

YOUNG CHILDREN'S NEEDS FOR FEAR AND WORRY AS PSYCHOLOGICAL ASPECTS: ITS PROBLEM AND SOLUTION

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Abstract

As a part of their emotional feelings, children need fear and worry so that they can identify some dangerous situations around them as the process of their self protection. Helen Ross as cited in Simanjuntak (1984) said that, in one hand, "fear is a natural feeling which closely relates to self defence mechanism" such as defending ourselves from any external attacks. Fear and worry often, on the other hand, create problems. Fear can cause negative effect when creating distressing feelings as children show with their scream and cry. Some children have normal fear and and worry, but others experience over fear and worry. This excessive fear and worry might make a phobia in children which can finally disturb their creativity and socialization process. Teachers are, therefore, required to be able to identify and differentiate normal and excessive fear and worry so that they can early anticipate their children's excessive fear and worry as well as their negative effect. In anticipation of this, teachers can (1) give reward, not punishment, sufficient attention and care for their children, (2) provide exemplary attitude and behavior on how to anticipate the feelings of fear and worry.

Key words: worry, fear.