

THE ROLE OF PARENTS IN FORMING CHILDREN'S STUDY HABITS AT HOME

Komari Komari *¹

Universitas Sains dan Teknologi Jayapura
arikomo8@gmail.com

Emon Paranoan

Universitas Sains dan Teknologi Jayapura
paranoanemon@gmail.com

Upi Laila Hanum

Universitas Sains dan Teknologi Jayapura
upilailahanum28@gmail.com

Merliana Trince

Universitas Sains dan Teknologi Jayapura
trincemerliana@gmail.com

Abstract

This literature review was conducted by identifying and analyzing various studies related to the role of parents in children's education at home. The findings indicate that parental involvement is positively correlated with children's learning outcomes. Effective strategies include creating a conducive learning environment at home, adapting learning strategies according to children's learning styles, and education on time management and independent learning skills. Findings also show the importance of supportive parental attitudes and positive expectations of children's education in fostering motivation and effective learning. Parents who are flexible in their educational methods and are able to adapt to their children's needs seem to be more successful in developing independent and adaptive learners.

Keywords: Role, Parents, Children's Learning Habits, Home

Introduction

Education takes place not only at school, but also at home, where parents play an important role in their children's education. At home, children spend most of their time, and this is where basic study habits can be formed early on (Aslan, 2023). Study habits are one of the factors that have a major influence on a child's academic success and long-term development. Through good study habits, children can develop self-discipline, effective study time, and a lifelong learning attitude (Hernandez & Bendixen, 2023).

Early childhood education is a crucial phase in forming the basis of children's intelligence, personality, and social behavior. In this golden period, children experience

¹ Correspondence author.

rapid brain growth and development, where they are very receptive to and absorb knowledge and skills given to them (Fiteriadi et al., 2024). Quality learning at an early age can provide a strong foundation for children's cognitive, emotional and social development, which will determine their success in the future. Therefore, early childhood education should be considered an important early investment, not only by parents, but also by society and government, to ensure the development of quality and sustainable human resources (Siu & Ng, 2022). Active involvement of parents in this early education phase will not only accelerate children's learning process but also strengthen the bond between children and parents, which is the basis of children's character building (Corwin-Renner, 2022).

However, not all parents are aware of their vital role in shaping these learning habits. This factor is sometimes overlooked, resulting in children not getting optimal support to develop their academic potential. In some cases, parents may not know effective ways to assist and motivate their children to learn, or may themselves be limited by time and resources (Deslandes & Rousseau, 2023); (Runge & Soellner, 2022).

In addition, the family environment has a major influence in shaping children's educational foundation, because the family is the first and main unit of socialization. Daily interactions between parents and children have a significant influence on children's behavior and views of the world around them, including their views on education (Dewi et al., 2020). The parenting style, communication, and values and attitudes developed in the family can determine how children perceive the importance of education and how well they absorb the material learned. Emotional support, motivation, and high expectations from families for children's academic achievement can strengthen children's confidence and commitment to excel in school (Li et al., 2023). In addition, the presence of positive behavioral models from parents, such as reading and lifelong learning habits, indirectly instills these positive values in children (Jeong & Lee, 2022).

On the other hand, the availability of educational resources at home, such as books, stationery and access to informative technology, also plays an important role in supporting children's education. A quiet environment conducive to learning, free from distractions, helps children to focus on academic tasks and develop effective study habits (Syamsuri et al., 2021). When parents are actively involved in their children's learning activities, for example through guidance on homework or discussions on academic topics, this will influence children's attitudes towards learning to be more positive and active. Meanwhile, a lack of resources and support from the family can have the opposite effect, where children may feel less motivated and not have enough guidance to pursue their academic achievements (Ma et al., 2023).

Therefore, this study aims to explore the role that parents can play in shaping children's study habits at home. This research aims to provide parents with insights and strategies to help their children build a strong learning foundation at home, while

identifying factors that encourage and hinder this process. This will lead to practical recommendations that parents can use to support their children's learning effectively and efficiently.

Research Methods

The study in this research uses a literature review. The literature research method is an approach used in academic research to collect information from various written sources to investigate and analyze a specific topic (Sio et al., 2024); (Nguyen et al., 2024). This method includes several main steps, the first of which is a keyword search to find relevant material. Once reliable sources are found, researchers will collect, assess, and analyze information related to the research question or hypothesis (Kim & Yu, 2022).

In an academic context, 'literature' can refer to a wide variety of texts, including books, scientific journals, conference papers, theses, and articles. The advantages of literature research methods include the ability to gain a broad overview of the field of study, identify gaps in existing research, and build a theoretical basis for further research (Nesset et al., 2024).

Results and Discussion

Study Habits

Study habits are regular practices or a set of actions adopted by individuals to acquire and understand new information, increase knowledge, and develop expertise and skills consistently over a period of time. They involve self-discipline and effective time management strategies, and may include techniques such as note-taking, periodic review of material studied, group discussions, and self-testing (Hernandez & Bendixen, 2023). The formation of good study habits is associated with perseverance, adaptation to personal learning styles, and the use of resources that support the learning process, all of which influence how effective the learning process is and the outcomes that can be achieved (Corwin-Renner, 2022).

Developing good study habits is essential for academic and professional success. It helps individuals become lifelong learners and be able to adjust to changes and demands in an ever-evolving environment (Deslandes & Rousseau, 2023). With strong study habits, students can optimize their study time, retain information longer, and improve their understanding significantly, which ultimately leads to better academic performance and increased competence (Harahap, 2022). Beyond the educational context, study habits are also important in professional development, where the ability to continuously learn and develop is key in adapting to innovations and advancements in various fields of expertise (Sabha, 2022).

The mastery of effective study habits not only has a positive impact on academic achievement, but also enriches one's personal and professional life. Individuals who are

accustomed to learning will find it easier to develop new skills, adapt to change, and face challenges with a more open and solutive attitude. What's more, good study habits can increase self-confidence and learning autonomy, instill a sense of continuous curiosity, and motivate individuals to seek new knowledge and experiences (Cakir & Uludağ, 2022).

In this era of globalization and fast-paced development of information technology, the ability to learn effectively has become a primary need. Learning habits are not only limited to the academic environment, but also an important determinant in continuous growth and adaptation in the workplace. Having a solid foundation of study habits prepares individuals to continuously develop, be able to innovate, and make significant contributions in their communities and work (Everri et al., 2022).

Thus, study habits play a crucial role in achieving success and fulfillment in various aspects of life. Educating oneself to develop into a lifelong learner not only enhances intellectual capacity, but also gives individuals the tools to meet future challenges, maximize their potential, and contribute positively to society. Therefore, investing time and effort in developing and maintaining good study habits is one of the most important investments one can make for their future.

Various factors can influence study habits, both positively and negatively, which determine the effectiveness and smoothness of the learning process. Internal factors such as motivation, attitude towards learning, learning style, and mental and physical health, play a crucial role in forming productive study habits (Nisa et al., 2021); (Liliana et al., 2021). Motivation, both intrinsic and extrinsic, drives individuals to start and continue the learning process, while learning styles that suit personal needs can maximize material absorption and comprehension. On the other hand, mental health issues such as stress and anxiety can hinder learning ability, reduce concentration, and decrease motivation (Aslan & Hifza, 2020).

External factors also play an important role, including the learning environment, access to resources, social support from family, friends and educators, and technology and learning media. A conducive learning environment, which minimizes distraction and supports intellectual activity, is essential for learning efficiency (So et al., 2022). The availability and affordability of learning resources such as books, libraries and information technology affect how well individuals can access the information they need. Social support, both in the form of academic and emotional assistance, contributes greatly to motivation and resilience in learning (Geduld, 2024). Meanwhile, the appropriate use of technology can enrich the learning experience by providing access to diverse learning resources and interactive platforms, although the challenge lies in how to avoid distractions that also come with the use of technology (Sreekanth, 2023).

The Role of Parents

The role of parents in a child's education cannot be underestimated, as they contribute significantly to a child's academic success and character development. Supporting education is not just about ensuring children attend school, but also includes parents' active involvement in their child's learning process, such as helping with homework, monitoring learning progress and providing adequate learning resources (Aslan, 2017). Positive and constructive parental involvement provides additional motivation for children to achieve, increases their confidence in learning and helps build a responsible attitude towards education. It also includes providing emotional support that ensures children's mental well-being, making them feel safe and valued, which is an important foundation for effective learning (Wang & Cheung, 2023).

On the other hand, challenges arise when there is an imbalance between parents' expectations and children's abilities or interests, which can create pressure and stress for children. It is important for parents to recognize and support children's individual interests and needs rather than imposing unrealistic expectations, which can lead to negative impacts on children's motivation and academic performance. In today's digital age, the role of parents also extends to the supervision of technology use, ensuring that access to information and online learning resources is done in a safe and productive way (Cacabilos & Vargas, 2022). In this context, parents must equip themselves with relevant knowledge and skills to support their children's education amidst rapid change, while limiting the negative influences that can arise from uncontrolled use of technology (Ngangbam, 2024).

The parenting style applied by parents has a great impact on the formation of children's study habits. A supportive and democratic parenting style, where parents are actively involved in their child's education but also provide freedom to take their own initiative, tends to result in more positive study habits (Sitepu et al., 2022). Children from this environment usually have high internal motivation, better self-confidence and the ability to set goals and achieve them. Parents in this type of parenting are often a source of encouragement as well as a means to face academic challenges, develop effective study skills and hone critical thinking skills essential for independent learning (Wanicharoen et al., 2022).

In contrast, an authoritarian parenting style, where parents tend to dominate and limit children's freedom to make decisions regarding their education, can have a negative impact on the development of study habits. Children may become less motivated to learn independently and less confident in their abilities because the educational process does not actively involve them (Bo et al., 2023). These children may study more to fulfill parental expectations than for their own satisfaction and development. This can result in academic stress, anxiety, and sometimes resistance to learning, when learning should be considered an exciting and personality-building process of discovery (Mizani et al., 2020).

Permissive parenting style, where parents tend to give excessive freedom and lack clear boundaries, also affects children's study habits. While this style provides flexibility in decision-making, the lack of structure and clear expectations often leads children to lack discipline and inconsistency in their learning activities (Santoso et al., 2023). Children may struggle to develop effective time management skills or become easily distracted due to a lack of consistent guidance from parents. This results in them possibly being underprepared for tasks that require high discipline, such as further studies or future professional careers (Puspaningtyas et al., 2023).

Finally, an uninvolved or neglectful parenting style, characterized by minimal parental participation in their child's life, can lead to children developing highly independent study habits that can be positive but are often negative. The lack of emotional and academic support from parents means that children may feel isolated, insecure and less motivated to pursue academic achievement. The child may have difficulty in developing the self-confidence and social skills necessary to cooperate with peers and instructors in a learning environment. Ultimately, this can all hinder academic success and healthy personal development (Aslan & Setiawan, 2019).

In this context, it is crucial for parents to assess and adjust their parenting style to support the formation of effective and customary study habits. Understanding children's individual needs and providing a balanced mix of freedom and guidance can significantly improve children's learning ability and academic success in the long run.

The role of parents in shaping children's study habits shows a significant impact on children's educational success and personal development. The learning process supported by parents through open dialog, encouragement, and the establishment of an environment conducive to learning can encourage children to develop a positive attitude towards education (Pirchio et al., 2023). Parental encouragement and guidance in organizing study schedules, helping with schoolwork, and providing constructive feedback, help children build self-discipline, time management, and problem-solving skills. In addition, parents who value education tend to pass on the same values to their children, encouraging them to pursue academic achievement and continuous self-development (Perez et al., 2023).

In addition to supporting children's academic activities, the role of parents in building stable psychological conditions is also very important. Children who feel safe, valued and supported by their parents are more likely to have the confidence and motivation to face learning challenges (Aslan & Pong, 2023). Parents who actively listen, empathize and respond to their children's concerns about school or assignments play a critical role in reducing learning anxiety and stress. Through this balance of emotional and academic support, parents can inspire children to adopt productive study habits, including openness to lifelong learning and willingness to explore new knowledge independently (Siu & Ng, 2022).

Thus, the role of parents is crucial in the formation of effective study habits in children. Support, guidance and a conducive environment provided by parents help children develop discipline, time management and coping skills, which are all important components of academic success. Furthermore, stable emotional support from parents strengthens children's self-confidence and motivation, allowing them to face learning challenges with a positive attitude. Implementing a balanced approach between academic encouragement and emotional support will inspire children to pursue education continuously and develop adaptive and sustainable learning habits.

Parental Strategies in Forming Study Habits

Creating a conducive learning environment is an important first step parents can take to support their child's study habits. A physical environment that is calm, organized and free from distractions can make learning more effective (Deslandes & Rousseau, 2023). Parents can set up a comfortable study area at home equipped with necessary study equipment such as books, pencils and computers. Reducing distractions such as television and video games near the study area is also important. It is also important for parents to ensure adequate lighting and comfortable chairs, all of which contribute to better concentration and study stamina. Establishing routine policies, such as fixed study times, can help children develop discipline and consistent study habits (Runge & Soellner, 2022).

Parental involvement in a child's learning process is very impactful in shaping a child's approach to education. Parents can be actively involved by setting realistic expectations and providing the support and resources needed to achieve these goals. Shared study sessions, helping with homework, or even learning a new topic together, can strengthen relationships and clarify parents' commitment to their child's education (Aslan et al., 2019). This engagement also includes communicating regularly with teachers about progress and areas for improvement, from which parents can better understand how to best support their child's learning at home (Jeong & Lee, 2022).

Understanding a child's learning style allows parents to implement learning strategies and methods that are most effective for their child. Children have diverse ways of learning; some may learn better through visuals, while others through listening or engaging in physical activities (Ma et al., 2023). Parents can refine the way they support learning by observing how their child most effectively retains information. This might mean using flashcards for visual children or discussing the subject matter for auditory children. The use of technology, such as educational apps or videos, can also be tailored to support these learning styles and make learning more engaging and interactive (Sarmila et al., 2023).

Finally, it is important for parents to instill the understanding that learning is not just about fulfilling academic tasks but also about lifelong learning. By introducing the concept that learning can happen anywhere, not just in school or at a desk, parents

inspire curiosity and a love for learning. Activities such as shared reading, museum visits or home science projects can be fun ways to learn while strengthening family bonds (Jung, 2022). Recognizing effort and progress rather than just results, parents can help build children's confidence and skills to face new challenges with optimism (Bo et al., 2023).

Furthermore, parents need to ensure that their approach to supporting their child's study habits is flexible enough to adapt to change. As children get older and their academic needs evolve, the strategies used may need to be adjusted (Suroso et al., 2021). Monitoring children's progress and providing constructive feedback is important to ensure that current methods are still relevant and effective. In addition, parents should teach good time management skills and how to set priorities, which are important aspects of independent and responsible learning (Aslan, 2019).

Thus, forming good study habits in children is a process that requires consistent effort and collaboration between children and parents. A conducive learning environment, active parental involvement and the use of methods that suit the child's learning style all contribute significantly to developing a positive attitude towards learning. Parents who make learning a fun and relevant activity not only help in their child's academic success, but also in making them lifelong learners. A commitment to a child's education prepares them to face the world with the right knowledge and skills.

Conclusion

Parents play a crucial role in shaping and supporting good study habits in their children. A conducive learning environment at home, parental involvement in the child's learning process, understanding the child's learning style and teaching the importance of lifelong learning are key strategies that can be implemented. Through active involvement, such as providing resources, discussing subject matter and communicating with teachers, parents can significantly improve their child's motivation and academic success. Supporting learning is not only limited to academic activities, but also includes building time management skills, adaptability, and self-confidence in children, preparing them not only for school success but also in life.

Adaptation and flexibility in learning strategies are also important, as children's learning needs may change over time. Parents should monitor progress and provide constructive feedback, in addition to teaching children how to manage their priorities and time. This approach not only ensures that learning methods remain relevant and effective as children grow, but also teaches them the critical skills to become independent and responsible learners. Thus, parents' role and strategies are vital in developing a strong foundation for children to succeed academically and personally in the future.

The findings suggest that home education requires a holistic and integrated approach, where parents should not only focus on academic achievement but also on

developing children's life and adaptation skills. An important implication for children's education at home is the need for parents to be more proactive and innovative in creating learning environments that stimulate various learning styles and promote lifelong learning. This includes implementing educational technology, exploring learning resources beyond conventional curriculum materials and facilitating discussions that build deep and critical understanding. As such, home education becomes not just about teaching the curriculum, but also about educating children to become adaptive, independent and evolving learners in tune with the changing world.

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