

ABSTRAK

Ida Ayu Agustin Maryani 2026 .*Upaya Mengatasi Temper Tantrum Anak Dengan Metode Rekreasi Sekitar Sekolah di Tk Dharma Wanita Gayam* .Program Studi Pendidikan Guru PAUD , FKIP , Universitas PGRI Madiun . Pembimbing (I) Sofia Nur Afifah .M.pd (II) Dr. Rosyida Nurul Anwar M.pd.I

Temper tantrum merupakan perilaku luapan emosi yang sering muncul pada anak usia dini, terutama ketika anak belum mampu mengungkapkan perasaan dan keinginannya secara tepat. Perilaku ini dapat mengganggu proses pembelajaran apabila tidak ditangani dengan metode yang sesuai. Penelitian ini bertujuan untuk mengetahui upaya mengatasi temper tantrum anak usia dini melalui metode karya wisata di lingkungan sekitar sekolah.

Penelitian ini menggunakan metode Penelitian Tindakan Kelas (PTK) yang dilaksanakan di TK Dharma Wanita Gayam dengan subjek penelitian anak usia 4–6 tahun. Penelitian dilakukan melalui dua siklus, yang masing-masing terdiri dari tahap perencanaan, pelaksanaan, observasi, dan refleksi.

Hasil penelitian menunjukkan bahwa pada tahap pra-siklus, perilaku temper tantrum anak masih tergolong tinggi. Setelah diterapkan metode karya wisata pada Siklus I, terjadi penurunan perilaku tantrum meskipun belum optimal. Pada Siklus II, terjadi penurunan yang lebih signifikan, ditandai dengan meningkatnya kemampuan anak dalam mengontrol emosi, mengikuti aturan, serta berinteraksi positif dengan teman dan guru.

Kata kunci: temper tantrum, anak usia dini, metode karya wisata, lingkungan sekolah

ABSTRAK

Ida Ayu Agustin Maryani (2026). Efforts to Overcome Children's Temper Tantrums Through Recreational Methods Around the School Environment at TK Dharma Wanita Gayam. Early Childhood Teacher Education Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Supervisor(I): Sofia Nur Afifah, M.Pd., Supervisor (II): Dr. Rosyida Nurul Anwar, M.Pd.I

Temper tantrums are emotional outbursts that frequently occur in early childhood, especially when children are not yet able to express their feelings and desires appropriately. This behavior can disrupt the learning process if not handled with appropriate methods. This study aims to identify efforts to overcome temper tantrums in early childhood through recreational (field trip) methods in the school environment.

This research employed the Classroom Action Research (CAR) method, conducted at TK Dharma Wanita Gayam with research subjects consisting of children aged 4–6 years. The study was carried out in two cycles, each consisting of planning, implementation, observation, and reflection stages.

The results showed that in the pre-cycle stage, children's temper tantrum behavior was still relatively high. After applying the field trip method in Cycle I, there was a decrease in tantrum behavior, although it was not yet optimal. In Cycle II, a more significant decrease was observed, marked by improvements in children's ability to control emotions, follow rules, and interact positively with peers and teachers.

Keywords: temper tantrums, early childhood, field trip method, school environment