming children's character. The good and bad of parenting is influenced by various factors such as age, education level, and parental work. The results obtained showed that most of the parents aged 26-35 years were 18 respondents (51.4%) with the last education of the majority of university respondents as many as 16 respondents (45.75%).

Hurlock's theory in [Adawiah \(2017\)](#), explains that the way parents raise children can be grouped into democratic, permissive, and authoritarian parenting. Factors that affect parenting include the age of the parents, the number of children in the family and the age of the parents. This is in accordance with [Maimunah Research \(2019\)](#) which also supports that the age of parents, especially mothers, affects readiness in carrying out parenting roles. Parents who are too young are not optimal in parenting. On the other hand, parents who are not too old can also affect their ability to carry out parenting roles effectively. In addition, education also affects parenting patterns, good education can provide the knowledge and skills needed in parenting compared to the knowledge of parents with a low educational background. Research by [Ratne et al., \(2019\)](#), explained that from 5 respondents with elementary education, parents apply protective parenting to children so that it has an impact on children becoming less independent in carrying out their own tasks. These results show that there is an influence between education level and parenting for children.

Another factor that encourages children to be taught more is the employment factor. Parents who work outside the home have limited time in educating their children compared to mothers who work at home (housewives). From the results of the study, it can be seen that the majority of respondents work as housewives as many as 13 respondents (37.1%). This result is supported by research by [Setianingsih et al., \(2019\)](#), parenting is also motivated by parental work. Parents who are often busy with work often give less time to guide and teach children at home. Parents who work outside the home will use the time after work to rest and only pay attention to their children as necessary. Unlike parents who spend a lot of time at home, parents

will spend more time with their children and pay more attention to their children in everything so that children can more easily learn to understand their world through parental care.

Each parent will take care of a child with a different parenting style and each parenting style has advantages and disadvantages in its application. The distribution data for the parenting category shows that most parents implement democratic parenting as many as 22 respondents (62.9%). Research by [Saputra and Yani \(2020\)](#) supports that parenting is one of the best parenting styles because it gives children the freedom to express their opinions and act as they wish, but still within the limits determined by parents. Research by [Sarif \(2022\)](#), states that the advantages of democratic parenting include increased children's confidence, ease of communication with others, the ability to control themselves, high curiosity, and displaying children's achievements. But the weakness is that sometimes children do not listen to their parents, want to win on their own, and there are often differences of opinion until there is a debate.

In addition, some parents implemented permissive parenting for 6 respondents (17.1%) and authoritarian parenting for 7 respondents (20.0%). Permissive parenting can form 2 children's personalities at once, this happens because parents give children full freedom to explore the surrounding environment. Research by [Tudang et al., \(2021\)](#) and [Subagia \(2021\)](#), also stated that the advantage of this parenting style is that parents do not apply many restrictions, if the freedom given can be used responsibly by children, then this parenting style produces a character that is not dependent on parents, has many ideas, intellect and is able to realize experiences in themselves. The weakness is that children become undisciplined to existing rules, even children have difficulty controlling their emotions. Meanwhile, parents who apply authoritarian parenting are in control of their children. This research is supported by [Mardiah and Ismet \(2021\)](#), authoritarian parenting style is a method of educating children which is usually characterized by a strict and strict approach. Children are pressured to discipline, rules must be obeyed and children find it difficult to avoid these rules. The disadvantage of this parenting style is that children are not given the opportunity to discuss, children tend to be rigid, difficult to adapt, not confident, and aggressive. In addition, according to [Nufus and Adu \(2020\)](#), it is stated that parents apply authoritarian parenting because it is influenced by the number of children, parents with 2-3 children apply this parenting to create order in the home

Therefore, the task of parents in the preschool age is to give themselves to educate children to do various activities in their world so that children become independent, children do not need to be given too strict boundaries and too free to do things but children must be monitored and taught until children become more responsible for themselves.

Independence in Preschool Children at Assisi Catholic Kindergarten Medan in 2024

The results of the data were based on the category of children's tooth brushing independence, independent of 26 children (74.3%) and non-independent of 9 children (25.7%). The independence of children in Assisi Catholic Kindergarten Medan began from the habit of parents in training and teaching children at home. factors that affect children's independence, namely, parental work, children's order, gender, Based on Erickson's theory in [Mansur \(2019\)](#), children between the ages of 1-3 years are at the stage of development of independence vs doubt, they begin to try to do things on their own without the help of others. When children reach the age of 4 years, they generally have achieved optimal independence.

These results are supported by research by [Arini and Simatupang \(2022\)](#), based on the results of interviews and field observations from 3 mothers who work as housewives resulting in children who are able and skilled in carrying out activities at home without always having to ask for help from their mothers. In addition, [Khoirunnisa's research \(2015\)](#), explains that the first child is often expected to be independent by the family compared to his younger siblings. As a result, the first child tends to be more independent, while the second child often gets help from his older brother or parents in carrying out various activities. Independence is also formed through stimulation given by parents. For example, parents who give examples of how to brush their teeth can help children learn to do these activities independently. Thus, the child is able to brush his or her own teeth without assistance.

The child's gender factor also encourages children to be independent. It can be seen from the data that 20 girls tended to show a level of independence, while only 6 boys showed the same level of independence. In addition, girls have more creative ideas through daily activities when exploring their world. The role of parenting parents who work at home is no less important to encourage children to become more independent. These results are also in line with [Zahara \(2023\)](#) research at Handayani Lebaksiu Kindergarten, which states that girls are more independent than boys because boys need more attention than girls.

Basri's theory in the research of [Setiyawati et al., \(2020\)](#) states that parental parenting also greatly affects independence. Parents with the majority of democratic and permissive parenting produced 26 children (74.3%) who were independent compared to children with authoritarian parenting who showed 9 children (25.7%). This result is in line with [Maimunah \(2019\)](#) research from 30 respondents, democratic parenting is the parenting style used by parents in educating children by 96.67. Where parents give punishment if they violate the rules, the rules are clear, give praise when the child succeeds and give the opportunity to give opinions so that the child becomes more independent. In addition, research by [Nuryatmawati and Fauziah \(2020\)](#), explains that the influence of permissive parenting can affect children's independence and does not always have a negative impact on children's independence when combined with a good environment. Children will become independent from the age of 2.5 years judging from their ability to bathe, brush their teeth, wash their hands, and bowel movements after defecation without parental help and wear clothes. Independence can be gained through tolerant parenting if the environment and parents demonstrate positive behaviors for their children to follow.

The results of this study show that parents with authoritarian parenting have children who are less independent, with data indicating that there are 7 children who experience less independence due to this parenting style. This is due to the lack of parents training and demonstrating how to brush their teeth to their children. [Tiarasukma \(2022\)](#) research also states that parents with authoritarian parenting have children with a level of independence in brushing their teeth that are classified as unimportant as many as 17 children (32.7%). This happens because parents tend to give too strict rules and lack explanation about brushing their teeth, which should be able to be done at an early age.

To develop children's independence, it is necessary for parents to be able to combine democratic, permissive and authoritarian parenting styles according to their child's situation, time and needs. With parental parenting, children's independence will be achieved one by one according to their growth and development stages before the child enters school age with the child already being maximally independent without help from parents.

CONCLUSIONS AND SUGGESTIONS

A. Conclusions

Based on the results of research that has been carried out by researchers on parental parenting and the level of independence in brushing the teeth of preschoolers at Assisi Catholic Kindergarten Medan, it can be said that the parenting style of parents is in the democratic category, namely 22 respondents (62.9%) and the level of toothbrushing independence of preschool-age children at Assisi Catholic Kindergarten Medan in the independent category of 26 children (74.3%).

B. Suggestion

The results of this study are expected to be a learning reference for the Santa Elisabeth College of Health Sciences Medan, for the respondents, for the educational institution of the Catholic Kindergarten Assisi Medan, and for the next researcher who plays an important role as a nurse who provides information to the community, especially parents, regarding the implementation of good and correct parenting to help parents more easily in teaching the independence of brushing teeth in preschool-age children through The implementation of further research on factors that can increase the independence of brushing teeth in preschool-age children.

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