

The Effect of Music On The Emotional Intelligence Development Of Early Childhood

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ABSTRACT: Childhood is the most amazing moment, all the fundamentals of growth developed during this time. Music for children can act as a vehicle that can complement each other's thoughts and feelings. The child's ability in advanced thoughts through tone, emotion (feeling) and motion can be developed through music. According to John M. Ortiz, music can be a healthy and safe stimulant. In addition, music and other sounds that can help reduce anxiety and stress. Learning music is a positive activity for children, because this activity is able to hone the physical ability, mental as well as the emotional sensitivity of a child in a balanced and important parents in developing the basic skills of music in children.

Key words: *Music, Emotional Intelligence, Early Childhood*

Effect of Music on Early Childhood Emotional Intelligence

Music is the universal language which does not need translating. Music requires hands, heads and hearts all together¹. While childhood is the most amazing time since all of the fundamentals of growth developed during this time, music offers a tool to express their thoughts and feelings. Those can be stated by message, moved by heart and sensed by magnificence.

Child's ability to express his mind through tone, emotion and motion can be developed through music. Essentially music is a tone language since it can be heard and communicated through the tone itself. Music is also an emotional language because it may be used to express certain feelings like happy, joy, excited or fascinated². Through the motion of singing, music offers a language of motion, because the music has a bar (a fixed and regular beat), rhythm (short-sounding length) and melody (high-low tone).

According to John M. Ortiz, music can be a healthy and safe stimulant. Here are ten reasons why music can be a healthy and safe stimulant, which are³:

1. repeatable through cassette or CD
2. Natural
3. Schedulable
4. Programmable
5. plentiful of kinds
6. Without prejudice, since music can entertain all people with different ages, races, cultures, etc.
7. Always optimistic
8. Refreshing
9. Fully within our control.
10. Being a good friend.

¹ J. Ellys, *Kiat Mengasah Kecerdasan Emosional Anak*. Bandung : Pustaka Hidayah. 2005. 54.

² Daniel Goleman, *Emotional Intelligence*. Jakarta : Gramedia Pustaka Utama. 2004. 85.

³ M. Ortiz. *Menumbuhkan Anak-anak Yang Bahagia, Cerdas dan Percaya Diri Dengan Musik*. Jakarta : Gramedia Pustaka Utama. 2002. 77

In addition, music and other conciliate sound may relax anxiety and stress, by⁴:

1. Lowering stress-related hormones
2. Distracting attention from fear, anxiety, tension and from everyday problems.
3. Enabling the natural endorphin hormone that works to relieve pain
4. Relaxing
5. Purifying the mind and focus.
6. Calming and aligning internal rhythms
7. Relieving feelings of depression and easing anger
8. Removing negative and disturbing mind
9. Blocking unwanted noisy voices

Used with sensitivity sound, music can be used to:

1. Motivate children to practice
2. Increase body sensitivity
3. Activate the growth of great motor skills
4. Improve coordination
5. Develop self-esteem and confidence
6. Work as a source of happiness and pleasure
7. Encourage social relations
8. Create a controlled environment in which self-disclosure can be realized

The Role of Parents To detect The Development Of Child Emotions Through Music

The environment does influence the child's emotions. One of the parents roles in the family is forming the emotion of a child which will effect greatly on his daily behavior. Different styles of parenting will affect the child's personality⁵. A good parenting style should be generous and permissive, which the parents give freedom to children to act, not to ban or too demanding. Permissive generous and parents are warm, caring and involved with children, but still keeping moderate control.

Learning music is a positive activity for children. This activity is able to develop the physical and mental ability as well as emotional sensitivity equally. For the child's physical readiness, there are some things which the parents need to know⁶:

- a. The musical instruments are designed according to the child's posture, not too heavy, too big or too physically energy forcing.
- b. understanding the physical characteristics of children with certain instruments.
- c. Recognizing the child whether the he likes or not, the sensations generated by the instrument he plays.

Parents should pay attention to the child's emotional and behavioral conditions. For example, a very active child is suitable with drums rather than playing violin. On the other hand, a quiet kid would be more happy to hear the sound of a violin than a trumpet. For children who prefer to work alone, choose a solitary instrument such as a guitar or a piano.

Parents play a very important role to continuously encourage and motivate them. They give inspiration, and coaches the kids to to play the chosen instrument⁷. Parents should develop and strengthen the positive self-esteem of children by:

- a. Making every opportunity to create harmony
- b. Encouraging children to be independent
- c. Striving for balance

⁴ Kumpulan Artikel Kompas. *Mencetak Anak Cerdas dan Kreatif*. Jakarta : Kompas. 2001.

⁵ AT Mahmud. *Musik dan Anak*. Jakarta : Departemen Pendidikan dan Kebudayaan. 1995. 74.

⁶ Ibid.

⁷ Ibid.

- d. Allowing the child to select the music he wants to hear and the parents do not set too much
- e. Listening to music as a bridge between generations

Children reveal the content and messages through the tone, taste and motion. But it can only be done well if the child gained the direct experience of music. Music experience is needed to develop the basic skills of children's music. Therefore, parents play an important role to improve the basic skills of a child's music. According to A.T Mahmud in "*Musik dan Anak*", the basic music ability includes⁸:

Listening Ability

Listening ability is a very important or essential ability. Music communicates the message, which will be well received if it can be heard, captured or felt well. Listening activities can be done whenever teaching a new song, for example with a musical instrument or with a humming and then repeating the song. If children's music tapes are available, they can be played for them to hear.

Listening activities aimed at:

1. Living the role of rhythm and rhythm pattern in building music atmosphere
2. Increasing sensitivity to content and messages expressed by music or song
3. Living the expression of music
3. Improving listening ability to play music well

The Ability to Demonstrate. Ability to demonstrate is intended to:

1. Improve the skill of singing well and correctly
2. Express the music or singing with physical motion
3. Improve the ability to choose and play a percussion tool for accompaniment

The demonstration activities are developed, in order to:

1. Sing with a pure and precise tone
2. Play various rhythms of accompaniment in various bar charts
3. Increase sensitivity to the content and messages of music or song, or simple percussion instruments

The Ability to be creativity

The ability to creativity is the ability to fill and message music or singing with creative deeds. They are aimed to:

1. Try and choose the appropriate tools to reveal the content and purpose of the accompaniment of music or songs
2. Improve the ability to listen the music or song by observing the nature, character or characteristics of the main elements of music
3. Increase sensitivity to the content and messages of music or song to be able to enjoy and appreciate.

The introduction to music can be done since the first day the children born. It is then being continued at every stage of child development. Even since in womb, the baby can be introduced with the voice or singing of the mother.

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⁸ Sujiono, Bambang dan Nurani Yuliani. *Mencerdaskan Perilaku Anak Usia Dini*. Jakarta : Gramedia. 2005. 114.

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