



**SLEEP DURATION AND PARENTING STYLES' EFFECTS ON CHILDREN'S DEVELOPMENT AND GROWTH**

**Nabila Retno Putri Budiyanto, Lilik Ariyanti\*, Sevy Astriyana**

Sekolah Tinggi Ilmu Kesehatan Nasional, Jl. Raya Solo - Baki, Bangorwo, Kwarasan, Grogol, Sukoharjo, Jawa Tengah 57552, Indonesia

\*[lilik.ariyanti@stikesnas.ac.id](mailto:lilik.ariyanti@stikesnas.ac.id)

**ABSTRACT**

Continuous growth and development, several influencing factors are sleep duration and parenting style. Children's mental, physical, and emotional health all depend on getting enough good sleep. Academic success, emotional control, and overall well-being are all enhanced by getting enough sleep. The purpose of this research is to ascertain whether parenting styles and sleep duration have an impact on the growth and development of children. Cross-sectional study design was used. The Denver Development Screening Test sheet, the Pittsburgh Sleep Quality Index (PSQI), and the Parenting Styles and Dimensions Questionnaire (PSDQ) were the measurement tools utilized. There were twenty-one children in the sample, ages four to five. Purposive sampling was used in the sampling procedure. Statistical test results of sleep duration with growth (p value: 0.323), sleep duration with development (p value: 0.696), parenting style with growth (p value: 0.247) and parenting patterns with development (p value: 0.497). There is no relationship between sleep duration and parenting style on the growth and development of children aged 4-5 years.

Keywords: development; growth; parenting patterns; sleep duration

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**INTRODUCTION**

Indonesian child development still requires significant attention. There are still a lot of growth and development delays; 5–10% of people have overall developmental delays. According to the Ministry of Health's 2021 report, 78.11% of toddlers receive health treatments for early growth and development detection, and the percentage of toddlers with growth and development abnormalities increased from 45.7% in 2011 to 62.02% in 2021. (RI, 2013) The golden age is the time between a child's birth and two years of age, or the first thousand days of life, which must be closely monitored. It is a crucial time because any suspicions about the child's growth and development will affect the child's physical and cognitive development. (Sugeng et al., 2019) (Priskila, 2020). The process of growth and development is one of the ongoing processes that takes place from conception to adulthood. Even the elderly must go through this process in order to become adults. Although growing has an ongoing effect on physical elements and continues to do so as each person's organs mature, growth and development are a single entity that must occur simultaneously and side by side.

According to the National Sleep Foundation/American Academy of Sleep Medicine (2015), the sleep duration for children aged 3-5 years is 10-13 hours per day. (Hirshkowitz et al., 2015), (Paruthi et al., 2016). Some of the benefits of sufficient sleep duration for children are that it can optimize developmental hormones in children when the child's sleep duration is sufficient then their growth and development will be optimal. The heart organ will remain healthy when children get enough sleep, and obesity will be prevented. Children who get enough sleep will also be more active in their daily activities, which will help the body burn

calories so that the number of calories burned and those consumed is much more balanced. This will optimize growth and development, boost immunity, lower the risk of injury, and improve concentration. Children who get enough sleep are also more likely to be focused and easier to concentrate when absorbing information, which can improve learning abilities and accomplishments. (Bathory, 2017).

46.97% of children ages 1–6 have sleep problems. Among children aged 5 and older, the prevalence of snoring was 16.84%, teeth grinding was 19.00%, sleepwalking was 1.93%, sleep talking was 24.83%, urination was 4.29%, and demon nightmares and night terrors were 12.14%. Among 19,299 school-age children, the prevalence of sleep deprivation was 71.4% during the week and 41.8% during the weekend. The prevalence of different sleep disorders ranged from 14.5% (sleep apnea) to 75.3% (daytime sleepiness). Huang Xiaona et al. examined sleep issues in 14,883 children ages 0 to 5 in 12 Chinese provinces and cities that same year, finding a prevalence rate of 20.87%. (Chen et al., 2021). Parenting styles refer to how parents raise, nurture, and guide their children in order to maximize their development and establish habits at home that will help them develop an independent personality. (Fransiska, 2019). Children's behavior in daily life, particularly their social behavior, demonstrates how effective parenting styles are; if parents teach their kids to behave well, they will also behave well. However, since social development is a stage of children's social conduct in response to social maturity and interaction with the environment, poor parenting practices will also have a negative impact on their social life. (Kementrian, 2016).

## **METHOD**

This study employed a cross-sectional research approach. Measurements and questionnaires will be used in this study to assess children's development and growth. Measurements of height and weight are used to indicate growth, the Pittsburgh Sleep Quality Index (PSQI) is used to determine sleep duration, the Denver Development Screening Test sheet is used to determine development, and the Parenting Styles and Dimensions Questionnaire (PSQQ) is used to determine parenting patterns. This study has a sample size of 21 individuals and a population of 25. Purposive sampling was employed in the sampling procedure. Chi square was one of the statistical tests used to evaluate the relationship between two variables. One measure or screening tool for problems in child development is the Denver Development Screening Test (Denver II), which is used to screen children's development. Four areas (fine motor, gross motor, personal-social, and language) of functioning were assessed. It consists of 125 items, and the development of a child is measured based on these 125 items. The test usually takes 10–20 min to perform, and the child is classified as within normal range, suspect, or delayed based on the test results. The Pittsburgh Sleep Quality Index (PSQI) is a self-rated questionnaire that measures sleep quality and disturbances over a one-month period. It includes 19 items that generate seven component scores, including sleep duration, and the sum of these scores yields a global score. The global score ranges from 0 to 21, with higher scores indicating worse sleep quality. The PSQI is commonly used in clinical and research settings to assess sleep quality. But only number 4 is used by researchers, which discusses sleep duration. The Parenting Styles and Dimensions Questionnaire Short Version (PSDQ) is a 32-question instrument that measures parenting patterns in three categories: democratic, authoritarian, and permissive. To score the PSDQ: 1)Rate each item on a 5-point Likert scale, from 1 (never) to 5 (always); 2)Add up the scores for each section; 3)Divide the total score for each section by the number of questions in that section; 4)The highest calculated score indicates your preferred parenting style. The PSDQ is based on Baumrind's conceptualization of parenting styles.

**RESULT**

Table 1.  
Respondent demographic

Variabel	f	%
Education Parent's		
Primary School	1	4,9
Middle School	7	34
High School	9	43
Post-secondary education	4	19
Parents' employment		
Not working	1	4,8
Laborer	11	52,4
Trader	2	9,5
PNS	2	9,5
Self-employed	4	19
Private employee	1	4,8
Child Gender		
Boy	13	62
Girl	8	38
Babysitter		
Mother/Father	20	95,2
Grandmother	1	4,8
Neighbor	0	0
Babysitter	0	0
Daycare	0	0
Sleep duration		
>7 hours/day	16	76
6-7 hours/day	5	24
5-6 hours/day	0	0
<5 hours/day	0	0
Parenting Style		
Democratic,	20	95,2
Authoritarian	1	4,8
Permissive	0	0
Body Mass Index		
Underweight	9	43
Normal range	10	48
Overweight	2	9
Obese	0	0
Development status		
Normal	17	81
Suspect	4	19
Not test	0	0

Table 1. Respondents were boy, totaling 13 (62%) raised by parents (father/mother) (95.2%) the majority of children's BMI was normal range at 48% with normal development holding 81% and developmental disorders at 19%. The most parents' education was high school as many as 9 people (43%) with laborers at 52.4%, the most parents adopted a democratic parenting style (95.2%)

Table 1.  
Variable Analysis (n=21)

Variabel	P Value
Sleep duration*Growth	0,323
Sleep duration* Development	0,696
Parenting style*Growth	0,247
Parenting style* Development	0,497

Chi Square Test (CI 95%)

## **DISCUSSION**

Growth and development are a continuous unity in the life of an individual that must run synchronously and side by side. Sleep is very important for the process of growth and physical maturation. (Rosa et al., 2021). Poor sleep raises the risk of developing more chronic illnesses. Children's learning and development are significantly impacted by getting enough sleep. Children benefit most from parents who establish regular bedtimes and sleep schedules for them. (Jiang, 2020).

Parenting style is another factor that might impact a child's development and growth. Parenting practices can maximize the development and growth of children. When children grow and develop in a supportive family setting when parents utilize the proper parenting techniques, socializing will also be appropriate. In order to maximize a child's growth and development, parents are crucial. (Aryani Hany dan Puspita Sylvie, 2023). Research indicates that there is a connection between child growth and parenting style (Djoko, 2017). Children raised by parents who practice democratic parenting will develop normally because they receive the appropriate guidance and monitoring. Children's growth and development may be impacted if parents' demands and affection are not matched. Otherwise, children may feel under pressure and lack motivation to succeed.

A positive parenting style can be a good foundation for a kid's development, and prior study demonstrates that there is a relationship between parenting style and growth and development. When parents provide a positive parenting style, the child will grow and develop healthily. Conversely, a bad parenting approach will make the youngster feel neglected and undervalued. (Az-zahra & Pratiwi, 2023) This research is backed by Dwi & Yunita, parenting style and nutritional status are unrelated. moms focus less on menus and nutritional composition since they must balance their purchasing budget with their income. Most mothers never consider how many calories their children require. (Dwi & Yunita, 2020).

Because growth and development can be influenced by a few of factors, including maternal age, infection during pregnancy, birth history, maternal health, nutritional conditions before and during pregnancy, child birth weight, immunization, breastfeeding, M-PASI, child gender, stimulation, home environment, eating habits, sleep hygiene, gadget use, parent-child relationship, and parental knowledge, the study's significance value was less than 0.005, indicating that there is no significant relationship between parenting style and sleep duration and child growth and development.

One of the things that affects a child's growth and development is the mother's age. It is thought that mothers who are too elderly are more capable of parenting children. When a person is mentally and physically mature, they may create a home that can accommodate children's demands during their formative years. (Helda, 2020). Pregnancy-related infections can affect a child's growth and development, but they can be avoided with vaccination. Because parents are more experienced in raising their second, third, and subsequent children, the birth order factor can have an impact on a child's growth and development. (Zola & Ilyas, 2017) . Premature birth, children born too soon will suffer from illnesses related to their health, psychological adjustment, intellectual development, and cognitive, linguistic, motor, and visual development. (Halu, 2018) Changes in birth weight and growth in the womb can impact child development, and maternal health and nutrition before and throughout pregnancy can impact fetal growth and cause delays in growth and development.

Because of slower growth and development, children with a history of LBW may have poorer nutritional status than children born with normal weight. They also face challenges in their early years of life because their organ systems are still developing, making it difficult for them to adjust to their new surroundings. (Girsang, Melvia dan Indriansari, 2014).

Immunization may contribute to optimal growth and development; children who are fully immunized will develop their neuromuscular system, speech, emotions, and socializing at their best. When a child is completely immunized, they are less likely to get sick; when they are not, they are more susceptible to illness and may experience a decline in their development. When a child is ill, their nutrition is split between their growth and the disease's healing process. (Fatma, 2021). Exclusive breastfeeding can affect a child's development but can be balanced with stimulation that affects intelligence and development so that it can be good. Breastfeeding can stimulate motor development, family support to provide exclusive breastfeeding to babies is very important in providing exclusive breastfeeding babies will have good nutritional status and can carry out good growth and development guidance (Kustio, 2023).

Boys and girls will go through different phases of growth and development depending on their gender. Compared to boys, girls engage fewer energy-consuming activities. The stigma and social expectations that females should be kind and behave gently are the reasons behind the above, not the health issues that girls face. (Helda, 2020). Children's basic skills can be stimulated to grow and develop to their full potential. Children's growth and development can be disrupted by a lack of stimulation, and some conditions may even become permanent. The more stimulating the parents provide their children, the more the child will develop. (Girsang, Melvia dan Indriansari, 2014). One of the things that can contribute to children's inability to get enough sleep is their home environment. If children sleep in an unfavorable setting (noisy, polluted air, or uncomfortable), they will wake up frequently and not be able to get the recommended amount of sleep for their age. Congenital conditions: Children with congenital conditions like rhinitis, asthma, or coughing will not get enough sleep. (Alek Gugi Gustaman, 2023).

One issue that parents frequently face is their children's tendency to ignore meals or to be slow to eat. Children need a lot of vital nutrients during their growth. If not, children's development and growth will be restricted, and they will face numerous challenges as they get older. The methods used to choose, process, and distribute food, as well as the kinds and quantities of food consumed, can all contribute to the nutritional quality of the food that parents provide their kids. This process is frequently overlooked in children, leading to less than ideal growth and development, which in turn lowers the extent of toddlers' nutritional status, the level of maternal nutrition knowledge, and the inability to apply it in daily life. (Fransiska, 2019).

One element that affects the duration that people sleep is their sleep hygiene. Sleep hygiene is a daily practice that helps children get enough good quality sleep. When the body, surroundings, and location are unclean, the child will feel uncomfortable and frequently wake up, which will shorten the amount of time they sleep based on their needs, any disruptions, and any unusual movements that occur. (Rahmayanti, 2023). A child's duration of sleep may not be in line with their demands if they use gadgets. Children who are exposed to technology may develop an addiction and experience inappropriate sleep patterns. Lack of attention and tiredness during study hours are only two of the issues that might arise from getting too little sleep. (Lestari et al., 2021). Children who have a healthy relationship with their parents—one

in which the parents show them love and attention—are better able to develop their language skills, whereas children who have an unhealthy relationship struggle or have delays in their language development. An unhealthy connection might manifest as a parent's harsh or harsh attitude, a lack of affection, or a failure to provide training and models in appropriate language, which causes the child's language development to either stagnate or deviate from normal. (Ennes, 2015) Mothers with low levels of knowledge are one of the factors that cause suboptimal growth and development of children. When mothers have low levels of knowledge, they will be less able to package activities or materials that can make children interested in stimulating their development. (Khadijah, sitti; Arthyka, 2022).

## CONCLUSION

The growth and development of children aged 4-5 years has no effect by parenting style or sleep duration, according to this study. Children's growth and development are influenced by a variety of factors, such as daily routines, illness, and the environment. It is anticipated that improving parental understanding and awareness of the value of stimulation and creating a healthy environment will maximize children's development.

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