Improving Children's Social Skills Through Playing at Home during The Covid-19 Pandemic

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ABSTRACT

Social development is a very important aspect instilled in children from an early age. Social development is the growth of children in terms of their readiness to interact with peers, the community in the environment of parents, siblings and other communities. This article is a literature review and analysis of several previous studies on improving children's social skills through playing during the Covid-19 pandemic at home. The findings obtained in previous research show that the use of the play method is in line with the increase in the development of social aspects in children. Because through these games, they can train cooperation, socialize, obey the rules in the game, and so on. This paper aims to describe or conceptually describe the role of play to improve social skills in children during the covid-19 pandemic. Results of the research analyzed in this article are three research articles that reveal that children playing with traditional games can develop their social skills. Therefore parents at home should support children to play with traditional games and facilitate them in the area and the games facilities or tools. It is hoped that there will be further research that describes this problem more broadly.

Keywords: *Methods of Play, Early Childhood, Social Development*

1. INTRODUCTION

Since the COVID-19 pandemic spread to Indonesia in March 2020, the government has appealed to the entire community not to carry out activities outside the home aimed at avoiding crowds of people or avoiding physical contact as an effort to break the chain of the spread of Covid-19. Coronavirus Disease is a group of viruses that cause infection in the human respiratory system, from mild, moderate, severe infections and can also cause death. This virus spreads very quickly through saliva splashes (droplets) when coughing or sneezing, touching the mouth and nose after handling objects that are exposed to droplets without washing their hands first, and gathering in large crowds.

As a result of the COVID-19 pandemic, all activities have been diverted from home (work from home), including the educational environment. The Ministry of Education and Culture makes a provision that the learning system for all levels of education from Kindergarten, Elementary School, Junior High School, Senior High School, and Higher Education is transferred to an online system for distance learning. Through this online learning system, it has its own challenges that parents and teachers must face in order to assist children in learning from home. The role of parents is very influential in the child's learning process, because it is

parents who will accompany, motivate, and foster children's interest so that the learning process always runs smoothly, especially in this article on early childhood education.

Early childhood education is basically aimed at providing learning experiences and getting a lot of knowledge to children through play. Not only that, PAUD also introduces children to physical activities, socializes, trains patience, trains concentration, and builds children's self-confidence. At an early age, all aspects of development (cognitive, artistic, religious, moral, language, social, emotional, and motor) that must be stimulated by teachers at school are also very important for parents to understand so that later when the child is an adult, all of his abilities can develop optimally well. physically and psychologically. The aspect of child development that can be well stimulated by parents during this pandemic is the aspect of social development. Social development is an ability to behave and interact with other people from family, peers, to the community around the child. Social development can be detected from children's daily activities, such as playing with their friends. At the time of this social development, children no longer want to play alone or play with family members, but children already want to play with other people or with their peers. At first social development has

occurred as a baby, over time the child will grow and develop so he will know all the people around him[1]. The process of children's social development consists of, learning to behave with the community, learning to socialize in society,

During this COVID-19 pandemic, all activities are limited. Children who previously interacted with peers and people in their environment are now dominant in interacting and socializing with family and parents at home. Social interaction in early childhood is very necessary, because from this social interaction children will get all the information that is around them. Social interaction can be said as a relationship between a group of individuals in interacting, communicating and performing social actions with the aim of influencing each other to achieve certain goals [2]. The relationship between parents and children is part of social interaction. The relationship between parents and children is basically a reciprocal relationship that creates a satisfying interaction between the two parties. Therefore, the role of parents in children's social interactions is very large. Dedi Supriadi (2003) said that the relationship between parents and children can be seen from three aspects, namely participation, involvement, and openness of parents to children, and freedom in exploring the environment [3]. According to Erikson in [4] there are several stages of children's social development, namely: (1) Basic Trust vs Mistrust (0-1 years), at this stage children need trust from the people around them; (2) Autonomy vs Shame Doubt (2 years), this stage the child begins to show his psychological and physical independence; (3) Initiative vs Guilt (3-5 years), at this time the child begins to enter the wider social order environment; and (4) Industry vs Inferiority (6-puberty), at this stage children have begun to direct their thinking skills as social beings.

The development that occurs in childhood is growing very rapidly, where he begins to interact and explore directly with his environment. Children's social development grows when they are doing activities together or playing. Most early childhood children spend their time playing with friends so that their social development is well honed. Due to the COVID-19 pandemic, children are unable to interact directly with their peers due to conditions that do not allow them to meet many people. From the impact of this pandemic, children interact less with other people, most children only interact with family members who are at home. So that children's social development is well stimulated, Therefore, a family strategy is needed in an effort to develop children's social skills during the COVID-19 pandemic. From the problems above, this article discusses "Improving Children's Social Skills Through Playing at Home During the Covid-19 Pandemic". The structure of the discussion contained in this article consists of: 1) an overview of the development of the social aspects of children based on theory, 2) the contribution of families to the development of the social aspects of children, 3) methods of playing in improving the development of social

aspects, 4) and some results of previous research. according to the problem that the author discusses.

The development of the social aspect is the development that appears so that children learn about behavior in an effort to adapt to the surrounding environment. Social development has been introduced to children from birth, because that is where the interaction between families at home with the child emerges. Without realizing it, over time, children begin to learn to interact on their own with those around them, or with other people they have just met. Usually the interaction starts from neighbors and peers who are at home or at school. At the age of 4 years, children's social development has begun to be said to be complex, because at this age children are willing to learn with their peers. According to the theory of Vygotsky and Bandura, social learning is through cognitive development. At the age of 4-6 years, social development is getting better, because at school (Kindergarten) they will interact with teachers and friends during the learning process. From the learning process, children's abilities have begun to look like learning in groups, playing together with certain rules regularly and respecting teachers and friends [5]. There are several factors that influence social development in humans: first from the family environment. The family environment can affect the social aspects of children because children will imitate the social behavior of each member of their family. Therefore the family must be able to stimulate this social aspect appropriately to the child so that when the child is an adult he can socialize or interact with the people around him well. Second, maturity in socializing. In this socializing process, physical, psychological, emotional, and intellectual maturity is very important. Third education system. This factor is a directed socializing process, because in the educational environment children will be taught and trained how to socialize well [6].

As explained above, the beginning of a child's social development comes from the care of family members. This social development is strongly influenced by the guidance or treatment from the family to the child. Indeed, children will receive many positive and negative responses related to their social development. Ideal social development is obtained from positive social responses, such as teaching children how to communicate well with others, doing play activities together in the right way, and providing opportunities for children to develop the abilities that exist within themselves. On the other hand, if the negative response we give to children, it will have a huge impact on their future social life. From this impact, the child's behavior will be bad, like to annoy friends, only selfish, rebellious,

In general, parents only teach social media to their children. Parents' knowledge is also still very limited about what aspects of development should be stimulated from an early age. As for parents who understand the development of children, the stimulation tends to be good and optimal, and vice versa if parents do not understand this, the stimulation provided is only modest. In addition to parents,

teachers usually help to develop social skills at school. However, since the Covid-19 pandemic, which had to close all levels of education, parents have temporarily replaced teachers. Many parents are confused about teaching this social aspect to their children. Strategies that parents can get to develop children's social skills while at home. The parents can start by looking for information related to development in early childhood, especially social development on social networks or the internet. Another way is to consult with people who understand child development, such as teachers, psychologists, and others. The most effective strategy for developing children's social skills is through play. Turner and Helms said that playing is a means of socialization for children, because by playing children are given the opportunity to get along with other children and learn about the rules and can adapt themselves to their social environment (Mulyani, 2014:142). In fact, playing is a very important need for early childhood, because children acquire knowledge and develop all aspects of their development through play. Through playing, aspects of children's social development will be honed well, where by playing children can interact, explore, express and socialize with other people. In playing activities according to Ifrianti (2015) there are five elements that must be known by parents or teachers, namely: (1) Having a play goal; (2) Choose your own game and there is no coercion; (3) Can be enjoyed by children and fun; (4) Develop creativity and imagination; and (5) Playing games actively [7]. In playing activities according to Ifrianti (2015) there are five elements that must be known by parents or teachers, namely: (1) Having a play goal; (2) Choose your own game and there is no coercion; (3) Can be enjoyed by children and fun; (4) Develop creativity and imagination; and (5) Playing games actively[7]. In playing activities according to Ifrianti (2015) there are five elements that must be known by parents or teachers, namely: (1) Having a play goal; (2) Choose your own game and there is no coercion; (3) Can be enjoyed by children and fun; (4) Develop creativity and imagination; and (5) Playing games actively [7]

Playing can be said as a direct activity that children do alone, with other people and with objects around them with a happy heart, using imagination, along with their motor skills. Piaget said that playing an activity or activity carried out by children repeatedly can create a pleasant atmosphere. Furthermore, according to Parten, playing is a social activity that provides opportunities for children to learn to express feelings, explore, and be creative. This play activity can foster children's self-confidence and can develop their social skills. Children can also know about being good with others, can understand their own behavior and those of others, and children are able to adapt to the surrounding environment (Lubis, 2007).

To be able to improve children's social skills, social play is an effective way that can stimulate children's social skills. This social play has five levels according to Patmonodewo (1995), namely 1) playing solitaire. Playing

solitaire where all the children play together in one room, but the children are just busy playing alone, not disturbing others, and not paying attention to each other; 2) play as a spectator or observer. At this stage the child has begun to care about his friends, but occasionally still plays alone. Children playing as spectators can be said as a child who pays attention and observes his friends while playing; 3) parallel play, which is where in this level of play the child has started to play together with his friends. But each child still uses his own imagination. For example: one child leaves the playing area, but the other child continues to play according to what he wants; 4) associative play, is a game played by several children but in this game the child cannot get a special role so that there are some children who do not follow the rules, but the game can still run; 5) Cooperative play is a game that is done by cooperating with each other. This game involves many children and has certain rules that must be implemented. Cooperative play must be in groups, if a child stops following the game,

2. RESEARCH METHODS

The research method in this article is literature review or literature study. Research that uses this literature study is the same as other research, which differs only in the way of collecting data. Obtaining data by using this literature study method, namely by taking data in libraries, internet, magazines, and documents. After that the data is read, recorded, and processed according to the problem to be discussed. The data that has been obtained will be analyzed again in depth by each author [8]. As for the characteristics of this literature study, among others, the data taken are ready made, which means that the data to answer the research results are taken from books, documents, scientific works, magazines, and the internet. So that researchers do not have to go to the field to look for research results. And the data obtained is not limited. Researchers may take as much data as possible but according to the problems that the researcher is discussing [9]

3. RESULTS AND DISCUSSION

Playing is a fun activity and very important for early childhood. Basically, through playing, children can develop all their potential and hone their intelligence. Play is a child's world, so it is very natural for early childhood to keep playing. As parents, we must not prevent children from playing, because that is the same as destroying the development of children. Playing can be done anywhere such as at home, at school, in recreation areas, and so on. During the recent pandemic conditions in Indonesia, children's play activities were often done outside the house with friends, but now it has turned into playing in their respective homes. The effects of this pandemic have resulted in children's lack of interaction skills. Children mostly interact with family members who are at home. This shows that the child's social development is slightly disturbed. In overcoming this, parents must look for strategies so that children's social development can still be

properly stimulated. One way that can stimulate the social aspect is by playing. This is similar to the research by[10], that playing can stimulate aspects of social development in children. Not only social but cognitive, language, social emotional, and physical motor can also be well stimulated. Lubis et al designed several game models that can be practiced directly with children at home according to the child's developmental aspects, namely guessing congklak games, telling stories about experiences, singing individually, ecklek and line jumping games, as well as facial expression guessing games and pairing games. To develop the social aspects of children in this study, they used pair games and guess facial expressions. With this game, the child's social skills will be stimulated even if it is done only with family members who are at home.

Parents can also play traditional games during quarantine or during quarantine at home. In addition to playing that is modern, playing traditionally is no less fun for children. This social development is faster if we use traditional games, because these games have concepts related to the values of goodness. One of the traditional games that we can practice in early childhood is the game of two plates. [11] has conducted research on the traditional two-plate sapiring game to improve social skills in children. Researchers say that children's activities when playing this game contain cooperation, self-control, respect for others, obeying the rules in the game, and being able to adapt well. In addition to the two-plate sapling game, other traditional games such as snakes can also develop children's social skills. The traditional game of oray-orayan or what can be called snakes comes from Sunda. The game of snakes is usually played in a large area and there is no limit to the number of players. When playing, children can learn to obey the rules, be responsible for the roles they get, practice patience, and most importantly be able to socialize. The game of snakes has been studied by Adhani and Hidayah (2014). Researchers argue that this game is often done when children are at school or in the neighborhood. The traditional game of snakes is in great demand by many children because the characters of this game are very fun. Other traditional games such as snakes can also develop children's social skills. The traditional game of oray-orayan or what can be called snakes comes from Sunda. The game of snakes is usually played in a large area and there is no limit to the number of players. When playing, children can learn to obey the rules, be responsible for the roles they get, practice patience, and most importantly be able to socialize. The game of snakes has been studied by Adhani and Hidayah (2014). Researchers argue that this game is often done when children are at school or in the neighborhood. The traditional game of snakes is in great demand by many children because the characters of this game are very fun. Other traditional games such as snakes can also develop children's social skills. The traditional game of oray-orayan or what can be called snakes comes from Sunda. The game of snakes is usually played in a large area and there is no limit to the number of players. When playing, children can

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We can find many games to develop aspects of children's social development, ranging from modern to traditional games. During quarantine at home, the position of teachers at school must be replaced with parents at home. Therefore, parents must have strategies or ways to stimulate all aspects of development in children, especially aspects of social development. In this article, the most appropriate way to hone children's social skills is by playing. The selection of games must also be appropriate to the situation and condition of the child.

4. CONCLUSION

Children's social development grows when they are doing activities together or playing. Most of the early childhood children spend their time playing. Since the onset of the COVID-19 pandemic, all activities have been limited. Children who previously interacted with peers and people in their environment now interact more with family members at home. This causes anxiety experienced by all parents because basically children can develop all their abilities the first time through socializing. Therefore, with the conditions experienced now, parents must look for strategies so that children can still develop all their abilities at home, especially social development. The strategy that can be done is by playing.

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