

DEVELOPING SOCIO-EMOTIONAL SKILLS IN EARLY CHILDREN: BEST APPROACHES IN EARLY EDUCATION

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Abstract

This study aims to better understand the optimal way to teach young children social and emotional abilities. A qualitative approach involving a literature review was employed for this investigation. This study used a literature review methodology to investigate the best practices in early childhood education as they pertain to the development of children's social and emotional competencies. The information was gathered through reading and analyzing a wide range of resources on the subject at hand, including books, scholarly journals, articles, and other papers; from these, the researcher identified overarching themes and drew definitive conclusions. This study's findings support the idea that a comprehensive, interdisciplinary approach to early childhood education is optimal for fostering the growth of children's social and emotional competencies. Supportive settings, playtime, role models of appropriate conduct, clear instruction, training for teachers and caregivers, and close cooperation between parents and professionals are all necessary for the development of these abilities. Long-term benefits of fostering children's social and emotional development include positive connections, psychological wellness, and educational success.

Keywords: Skills, social, emotional, early childhood

Abstrak

Tujuan penelitian ini untuk mengembangkan keterampilan sosial-emosional pada anak usia dini: pendekatan terbaik dalam pendidikan awal. Metode yang digunakan adalah metode penelitian kualitatif dengan jenis penelitian studi pustaka. Jenis penelitian studi pustaka digunakan untuk menggali pemahaman yang mendalam tentang suatu topik atau fenomena dengan menganalisis literatur dan sumber-sumber yang relevan yang dimana dalam penelitian ini berkaitan keterampilan sosial-emosional pada anak usia dini: pendekatan terbaik dalam pendidikan awal. Adapun data, diperoleh melalui kajian dan analisis terhadap berbagai referensi seperti buku, jurnal ilmiah, artikel, dan dokumen-dokumen lainnya yang berkaitan dengan topik yang diteliti dan kemudian peneliti menarik benang merah dan menyimpulkan dari hasil temuan dan kajian penelitian. Hasil penelitian ini menunjukkan bahwa pendekatan terbaik dalam pendidikan awal untuk mengembangkan keterampilan sosial-emosional pada anak usia dini adalah pendekatan yang holistik, terintegrasi, dan menyeluruh. Mengembangkan keterampilan ini melibatkan lingkungan yang mendukung, praktik bermain, model perilaku positif,

pengajaran yang eksplisit, pengembangan staf, dan kolaborasi yang erat antara orang tua dan pengasuh. Pengembangan keterampilan sosial-emosional pada anak usia dini memberikan manfaat jangka panjang dalam kehidupan anak-anak, termasuk hubungan yang sehat, kesejahteraan mental, penyesuaian yang baik di lingkungan sekolah.

Kata Kunci: Keterampilan, sosial, emosional, anak usia dini

INTRODUCTION

Early childhood is a crucial time for the development of children's social and emotional abilities. Children at this age go through fast changes in many areas of their development; a strong foundation in social and emotional competence is crucial for their healthy maturation. This article will discuss the significance of early childhood social and emotional development, strategies for fostering this growth, and the long-term advantages of doing so (Wahyuningsih & Suyanto, 2015). Children who are able to engage with others and develop meaningful relationships are said to have developed strong social skills, as stated by Srinahyanti (2018). This encompasses traits like openness to feedback, receptivity to criticism, empathy, and a willingness to work with others. Children who have developed solid social skills have a leg up at school, at home, and in the community. Children who learn this ability will have an easier time adjusting to their new classroom and neighborhood settings.

Emotional competence, on the other hand, refers to a child's capacity to comprehend, identify, and control their feelings. The capacity to detect and control one's emotions is crucial to one's pleasure and well-being, especially for young infants who frequently experience severe emotional shifts. Children can gain self-awareness, self-control, resilience in the face of stress, and compassion for others through honing their emotional abilities. Children who have developed these traits are more equipped to deal with difficulties, rebound from setbacks, and form positive bonds with others (Siregar, 2017).

Social and emotional growth is a lifelong process, not a one-time event, as Sakti (2020) explains. Children's brains are particularly malleable throughout this stage, making them receptive to new information and open to the acquisition of new abilities. Therefore, it is crucial for parents and other caretakers to create an encouraging and stimulating setting in which children can develop these abilities. Multiple approaches exist for fostering children's emotional and social growth. First, be present and attentive, and be an emotionally and socially healthy role model for your child. Children pick up knowledge by mimicking the actions of others they witness. Parents and other caregivers may do a lot to foster healthy social and emotional development in children by paying close attention, being polite, and modeling these behaviors themselves.

Second, it's crucial to put kids in situations where they can communicate with others. To achieve this goal, students might join after-school clubs or play in organized leagues with their classmates. Sharing, teamwork, and positive emotion expression are just some of the social and emotional skills that kids may hone via these interactions. Teaching kids how to recognize and control their feelings is also crucial. To achieve this goal, we can teach children effective methods for dealing with negative emotions, such as deep

breathing and redirecting their focus. Children can learn to empathize with others by first learning to recognize and label their own feelings (Rabiah, 2020).

The long-term advantages of helping young children build social and emotional competence are substantial. To begin, a child's happiness and quality of life may rise if they have positive peer and family ties because of their developed social skills. Second, kids who are well-equipped socially and emotionally will be better equipped to handle the stresses and difficulties of adulthood. Third, a child's success in school may be enhanced by nurturing their social and emotional development from a young age. Children that are well-equipped socially and emotionally also likely to be better able to focus, be more motivated, and adapt to new situations (Prameswari, 2020).

Because, as Nuryanto (2016) argues, fostering a child's social and emotional development early on helps them make sound choices as they age. Children's interactions with others will provide them with a number of problems that need to be solved, like as settling disputes or figuring out how to collaborate effectively. Children can develop their capacity for critical thinking, empathy, and the pursuit of win-win solutions via the cultivation of social and emotional competence. Long-term effects on a person's personal and professional relationships may be traced back to their early experiences with peers and adults. Healthy and harmonious interpersonal interactions are more common among children who have learnt to control their emotions and who have developed excellent social skills. They have greater resilience and are better able to handle stressful situations.

Thus, it is crucial to provide the groundwork for healthy social and emotional development in young children. Children that acquire these abilities are better able to form positive bonds with others, handle difficult emotions, and flourish socially. Parents and other caretakers may aid their children in acquiring healthy social and emotional skills by paying close attention to them, modeling appropriate behavior, and providing adequate chances for socialization (Mariatul, 2023). A person's capacity for leadership and teamwork can benefit greatly from the development of strong social and emotional competencies in childhood. Individuals who develop this talent at a young age are more likely to get along with their peers, value the viewpoints of others, and form lasting professional partnerships. They are also flexible and able to find amicable solutions to disagreements (Musi et al., 2017).

Finally, a child's mental health benefits from the nurturing of their social and emotional development in early life. Mood disorders like anxiety and sadness are less likely to develop in children who are aware of and able to control their feelings. They are also more equipped to handle setbacks and obstacles when they arise. It's crucial to provide a warm and accepting setting for young children if they're to flourish socially and emotionally. Parents, teachers, and other adults in a child's life should all collaborate to provide stimulating learning environments, offer constructive criticism, and inspire the growth of these abilities. The early childhood curriculum can also include programs that teach kids how to handle their feelings, communicate with their classmates, and resolve conflicts in constructive ways.

Conclusion: children's lives are profoundly influenced by the social and emotional competence they acquire as toddlers and preschoolers. By assisting kids in acquiring these abilities, we lay the groundwork for their whole development as people. Children who are well-equipped socially and emotionally are better able to form positive connections, handle difficult emotions, persevere in the face of adversity, and enjoy future success. Therefore, it is crucial that we as a community devote adequate resources and sustained effort to fostering the growth of children's social and emotional competencies from an early age. Researchers are motivated by this context to investigate the optimal method for teaching young children social and emotional abilities.

METHOD

Researchers employed a qualitative research approach with a literature review for their analysis. The purpose of this literature review was to investigate the most effective method for teaching young children social and emotional skills through a review of the existing literature on the subject. Data was collected through a systematic review of relevant literature (books, scholarly journals, articles, and other documents) and secondary analysis to identify patterns and draw conclusions (Adlini et al., 2022).

RESULTS AND DISCUSSION

The importance of early schooling in shaping a child's social and emotional development cannot be overstated. Interaction with others, emotional regulation, and the formation of positive attachments are all skills that children at this age lay the groundwork for. In this paper, we will explore the most effective methods currently used in early childhood education to foster the growth of children's social and emotional competencies. The long-term benefits of this strategy, as well as certain tactics and practices that have been shown to be beneficial in helping youngsters learn these abilities, will be discussed.

Musi et al. (2017) found that a comprehensive and integrated approach to early childhood education is the most effective method for fostering the development of children's social and emotional competencies. This method acknowledges that a child's cognitive, physical, and linguistic growth are intertwined with his or her social and emotional growth. Therefore, it is imperative that early childhood education provide children with a wide range of opportunities to learn and practice social and emotional competencies in a variety of settings.

The holistic method emphasizes the need of surrounding oneself with love and support. Children need to feel safe and secure in their early education setting where they are also heard, acknowledged, and appreciated. This welcoming and safe setting is ideal for laying the groundwork for successful social and emotional development. Teachers and caregivers need to connect with their charges, have open lines of communication, and focus on the needs of each kid.

Nuraini et al. (2016) found that play is the most effective method for teaching children social and emotional abilities at a young age. Young children's play is an important part of their education and development. Children may learn to cooperate, communicate, and control their emotions via play. Role playing, group play, and the use of social toys like

dolls and board games are just a few examples of how teachers and caregivers may help children develop social skills via play. In addition to games, exposing young children to strong role models is an effective method for fostering healthy social and emotional development. Young ones pick up social cues and develop their own skills by watching and emulating their caregivers. That's why it's crucial for educators and caregivers to provide a positive example in terms of social and emotional maturity. In their interactions with kids, they should show that they are good communicators, empathetic, and problem solvers. For kids who are still learning how to handle their feelings and communicate with others, this positive behavior model can serve as a great resource.

In addition, Agusniatih & Manopa (2019) state that explicit and guided instruction is the most effective method for fostering the growth of children's social-emotional competencies during the preschool years. Children require explicit instruction and ample practice in order to develop their social and emotional competence. Teachers and caregivers may help children learn by modeling appropriate conduct, offering helpful criticism, and encouraging introspection about their own emotional and social development. In addition, teachers may help students learn to cope with real-world social and emotional circumstances by reading and discussing literature that feature such topics.

The growth of early childhood educators and support personnel should be prioritized alongside early childhood education approaches. Children benefit greatly from having teachers and caregivers who are themselves well-versed in social-emotional development. Teachers who take the time to learn about the children in their care may better meet the requirements of each student and employ methods proven to foster healthy social and emotional growth. Because of the importance of fostering children's social and emotional growth, early childhood programs should prioritize teacher training and professional development (Rabiah, 2020).

Early childhood social and emotional development is best fostered through a partnership between parents and educators. When it comes to helping their children grow up emotionally and socially healthy, parents play a pivotal role. The lessons imparted in a child's early education environment can be bolstered with the support of open communication and collaboration between parents and caregivers. At home, parents may supplement their children's formal education by playing educational games, reading aloud, and having open conversations about how they're feeling. Children benefit from consistent instruction and robust support for the growth of their social and emotional competencies when parents and educators work together closely.

The finest practices in early education have been shown to have lasting positive effects on children's social and emotional development. Children who are emotionally and socially well-adjusted are more likely to enjoy positive connections with their peers and adults. They are also more able to resolve conflicts, handle stressful situations, and adjust to new circumstances.

In addition, those who are socially and emotionally well-rounded fare better in the classroom. They're more engaged in school, have positive connections with faculty, and are generally successful. Long-term, children who have developed strong social-

emotional competencies are more likely to succeed in school because they are better able to control their emotions, concentrate on their work, and take an active role in the learning process.

The benefits of early investment in a child's social and emotional development extend well beyond the classroom, into the child's personal and professional relationships and beyond. Children who develop these abilities are more likely to enjoy satisfying connections with others at school, on the job, and in their personal lives. They are good communicators, team players, and problem solvers. Skills in leadership and teamwork are increasingly valued in today's competitive job market and global society, and these are directly tied to strong social and emotional competencies.

CONCLUSION

The foregoing research suggests that a comprehensive, interdisciplinary approach to early childhood education is the most effective method for fostering the growth of children's social and emotional competencies. Supportive settings, playtime, role models of appropriate conduct, clear instruction, training for teachers and caregivers, and close cooperation between parents and professionals are all necessary for the development of these abilities. Long-term advantages of fostering children's social and emotional development begin with improved relationships, psychological health, school adaptation, academic success, leadership potential, teamwork abilities, and resilience. Future difficulties in life. By focusing on what works in early childhood education, we can lay the groundwork for children's future social-emotional development, paving the way for them to become empathic, responsive, and successful.

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