



Creating Bonding with Children during a Pandemic Through Fun Cooking Activities



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Abstract

Fun Cooking is an activity in which children make their own dishes with ingredients that have been prepared by their parents and this Fun Cooking activity is an activity that requires assistance from parents or teachers when in school. Fun Cooking is also an activity that trains eye and muscle coordination and can also train children's social emotional development, which is to create bonding between children and parents. The purpose of this study is to create bonding in early childhood. The method in this research is using descriptive qualitative method. The collection technique in this study used the observation technique, namely the researcher saw directly the fun cooking activities of the parents with the child, interviews, namely the researcher interviewed the child's parents, and documentation to obtain valid and strong data. The analysis technique used in this research is data reduction using the Miles and Huberman model and the validity of this study uses the triangulation technique. The results of this study show that Fun Cooking activities can create bonding between children and parents and can train children's social emotional development.

Fun Cooking merupakan kegiatan di mana anak membuat masakan sendiri dengan bahan-bahan yang sudah disiapkan oleh orang tua dan kegiatan Fun Cooking ini kegiatan yang memerlukan pendampingan orang tua atau guru jika di sekolah. Fun Cooking juga merupakan kegiatan yang melatih koordinasi mata dan otot-otot dan juga dapat melatih perkembangan sosial emosional anak yaitu dapat menciptakan bonding anak dengan orang tua. Tujuan penelitian ini untuk menciptakan bonding pada anak usia dini. Metode dalam penelitian ini menggunakan metode kualitatif deskriptif. Teknik pengumpulan dalam penelitian ini menggunakan teknik observasi yaitu peneliti melihat secara langsung kegiatan fun cooking orang tua dengan anak, wawancara yaitu peneliti mewawancarai orang tua anak, dan dokumentasi untuk mendapatkan data yang valid dan kuat. Teknis analisis yang digunakan dalam penelitian ini menggunakan

	<p>reduksi data model Miles and Huberman dan keabsahan dalam penelitian ini menggunakan teknik triangulasi. Hasil dari penelitian ini bahwa kegiatan Fun Cooking dapat menciptakan bonding anak dengan orang tua dan dapat melatih perkembangan sosial emosional anak.</p> <p></p> <p>Jurnal Indria (Jurnal Ilmiah Pendidikan Prasekolah dan Sekolah Awal) is licensed under a Creative Commons Attribution 4.0 International License.</p>
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INTRODUCTION

The pandemic period is when children carry out activities that are usually done at school, doing their activities at home. Children do school activities, do it online or online. Online learning requires parental assistance because early childhood cannot use gadgets or online activities for early childhood are difficult.

So during this pandemic, it is parents who play an active role as home teachers for children. So parents must collaborate with teachers at school so that children can continue to get learning or activities that are appropriate for their age which have all aspects of development, especially children's social and emotional development, especially creating child bonding.

Many parents do not know how to create bonding between children and parents, so parents can do this activity by means of fun cooking, because fun cooking is an activity between parents and children.

Minister of Education and Culture of the Republic of Indonesia No. 37 of 2014 concerning the National Standards for Early Childhood Education, 2014 states that early childhood education starts from children aged 0-6 years to stimulate the growth and development of children so that children develop and grow well according to their age, so that children are physically and mentally ready when taking higher education.

In early childhood, early childhood is a child who must be given stimulation of development and growth so that children can develop and grow well. The level of child development includes moral and religious values, cognitive, language, fine and gross motor skills, social emotional, and art. In this case, an important ability to be developed by children, one of which is the child's social-emotional relationship, namely bonding between children and parents. This means that the involvement of parents in stimulating children's social emotions, especially bonding between parents and children is very important (Darwati, Wijayanti, and Azizah 2019).

According to the Minister of Education and Culture of the Republic of Indonesia No. 37 of 2014 concerning National Standards for Early Childhood Education, 2014 the ability

of children's social emotional development includes children being able to express their wishes, children being able to share with anyone, and children being able to play with friends or adults.

Methods or ways to stimulate children's emotional social, especially to create bonding between children and their parents, can be done by means of Fun Cooking. Fun Cooking is a way of cooking food to make it ripe and fit to eat. Fun Cooking activities are activities where children make their own dishes with ingredients that have been prepared by parents and this Fun Cooking activity also requires parental assistance because children cannot do it alone.

Fun Cooking activities can train children's eye and muscle coordination and this activity is a very fun activity for children because it involves the child directly to cook the food that the child wants (Yosi Amaros and Rohita 2018).

The relationship between parents and children to create child bonding during this pandemic is very important because parents have a very important role in this pandemic period as teachers for children in honing the abilities of aspects of child development, especially children's social development abilities. The attachment between children and parents can make children independent and brave (Fadhillah and Faradina 2016).

The relationship between parents and children can also affect the development and growth of children, because children are given the opportunity to explore the environment so that children are able to relate to the surrounding community.

The attachment relationship between parents and children develops through the child's experience from infancy, namely how the mother's sensitivity to the behavior given by the child and the response given by the mother is appropriate or not. Attachment is an emotional connection between one individual and another. Therefore, at this time the relationship between parents and children in creating child bonding at this time, parents can do activities that can create child bonding, for example by means of Fun Cooking in the kitchen with children, doing daily activities at home, for example watering the plants together, cleaning the yard together, and so on (Ervika 2005).

Based on the problems above, the purpose of this research is to find out how parents can stimulate children's social emotional abilities, namely creating bonding for children during this pandemic through Fun Cooking activities.

METHODS

The method used in this study, the researcher used a descriptive qualitative approach. This research was conducted by means of observation to reveal more details about how parents create bonding for their children during the pandemic. The targets in this observation are parents and children.

The data collection technique carried out in this study was using observation techniques, namely researchers saw directly the fun cooking activities of parents with children, interviews, namely researchers interviewed parents, and documentation in order to obtain valid and strong data. Researchers made observations, namely to see parents stimulate children's social-emotional abilities during this pandemic. Furthermore, interviews were conducted between researchers and parents about how parents create attachment between children and parents during the pandemic and fun cooking can develop children's social emotional abilities. The next data collection is documenting children's fun cooking activities with their parents.

Furthermore, the technical analysis of the data used in this observation uses data reduction from the Miles and Huberman model and the validity of the data in this study uses triangulation techniques to obtain valid data (Sugiyono 2014).

RESULT AND DISCUSSION

RESULT

The process in the fun cooking activity is carried out with the procedure as below: parents open the website page or the Moodle application for the 365-day online program by clicking on the day and date section according to the available fun cooking schedule. Followed by watching fun cooking videos provided through a locked youtube account and exclusively for participants of the 365-day online program. After watching the video tutorial, parents prepare the tools and materials needed to cook with their children.

After all the ingredients are ready, then the parents accompany the children in cooking together, the closeness that exists when cooking creates a bond between mother and child, while cooking with the mother can ask several related things, such as; how the child feels, what the child went through today, or the day before, the mother can also educate the child about the various benefits of green vegetables, if the child has difficulty eating vegetables.

This activity is carried out once a month in a 365 day online program for all age levels, and has been running for 5 months, which means that this fun cooking activity has been held 5 times.

Fun cooking activities that have been implemented in the 365-day online program are: in the first month (September) fun cooking makes "Jus Sayur Pakcoy", the second month (October) fun cooking makes "Dendeng Daun Ubi", the third month (November) fun cooking makes "Bayam Rolls Chicken", the fourth month (December) fun cooking makes "Fruit Salad", the fifth month (January) fun cooking makes "Jasuke (corn milk cheese). And for the month of February, the fun cooking activity will be held for the 6th time by making "Pizza".

For 5 months running, based on the results of observations and interviews with parents of participants in the 365-day online program, it appears that the results of children's social development have increased, and there is even a good emotional relationship between children, because children can express their feelings to their parents in a fun way, and vice versa. parents can find out and educate their children in a way that is not patronizing. There is an attachment (bonding) that is built between mother and child.

Based on the results of interviews with the parents of online program participants, children really look forward to fun cooking activities every month, because from this activity children can experiment together, from the videos sent as assignments, the children seem enthusiastic in cooking activities with their parents at home, there are the various knowledge that children get, such as various kitchen spices, various vegetables and fruits, and forms of processed food, the children also seem to feel the results of the food that has been processed, this activity also provides education to children about respect.

The recipes for the food served are taken from "cooking" cookbooks which are accompanied by processing methods and the benefits of the ingredients used. Like the book "Cooking is Easy Cooking Without Fire", the recipe book "Cooking Is Fun" So that fun cooking activities carried out by children and parents at home are not only making and serving good and interesting food but also healthy for health. Fun activities for children will make it easier for children to remember things.



Figure 1. Implementation of Fun Cooking

DISCUSSION

The phenomenon of social behavior, news about various forms of aggressive behavior, brawls, violence, which are often present on television screens provide an overview of the character of children today. The relationship between children and parents is the main focus of attention which has an emotional and cognitive impact on children,

psychological attachment will have an impact in the future. Therefore, parents play a role as the main source of fulfilling children's emotional needs (Nurhidayah 2011).

Attachment can be said as a building that applies throughout life, in which there is a bond between parents and children from an early age to adulthood which has an important impact and foundation on the psychological side of children (Article, Scientific, and Psychology 2016).

The basic belief of a strong relationship attachment at the beginning of the child's life is occupied by the very central position of the mother, so that trust arises from the child, which also refers to his trust in the environment. This attachment is able to help children's brain and mental development, belief in God and character formation in children, the good impression that mothers give to the world will have a positive impact on children in recognizing their environment (Nurhidayah 2011).

The family as the first madrasa for children is a place for children to learn interaction, which provides facilities in the form of love, a form of security, attention, comfort, protection that will establish emotional bonds, the support provided by the family is able to provide emotional maturity (Saturrosidah et al. 2018) . when children face obstacles so that children have a way to get out of the problems they face with their independence.

The reciprocal relationship that parents provide in accompanying children, providing stimulation in educating children, forms of parenting will establish emotional closeness between parents and children which creates a sense of security and trust (Guidance et al. 2018).

The characteristics of children who have attachment to figures are: children have physical attachment, feel anxious when away from (figure), feel happy again when (figure) returns, children listen, pay attention to what is said and try to get attention. Attachment should be able to create comfort and a sense of security, this is what is done to the figure of a mother, the mother should be able to create trust and a sense of security in the child even though it is not visible in the child's view (Ervika 2005).

Children who have healthy relationship attachments will be able to help overcome anxiety, feelings of tension, emotional stress (Remaja and SMP 2014), this can be built and stimulated from an early age so that children can control and control their emotions into a positive form.

Expressing feelings positively must be built as early as possible so that children are mentally prepared to be in an external environment other than the nuclear family, parents need to guide children to it, the result of this good relationship attachment will make children have high self-esteem, trust and positive interpersonal intelligence so that children are able to establish good relationships (Jakarta 2017).

Activities that can be done to build attachment in children from an early age can be done with cooking activities together with fun and exciting nuances for children, with

activities starting from preparing ingredients, cooking utensils, to processing ready-to-eat activities which are also called fun cooking activities. (Wijayanti and Azizah 2019).

As the name implies, fun cooking, as a form of fun cooking activity involves various kinds of growth and development stimulation processes, and is related to the development of mathematical concepts such as weighing, measuring, measuring the ingredients to be made (Nurkamilah et al. 2018).

Fun Cooking can be a neat activity that can be used as an activity while at home with children during the pandemic. This activity trains the activity and creativity between mothers and children in creating and serving food that can be served with delicious, delicious, interesting, healthy flavors, digested by the body well, so that it can have a good impact on the health of the human body (Laely and Subiyanto 2020).

This activity requires synergy in the form of collaboration that is built between children and parents at home, several things related to important points in carrying out fun cooking, namely, collecting information, then determining the choice of food to be cooked, then identifying obstacles such as the difficulty of the ingredients or tools used do not exist, after that make a plan and the final stage is to reflect on the results. Choosing the tools to be used must also be safe, strong and not easily broken (Anak et al. 2018).

Fun cooking can provide life skills lessons to children. There are many benefits of fun cooking including: it can stimulate all the five senses, children learn to appreciate the work of their food by wanting to eat the results of their cooking, providing education about nutrition and nutrition the body needs, exercising self-confidence and responsibility.

Introducing healthy food and stimulating children about the value of good nutrition in the food they eat can be delivered during fun cooking activities, because children can immediately see and hold the shapes of vegetables, fruit, fish and other foods that are ready to be processed and eaten together (Nurkamilah et al. 2018).

CONCLUSION

Fun cooking activities have an influence on the bonding relationship between children and parents, where children will be able to organize their social and emotional well. Collaborative activities by cooking with parents at home in a pleasant atmosphere for children will make it easy for children to express their emotions, attachments that are well established from an early age make children have the confidence to adapt outside the home environment.

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