



# The Relationship between Mother-Child Relationship and Emotional Dysregulation in Early Childhood

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**Abstract.** Emotional dysregulation in early childhood can be influenced by various factors. This study aims to investigate the correlation between the mother-child relationship and emotional dysregulation in early childhood. The research uses a correlational quantitative research design and involves 162 parents with children aged 4-6 years as participants. Data collection is conducted through the distribution of a Google Form questionnaire, and data analysis utilizes the product-moment correlation test. The results of this study reveal a significant and positive relationship between the mother-child relationship and emotional dysregulation in early childhood. Therefore, it is recommended to nurture and strengthen the mother-child relationship during early childhood as a means to mitigate emotional dysregulation in children. Further research is highly encouraged to explore additional influencing factors and develop targeted interventions.

**Keywords:** Mother-Child Relationship, Emotional Dysregulation, Early Childhood

## 1 Introduction

Emotions are crucial for individuals of all ages, both in early childhood and adulthood [1]. Emotions can help children focus their attention and organize their thoughts to meet their needs [2]. Emotional development is one of the most important aspects of early childhood development [3]. Emotional development is a form of physiological and psychological expression that children have to respond to events around them [4]. The emotions of young children develop over time, evolving from simple to complex conditions because emotions can develop as a result of interactions where stronger emotions can exert stronger pressure to influence a child's ability to maintain balance in their activities [5].

Children's ability to express emotions varies widely, including showing sadness, anger, anxiety, or happiness [6]. Emotions have the power to change behavior, affect decision-making accuracy, disrupt memory of significant events, and enhance social engagement [7]. For example, children may often cry, become unreasonably angry, or become fearful without reason [8]. The ability to manage emotions, emotional regulation, plays a role in controlling the expression of both positive and negative emotions in interactions with others according to social norms [9]. Children with good emotional skills can help individuals manage emotions, known as emotional regulation. However, not all children have good emotional skills, which can lead to emotional development disorders in children, known as emotional dysregulation [10].

Emotional dysregulation is the act of controlling one's emotions, including when and how those emotions will emerge, how to express them, and whether their expression will be visible to others [11]. Children who have difficulty controlling and expressing their emotions appropriately are said to experience emotional dysregulation. For instance, a child who has trouble controlling their negative emotions, constantly being angry or anxious, or struggling to calm down after a frustrating event. The inability to manage emotions is related to the ability to restrain the expression of negative emotions when interacting with others, which does not conform to social norms [10].

Research conducted by Prijatna & Sanjaya [12] states that emotional dysregulation is a condition in which someone has difficulty regulating emotions. This occurs when someone has difficulty responding to problems, leading to unexpected emotional outbursts. Emotional dysregulation involves emotions that are too intense compared to the triggering situation; many people with emotional dysregulation behave impulsively when their emotions (fear, sadness, or anger) are out of control.

According to Sandoval & Echandi [13], emotional dysregulation in children is characterized by the child's inability to regulate their negative emotions, such as: 1) aggressiveness, a child who cannot regulate their emotions will become aggressive, both verbally and physically; 2) anxiety, a child who cannot regulate their emotions will feel anxious or worried continuously; 3) sensory sensitivity, a child who cannot regulate their emotions will be very sensitive to noise, light, or touch, and 4) a lack of focus, a child who cannot regulate their emotions will have difficulty focusing on tasks or activities.

Various forms of emotional dysregulation in children are influenced by various causes. For example, the early experiences of a child with their mother can lead to differences in a child's emotional regulation. A mother who has a good relationship with her child can be responsive to the child's needs and desires, helping the child regulate their emotional system [14]. A child's ability to control emotions depends on how well the interaction and relationship between mother and child can go [15]. Prevention of emotional dysregulation in children can be assisted by a positive mother-child relationship. By building a positive mother-child relationship, a mother can provide a strong foundation for the child to develop the skills they need to manage their emotions in a healthy way [16].

Previous research has indicated that the mother-child relationship has a significant impact on the development of emotional dysregulation in children. Kusdemawati [17]

states that the mother-child relationship, including various social, emotional, cognitive, and physical aspects, is a key component in the mother-child relationship. The relationship between a mother and her child is a crucial interaction in a child's life because the mother is the first figure to provide care, emotional support, and guidance in the early stages of a child's development [18]. Since early childhood, a child's ability to regulate emotions is greatly influenced by the mother-child relationship [19]. Other research results indicate that the interaction between the mother and child can positively predict a child's emotional ability [20]. This aligns with what Awaru [21] mentioned about the mother-child relationship being characterized by mutual interaction, including: 1) open and honest communication between the mother and child; 2) mutual trust and understanding between the mother and child; 3) the mother providing positive support and encouragement to the child; 4) genuine love and attention between the mother and child.

Previous research has also indicated that if the mother-child relationship is negative, it can have a negative impact on the mental and emotional health of the child [22]. Children who have a poor relationship with their mother are more likely to have mental health problems, including despair and anxiety. Febrianita & Desiningrum [23] affirm that various negative impacts arise from the mother-child relationship, such as: 1) the child's lack of self-confidence to do anything; 2) negative feelings and behaviors in the child; 3) problems with social relationships and emotional imbalance in the child; 4) the child becomes stressed, unhappy, and tends to be anti-social; 5) the child loses role models and lacks social skills; 6) the child loses their social skills and struggles to form good social relationships. This research is also supported by Wahyuni & Raudatussalamah [24], who emphasize the importance of building a good relationship between parents and children to prevent the negative effects of the mother-child relationship. Therefore, it is important to establish a healthy and supportive relationship between the mother and child to enable them to grow and develop well. The better the mother-child relationship, the better the child's mental and emotional health.

Based on observations conducted by the researchers in June 2023 in kindergartens in Tanah Datar District, it was found that there is emotional disparity among children. The problem of emotional dysregulation in children is evident in how children control their emotions, such as children having difficulty recognizing, understanding, and regulating their emotions, such as shouting, needing all desires to be met, impatience, wanting to win all the time, and not caring. This can affect various aspects of a child's life. This creates an emotional disparity in the mother-child relationship caused by the child's inability to recognize and express emotions appropriately. This is evident in many mothers having difficulty understanding and responding to their child's emotions.

Previous research has shown that the mother-child relationship correlates with emotional dysregulation in early childhood, such as research conducted by Wandasari [25], where the research results showed a significant influence of emotional socialization by both the mother and father through emotional expression, response to the child's emotional expression, and emotional coaching simultaneously on the child's emotional regulation. In line with the research conducted by Herdiana [26], the re-

search results showed that unsupportive responses and supportive responses of mothers to their child's negative emotions were related to emotional regulation. A negative correlation of moderate strength was found between the unsupportive maternal response subscale and emotional regulation.

Research conducted by Asih & Boediman [27] indicated that the influence of emotional socialization on the ability of preschool children to regulate their emotions was only found to be significant when there was little warmth from the mother. This aligns with research conducted by Pratisti [28], which stated that a mother's emotional life affects a child's emotional development. Based on these conditions, it can be stated that a mother's emotional life can be a predictor of a child's emotional regulation. This research is also supported by Septiani & Nasution [29], which found a relationship between the development of a child's emotional regulation and the role of father involvement in parenting. Therefore, it can be assumed that the mother-child relationship directly affects emotional dysregulation in early childhood. The closer the relationship and the lower the conflict and dependence of the child on the mother, the better the emotional dysregulation observed in early childhood.

In the research conducted by the researchers, they mainly focused on the role of maternal responses to children with emotional dysregulation in preschool-age children. There is limited research on the relationship between the mother-child relationship and emotional dysregulation in early childhood. Although there are some studies, they are limited to discussions about emotional dysregulation, and they do not address the specific relationship between the mother-child relationship and emotional dysregulation in early childhood.

Based on this background, the researchers were interested in studying the relationship between the mother-Child Relationship and Emotional Dysregulation in Early Childhood.

## 2 Methods

This research falls under the quantitative approach, specifically employing the correlation method. It adopts a cross-sectional research design, which entails studying independent and dependent variables within a specific timeframe. The study is conducted in Nagari Sungai Jambu, Pariangan District, Tanah Datar Regency, West Sumatra Province, during the period from May to July 2022. The sampling method employed in this study is cluster random sampling, involving a sample size of 162 children. Data collection is carried out using questionnaires. The measurement of the mother-child relationship was assessed through a questionnaire with dimensions of closeness and conflict, which were modified from the Child-Parents Relationship Scales-Short Form [30]. The questionnaire comprised 15 items with modifications from five response options to four. These four response options included 1=never, 2=sometimes, 3=often, and 4=always." Child emotional dysregulation was measured by assessing the child's inability to regulate negative emotions, such as 1) aggressiveness, 2) anxiety, 3) sensory sensitivity, and 4) lack of focus. This measurement was developed by

the researcher based on the Behavior Assessment System for Children, Second Edition (BASC-2), which covers children across the 0–5 age span [13]. It consisted of 18 items and was measured using a Likert scale with four response options: 1=never, 2=sometimes, 3=often, and 4=always. The data analysis technique applied in this study involves the use of the product-moment correlation test to examine the relationships between variables. Data management and analysis were conducted utilizing SPSS version 25.

### 3 Results and discussion

#### 3.1 Results

**Table 1.** Pearson Correlation

Correlations		
	MCR	DE
MCR	Pearson Correlation	1
	Sig. (2-tailed)	.289**
	N	162
DE	Pearson Correlation	.289**
	Sig. (2-tailed)	.000
	N	162

\*\* . Correlation is significant at the 0.01 level (2-tailed).

According to the table, the Pearson correlation coefficient is 0.289\*\*, indicating a strong correlation between mother child relationship and emotional dysregulation in early childhood. To meet the criteria specified in the r-table, the calculated r-count value, as determined through SPSS, must be greater than the r-table value of 0.154 at a significance level of 0.05. In the product-moment test, the results show that the r-count value of 0.289 exceeds the r-table value, leading to the conclusion that H1 is accepted, and H0 is rejected. This provides evidence of a significant association between the mother-child relationship and emotional dysregulation in early childhood.

#### 3.2 Discussion

The strong bond between a mother and child can play a crucial role in shaping a child's sense of security and self-confidence [31]. Children feel secure when they have a strong attachment to their mothers, which, in turn, aids in greater emotional regulation. Children with secure attachments to their mothers tend to exhibit adaptive behavior patterns when confronted with intense emotions [32]. Edward Tronick asserts that a positive mother-child relationship can assist children in developing emotional communication skills. Children who regularly experience their mothers' attention and responsiveness tend to gain a better understanding of their own emotions and those of others. They become more adept at managing their negative emotions and consequently feel more integrated into their environment [14]. This research is further supported by S. Lestari [33], who emphasizes that in positive mother-child relationships,

consistent attention, support, and care are provided, leading to the development of strong emotional and healthy social bonds.

The negative impact of the mother-child relationship on children's emotional dysregulation can refer to poor interactions between the mother and child, which can contribute to difficulties in regulating, recognizing, and coping with emotions [19]. Research conducted by Muharranim [34] suggests that negative relationships such as conflicts between the mother and child can lead to emotional dysregulation in early childhood. Children who frequently experience conflict or lack of support are likely to have difficulty recognizing and managing their emotions, leading to emotional dysregulation in children [35]. This aligns with the viewpoint of M. Rahmawati & Latifah [36], who state that a poor relationship between the mother and child can affect a child's sleep, which can disrupt the child's emotional well-being. Children who frequently experience negative interactions with their mother can impact the child's ability to regulate their emotions.

## 4 Conclusion

This study highlights the importance of the mother-child relationship in shaping emotional security and emotional regulation in early childhood. The research findings indicate that a positive relationship between a mother and child contributes to better emotional regulation, higher emotional well-being, and resilience to stress in children. These positive impacts underscore the significance of maternal attention, support, and the quality of the mother-child relationship in supporting the emotional development of children. Therefore, it is recommended to strengthen and nurture the mother-child relationship during early childhood as an effort to reduce emotional dysregulation in children. Furthermore, further research is also encouraged to explore other factors influencing emotional dysregulation and to develop interventions to address issues arising from early childhood emotional dysregulation.

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