



ANALYSIS OF THE ROLE OF MOTHERS IN FOSTERING GREEN BEHAVIOR IN EARLY CHILDHOOD

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Abstrak

Isu lingkungan hidup merupakan salah satu isu global yang belum tertuntaskan sejak abad 21 meskipun telah banyak upaya yang dilakukan baik melalui gerakan organisasi maupun sosialisasi. Salah satu penyebab utama permasalahan lingkungan adalah limbah yang dihasilkan oleh manusia sebagai akibat dari perilaku kehidupan sehari-hari. Penelitian ini bertujuan untuk menganalisis bagaimana peran ibu dalam menumbuhkan sikap menjaga lingkungan/*green behaviour* pada anak usia dini dan menganalisis apa saja tantangan dalam mengimplementasikan *green behaviour* pada anak usia dini di rumah. Metode penelitian yang digunakan dalam penelitian ini adalah metode kualitatif dengan desain penelitian studi kasus. Teknik sampling yang digunakan adalah *purposif sampling* dikarenakan sampel yang akan diteliti dipilih berdasarkan kriteria tertentu yaitu keluarga yang memiliki anak usia dini dengan kisaran usia 4-6 tahun. Teknik pengumpulan data yang digunakan dalam penelitian ini adalah teknik observasi, wawancara dan dokumentasi. Teknik analisis data menggunakan triangulasi data. Hasil penelitian ditemukan bahwa ibu berperan penting dalam menumbuhkan *green behaviour* pada anak usia dini di rumah. Ada beberapa peran ibu dalam menumbuhkan *green behaviour* di rumah diantaranya sebagai *role model*, sebagai pengasuh atau pendidik pertama, dan sebagai manajer utama dalam mengelola penuh rumah tangga. Adapun kendala yang sering dihadapi ibu salah satunya adalah keterbatasan pengetahuan ibu tentang *green behaviour*, keterbatasan waktu dan sumber daya, pengaruh lingkungan dan pola konsumsi keluarga. Diharapkan bagi penelitian selanjutnya agar dapat mengeksplorasi pengembangan materi pendidikan yang menarik dan sesuai dengan usia anak yang dapat membantu mendidik mereka tentang isu-isu lingkungan dengan cara yang menyenangkan dan mudah dimengerti.

Kata Kunci: *Anak Usia Dini; Green Behaviour; Lingkungan*

Abstract

Environmental issues remain one of the unresolved global challenges since the 21st century, despite numerous efforts made through organizational movements and socialization campaigns. One of the main causes of environmental problems is the waste generated by humans due to daily life behaviors.

This study aims to analyze the role of mothers in fostering environmental awareness/green behavior in early childhood and to examine the challenges of implementing green behavior in young children at home. The research method used in this study is a qualitative approach with a case study research design. The sampling technique applied is purposive sampling, as the sample is selected based on specific criteria, namely families with young children aged 4-6 years. Data collection techniques include observation, interviews, and documentation. Data analysis is carried out using data triangulation. The research findings indicate that mothers play a crucial role in cultivating green behavior in young children at home. Some of the roles of mothers in fostering green behavior at home include being role models, being the first caregivers or educators, and acting as the primary managers of household affairs. However, some challenges faced by mothers include a lack of knowledge about green behavior, limited time and resources, the influence of the surrounding environment, and family consumption patterns. Future research is expected to explore the development of engaging and age-appropriate educational materials that can help teach children about environmental issues in a fun and easy-to-understand way.

Keywords: *Early Childhood; Environment; Green behaviour*

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A. INTRODUCTION

One of the global issues that has emerged since the early 21st century is the issue of environmental sustainability. Environmental problems remain unresolved to this day despite the formation of numerous movements and organizations. The lack of awareness and knowledge about how to manage nature can disrupt its balance, pollute water and air, reduce

agricultural land, and even lead to the extinction of both flora and fauna¹.

As we know, humans produce waste as a result of their daily activities. With the population increasing sharply every year, the amount of waste generated by humans also rises². Among the many sources of waste, household waste is considered the most dangerous compared to industrial waste³.

Household waste results from daily activities such as bathing,

¹ Z Nahrudin, 'Isu-Isu Strategis Permasalahan Lingkungan Hidup', *INA-Rxiv, Open Science Framework.*, 2018.

² NKMA Wandari and G.S Darma, 'Pengelolaan Karakter Green Behavior Pada Generasi Milenial Dalam Meningkatkan Minat Penggunaan Green

Product', *Jurnal Akuntansi Dan Manajemen*, 17.02 (2020), pp. 48-57.

³ R Hasibuan, 'Analisis Dampak Limbah/Sampah Rumah Tangga Terhadap Pencemaran Lingkungan Hidup', *Jurnal Ilmiah Advokasi*, 4.1 (2016), pp. 42-52.

laundry, human excrement, and food waste. Food waste can produce methane gas, which, as we know, has 21 times more potential to contribute to global warming than CO₂, leading to ozone layer depletion and temperature changes on Earth. Indonesians, in particular, tend to leave food uneaten every day, making Indonesia the largest contributor to food waste in Asia. According to data compiled by the United Nations Environment Programme (UNEP), around 20.9 million tons of food waste are generated annually, most of which comes from the household sector. This issue cannot be taken lightly, as it impacts many aspects, including food security, the economy, aesthetics, health, and even global environmental problems⁴.

Given these challenges, it is crucial to foster basic knowledge and active participation from every family member in reducing harmful habits that damage the environment and in managing waste responsibly.

⁴ Alvina Lutviyani, Fadhila Farkha, and Hanim Firdausi, 'Tinjauan Tinjauan Limbah Makanan Terhadap Lingkungan Dalam Perspektif Islam Dan SAINS',

Protecting the environment can be achieved through habituation or environmentally conscious behavior, commonly referred to as green behavior. Green behavior reflects the way living beings care for nature. If green behavior becomes a lifestyle for today's society, it will create a balance that allows both living beings and nature to coexist harmoniously⁵.

Green behavior should be practiced by every family member and is easier to instill in early childhood. This is because children tend to imitate the behavior of those around them, and at this age, they experience rapid development, making it easy for them to absorb experiences.

Early childhood is a critical period, often referred to as the Golden Age. This stage is the most important in a child's life because 50% of human intelligence capacity develops by age 4 and 80% by age 8. Thus, the time spent in this age range is more valuable than any later stage, as the knowledge and

Konferensi Integrasi Interkoneksi Islam Dan Sains, 4 (2022), pp. 49-53.

⁵ Wandari and Darma.

stimulation children receive during this period determine their future quality⁶. Therefore, early childhood (0-8 years) is considered the ideal time to introduce green behavior to children. Cultivating a love for the environment is a crucial form of education that serves as an investment. When children are raised with a love for the environment, it will protect them in the future. Conversely, children who grow up without care for the environment may face harm from it⁷. This is why it is important to instill a love for the environment during the golden age.

Good environmental habits can start with simple actions at home, such as involving children in planting and watering plants, feeding pets, disposing of waste properly, turning off unused appliances or water taps, taking food in appropriate portions,

and being responsible for the food they have taken. These daily activities provide valuable experiences for children. According to previous studies, factors influencing environmentally friendly behavior are mostly based on childhood habits and experiences⁸.

Several previous studies have addressed green behavior, such as the research conducted by Sekaringtyas⁹ entitled "The Influence of Ecological Literacy Awareness on Understanding Green Behavior in Fourth Grade Elementary School Students." The results showed that children who are aware of ecological literacy (environmental awareness) are more likely to engage in green behavior.

Another study by Nikawanti¹⁰ titled "Introducing Green Behavior

⁶ DL Trenggonowati and Kulsum. K, 'Analisis Faktor Optimalisasi Golden Age Anak Usia Dini Studi Kasus Di Kota Cilegon', *Journal Industrial Servicess*, 4.1 (2018).

⁷ R Nurfarida and A Hasanah, 'Perilaku Green Behaviour Dengan Pembelajaran Ekoliterasi Pendidikan Karakter Anak Usia Dini', *CBJIS: Cross-Border Journal of Islamic Studies*, 3.2 (2021), pp. 86-94.

⁸ Nuringsih and others, 'Pengenalan Dan Implementasi Green Behavior Pada Taman

Kanak-Kanak Di Beji Timur Depok', *Prosiding Senapenmas*, 2017, pp. 23-23.

⁹ T., Sekaringtyas and Y Auliaty, 'Pengaruh Kesadaran Ekoliterasi Terhadap Pemahaman Green Behaviour Pada Peserta Didik Kelas Iv Sekolah Dasar', *Prosiding Seminar Dan Diskusi Pendidikan Dasar.*, 2020.

¹⁰ G., Nikawanti, R. S., Fitriani, and Y Bachtiar, 'Pengenalan Green Behavior Melalui Ecoliteracy Pada Anak Usia Sekolah Dasar Di Desa Adat Kampung

Through Ecological Literacy in Elementary School Children in the Traditional Village of Kampung Naga, Tasikmalaya Regency," found that in Kampung Naga, the community preserves the environment by upholding local wisdom. They believe in their ancestral traditions that every action has consequences. One of the rules in this village is the prohibition of damaging the surrounding environment, including the forests in the area. This environmental stewardship has been introduced to children from an early age by their parents, based on the "pamali" cultural belief.

The final study was conducted by Sudaryono¹¹ with the title "Green Behavior Internalization Strategies Based on Education for Generation Z to Achieve a Healthy Environment for Golden Indonesia 2045." The study revealed that green behavior in Generation Z can be developed through consistent environmentally friendly

habits practiced for 66 consecutive days. In other words, a person's character can be shaped through sustained habituation over a certain period. Therefore, if good habits are taught to children from an early age, they are likely to become ingrained and carried into adulthood.

From the above studies, we can see that they share a focus on green behavior in children, while the main difference lies in the target of the research. Previous studies targeted elementary school children, whereas this research focuses on mothers, who play the most important role in the household and in shaping children's character. This study also directly targets early childhood (PAUD). While previous research was mostly conducted in schools, this research takes place at children's homes, aiming to observe the daily behaviors of both mothers and children. The research questions are centered on analyzing the role of mothers in fostering green behavior in early childhood, as well as

Naga Kabupaten Tasikmalaya', *Metodik Didaktik: Jurnal Pendidikan Ke-SD-An*, 14.2 (2019), pp. 84-89.

¹¹ H.N.B Sudaryono and L Kartika, 'Strategi Internalisasi Green Behavior

Berbasis Pendidikan Pada Generasi Z Untuk Terwujudnya Lingkungan Sehat Bagi Indonesia Emas 2045', *Jurnal Stieama*, 15.1 (2022).

identifying the challenges mothers face in implementing green behavior at home. The purpose of this research is to examine the role of mothers and the obstacles they encounter in promoting green behavior in early childhood within the home environment.

B. METHODOLOGY

This research uses a qualitative methodology with a case study approach. Qualitative research aims to describe and analyze phenomena, events, social activities, beliefs, and thoughts of individuals or groups¹². The use of a case study design aims to provide information related to the concerns and anxieties of individuals or groups¹³. Qualitative research is employed to understand the research subjects in depth, relying on verbal data. This case study design enables the researcher to collect data comprehensively and in detail, as well as to understand the context holistically. Additionally, environmental issues are an ongoing concern that remains unresolved. Case

studies also allow researchers to understand the community's response to environmental degradation and the adaptive strategies they have implemented. This information can be used to develop more responsive and relevant environmental protection policies and programs.

This research was conducted in Kampung Delung Tue, Bener Meriah Regency, Bukit Subdistrict. The location was chosen because the Bener Meriah area is well known for its pristine natural environment. Most of the residents work as farmers since the community of Bener Meriah generally lives in harmony with nature. They have extensive knowledge of traditional medicinal plants, natural resource management, and environmental sustainability. This knowledge has been passed down through generations and contributes to the sustainability of the local ecosystem.

The sampling technique used in this research is purposive sampling, as the sample is selected based on certain

¹² S NANA, 'Metode Penelitian Pendidikan', *ROSDA KARYA*, 2005.

¹³ J. W., Santrock, C., Johnson, and C Patterson, *A Topical Approach To Life-Span Development* (2002).

considerations, specifically mothers who have children aged 4-8 years. Seven families out of 43 households in the village met these criteria, including seven mothers and their young children. Data collection techniques include structured observation to monitor the behavior of mothers and children, open-ended interviews with mothers to gain an in-depth understanding of their views, experiences, and assessments related to the research topic, and photo and video documentation as supporting evidence. The data analysis technique in this research is triangulation, using various data collection methods to confirm the findings. This involves conducting interviews, observations, and document analysis simultaneously. Interviews, observations, and document analysis are conducted separately, and the findings from each method are compared and contrasted with one another. If the findings from all three methods confirm each other, this increases confidence in the research results. However, if inconsistencies arise, the researcher must further investigate to gain deeper insights. Consistent and confirmed findings

from various triangulation methods are used to formulate the conclusions of the research.

C. RESULTS AND DISCUSSION

This research was conducted on young children in Bener Meriah, with a sample consisting of approximately seven families with children aged 5-6 years old. The study aimed to explore whether mothers play a role in fostering environmental stewardship and to identify the challenges in implementing green behavior in young children at home. Based on the observations and interviews conducted, the findings can be described as follows:

1. The Role of Mothers in Fostering Environmental Stewardship

Based on the data analysis, mothers play a significant role in fostering green behavior in their children. In daily interactions, mothers often teach their children not to litter, partly because they worry they will have to clean up the mess themselves. Additionally, mothers teach their children to conserve electricity and water, often to save money, as most of the families belong to the lower-middle

economic class. Mothers also involve their children in caring for plants in the yard, as the majority of the population in Bener Meriah works in farming. They teach basic plant care, such as watering and knowing when the plants are ready for harvest. Mothers also introduce children to various plant pests or diseases through casual daily conversations.

Overall, mothers play a crucial role in fostering green behavior, even if not always with the explicit intention of protecting the environment, due to their limited knowledge of green behavior. There are several categories of the mother's role in fostering green behavior in young children, including the role of the mother as a role model, the mother as a caregiver/educator at home, and the mother as a manager/organizer who oversees the household.

a. Mother as a Role Model

Based on interviews and observations, the mother plays a crucial role as the primary example in fostering green behavior in young children at home. Children tend to imitate adult behavior, especially that of their

mothers, due to their close interactions. As a result, a mother's environmentally friendly actions and attitudes can greatly influence a child's awareness and attitude toward their surroundings. For example, when a mother consistently throws trash in the proper place and conserves electricity, the child will perceive this as correct and good behavior to follow. If the mother actively cares for plants at home, the child will learn that planting and tending to plants are positive actions. Conversely, if the mother does not engage in such behaviors, the child is likely to neglect them as well.

As the primary figure, the mother interacts more frequently with the child and is more directly involved in caregiving. Through daily activities, mothers can introduce sustainability and environmental values in ways that are enjoyable and meaningful for the child. Through stories, games, or shared activities, mothers can teach concepts about caring for nature and respecting natural resources. By using a loving approach, children will be more likely to accept and understand the importance of green behavior as part of their lives. As a central figure in the

family, the mother also has a significant influence on shaping the child's attitudes and behaviors. From an early age, children observe and imitate the behavior of their parents, especially the mother, as the primary role model in their lives. By demonstrating environmentally friendly behavior, the mother can help instill environmental awareness in the child from a young age.

From the interviews, mother NR stated that she had already implemented environmental stewardship behaviors, even though they were not directly aimed at promoting green behavior, such as turning off electricity when not in use, planting shady trees and edible plants in the yard, and always reusing plastic or containers that can still be used.

"Yes, I always remind my children to conserve water and electricity. I often remind them to turn off the lights when not in use or to turn off the faucet when the water tank is full. My children also often see me keeping plastic shopping bags to reuse, so they've started following this habit—whenever we come back from shopping, they store the plastic bags, and when we need them again, we reuse them. Sometimes, when we buy food and get plastic containers, I wash and keep them because they can be used again" (Informant NR, June 26, 2023).

Mother NR also admitted that she often reminds her children to turn off the lights in the morning or to turn off the water when the tank is full, among other things. This aligns with the observations, where NR's children have already become accustomed to small but meaningful actions, such as turning off water and electronics after use, using electricity only as needed, or keeping shopping bags to reuse because they frequently see their mother doing the same.

This is consistent with the theory that children learn through observing, imitating, and modeling the behavior of others, especially adults who serve as key figures in their lives. In the family environment, the mother, as the main figure, plays a crucial role in shaping the behavior of young children¹⁴. The process of imitation in children consists of four steps to produce a response from the modeled behavior: paying attention, remembering, motor reproduction, and reinforcement, as well as motivation. In controlling responses, it is important to pay attention to stimulus control, cognitive

¹⁴ H Istiqlalayah, 'Pendidikan Karakter Anak Usia Dini Melalui Program 7 Fitrah

Anak', Jurnal Lonto Leok Pendidikan Anak, 4.1 (2023), pp. 42-52.

control of conditioning processes, and reinforcement control¹⁵. Based on the observations, children, whether consciously or unconsciously, pay attention to and imitate their parents' behaviors, especially their mothers', whether those behaviors are positive or negative. Therefore, the mother becomes the primary model for fostering green behavior.

b. Mother as a Caregiver and Educator at Home

R.A. Kartini stated that mothers are the first educators for their children, focusing not only on moral education, ethics, or intellectual development but also on shaping their character and behavior¹⁶.

Faridy¹⁷ also mentioned that mothers play a significant role in the household, whether in managing finances, regulating the nutritional intake of the family, or educating their children.

Based on observations, it was found that mothers play a role as caregivers and educators at home by frequently involving their children in green behavior activities. For instance, they encourage their children to help water and care for plants, protect plants from animals like goats that tend to eat them, collect organic waste to be used as compost, or reuse plastic or food containers. In some cases, researchers also found mothers involving their children in feeding livestock such as chickens or ducks in the yard.

Young children tend to be more responsive to learning that is concrete and related to their direct experiences. By involving children in green behavior activities from an early age, it is hoped that a mindset and behavior that is caring and responsible for the environment can be fostered. By setting a good example and providing opportunities for active participation, children will grow into a generation

¹⁵ M Barida, 'Pengembangan Perilaku Anak Melalui Imitasi', *Jurnal CARE (Children Advisory Research and Education)*, 03.3 (2016), p. 13.

¹⁶ Moh Rivaldi Abdul, 'Ibu Sebagai Madrasah Bagi Anaknya: Pemikiran Pendidikan R.A. Kartini', *Journal of Islamic*

Education Policy, 5.2 (2020), doi:10.30984/JIEP.V5I2.1350.

¹⁷ Faizatul Faridy, 'Upaya Ibu Keturunan Aceh Yang Berdomisili Di Kota Bandung Dalam Mengajarkan Bahasa Aceh Sebagai Bahasa Ibu Kepada Anak (Studi Kasus Di Kota Bandung)', *Bunayya : Jurnal Pendidikan Anak*, 5.1 (2019), pp. 3-16.

that is attentive and sensitive to the sustainability of our nature and planet. Directly involving children and giving them the chance to try things on their own is a very effective strategy for deepening their understanding. At an early age, children have a strong curiosity about the environment around them, and through direct experiences, they can learn enjoyably and interact with the concepts being taught. For example, when encouraging children to experiment with reusing plastic bags, paper, or cardboard containers, they can learn how to sort organic and inorganic waste and then see how inorganic waste, such as paper or plastic, can be transformed into new, useful items like crafts or other recycled materials. In this way, children can tangibly see how their small recycling efforts can have a positive impact on the environment.

In addition, mothers can also involve their children in planting and caring for plants. Children can directly try planting seeds, watering plants, and providing nutrients to them. Through

these activities, children will learn the importance of plants in maintaining ecological balance and reducing air pollution. According to research by Sabardila et al¹⁸, involving children directly in activities that promote love for the environment can increase their environmental awareness. Children also demonstrate responsibility by caring for and nurturing these plants. This is consistent with the results of interviews and observations of children's behavior.

Based on observations, it was also found that some children unconsciously adopt the habits of people at home. While some children had already developed good habits, there were others, like AA, who did not exhibit green behavior. This was evident from daily activities such as not turning off the TV after watching it, as the child was never reminded to do so, and the TV was often left on even when no one was watching, to avoid silence in the house. When asked why, AA admitted that they didn't know that leaving the electricity on when not in

¹⁸ A. Sabardila and others, 'Pembentukan Karakter Peduli Lingkungan Melalui Kegiatan Penghijauan Pada Siswa MIM

Derasan Sempu, Boyolali', *Buletin KKN Pendidikan*, 1.2 (2020), doi:10.23917/bkkndik.v1i2.10763.

use was wrong, as it had never been mentioned or pointed out. Furthermore, AA mentioned that having the TV on with no one watching was not unusual.

c. The Role of Mothers as Household Managers

The role of a mother as a household manager includes managing family finances, meeting family needs, and other responsibilities. This also includes overseeing behavior, the food consumed, and most household management tasks, which are typically handled by the mother¹⁹. Thus, mothers play a significant role in controlling environmentally friendly behaviors at home. As household managers, mothers are responsible for planning and organizing the family's daily activities, including scheduling, meal planning, sleep routines, and other activities. They also manage the family's finances, create budgets, and ensure that the family's needs are efficiently met.

At home, mothers also act as the central coordinators, organizing and delegating household chores to other family members, scheduling tasks such as cleaning the house, doing laundry, cooking, and more. Through this role, mothers teach their children the values of responsibility and cooperation.

As household managers, mothers also play a role in maintaining the cleanliness and safety of the home environment. They establish household policies and rules aimed at creating a comfortable, healthy, and harmonious environment for all family members.

Based on the data analysis from child observations and interviews with mothers, it was found that some mothers had already taught their children to use resources like electricity and water sparingly. Involving children in resource efficiency practices is motivated by several reasons, one of which is economic.

According to Mrs. KS, green behavior is implemented at home because it is economical and saves money. For example, using only the

¹⁹ M.S.A. Lubis and H. S. Harahap, 'Peranan Ibu Sebagai Sekolah Pertama Bagi Anak', *Jurnal Ilmu Pendidikan*, 2.1 (2021),

pp. 6-13 <<https://www.jurnal-lp2m.umnaw.ac.id/index.php/JIP/article/view/772>> [accessed 11 September 2024].

necessary amounts of electricity and water can help reduce expenses, and growing consumable plants at home can decrease grocery expenses. This is a common practice among the residents of Bener Meriah, where they grow what can be planted in their yards or gardens.

“Since we are not financially well-off, we strive to use only the necessary amounts of electricity and water so that our monthly bills don’t spike. In our opinion, small actions like turning off the lights or controlling water usage can make a big difference on the final bill. Most of us are farmers, so we consume what we grow ourselves for daily needs. It’s quite common for people here to plant vegetables in their yards for daily cooking needs.” (Informant KS, June 27, 2023).

Similarly, Mrs. M stated that green behavior is not just about protecting the environment but also about actions that can reduce expenses. For example, saving organic waste to turn into compost reduces the cost of buying fertilizers, reusing containers that are still in good condition cuts down on the need to purchase new ones, and thick plastic can be used as plant pots, maximizing what’s available and saving money.

“We always try to reuse plastic or glass containers that are still in good condition. Why buy new ones when the old ones still work, right? Moreover, thick plastic, which is often considered trash, can be used as plant pots. By

doing this, we reduce the amount of money we would otherwise spend on buying new flower pots.” (Informant M, June 28, 2023).

From these interviews, it can be concluded that the informants have a high level of environmental awareness and apply recycling principles in their daily lives. They actively try to reuse plastic or glass containers that are still usable as a step toward reducing resource waste and minimizing plastic waste. Additionally, they show creativity by repurposing thick plastic, often regarded as trash, into plant pots, reducing the need to buy new flower pots.

The informants' proactive approach to minimizing waste and recycling materials, including those often considered trash, reflects an awareness of the importance of making a positive contribution to the environment. These actions demonstrate a responsible attitude toward the environment and provide a concrete example of how individuals can contribute to nature conservation through simple daily actions.

2. Challenges Faced by Mothers in Fostering Environmental Awareness

Based on the results of interviews and observations, several challenges faced by mothers in fostering environmental awareness in young children were identified, including: limited knowledge of green behavior, constraints on time and resources, the influence of the environment on children's behavior, and family consumption patterns.

a. Limited Knowledge

An individual's behavior towards environmental conservation is correlated with their knowledge about the environment²⁰. Similarly, Ahmadi²¹ noted that concern for the environment is shaped by knowledge of environmental issues. Therefore, the fundamental basis for environmental preservation is each individual's understanding of how to treat the environment and the relationship between humans and the environment itself.

Based on observations and interviews, it was found that most mothers generally admitted to lacking a clear understanding of the importance of environmental conservation and how to practice it. When mothers are unaware of the significance of environmental education, it becomes challenging for them to teach these concepts to their children effectively.

The limitation in mothers' knowledge about environmental awareness can have a significant impact on children's development in adopting environmentally friendly behaviors. As the primary figures in the family, mothers play a crucial role in shaping their children's mindset and behavior. However, if mothers do not have a sufficient understanding of the importance of environmental conservation and how to implement it, it becomes difficult for them to provide effective guidance and set a good example for their children.

²⁰ Azhar. A., M. D. Basyir, and Alfitri. A, 'Hubungan Pengetahuan Dan Etika Lingkungan Dengan Sikap Dan Perilaku Menjaga Kelestarian Lingkungan', *Jurnal Ilmu Lingkungan*, 13.1 (2016), pp. 36-41, doi:10.14710/JIL.13.1.36-41.

²¹ Rizal Ahmadi, Arwin Surbakti, and Tri Jalmo, 'Hubungan Pengetahuan Lingkungan Hidup Dengan Sikap Peduli Lingkungan Hidup', *Jurnal Bioterdidik: Wahana Ekspresi Ilmiah*, 6.2 (2018) <<https://core.ac.uk/download/pdf/289777719.pdf>> [accessed 11 September 2024].

The first impact of mothers' limited knowledge is the lack of awareness among children regarding environmental issues and the importance of conservation. Without an adequate understanding of the need for environmental preservation, children may lack motivation or interest in participating in green behavior activities. Knowledge about their connection to nature makes children responsible for maintaining the environment and aware of what behaviors are beneficial or detrimental to it.

Limited knowledge in mothers can also lead children to unconsciously adopt less environmentally friendly behaviors. If mothers are unaware of the negative impacts of excessive consumption patterns or the use of single-use products, children may mimic these behaviors without considering their environmental consequences. Furthermore, a lack of knowledge about environmentally friendly practices can make it difficult for mothers to teach their children how to reduce their environmental footprint. For example, if mothers do not know how to recycle or compost

organic waste, it is challenging for them to guide their children in these practices.

One solution to addressing this knowledge gap is for mothers to enhance their understanding of environmental issues and methods for conservation. With better knowledge, mothers can set a direct example and more effectively guide their children in adopting environmentally conscious behaviors.

b. Limited Time and Resources

As household managers, mothers have numerous responsibilities and daily tasks, often making it difficult for them to involve their children in green behavior activities regularly and consistently. Limitations in time and resources can hinder the opportunities to teach and guide children in adopting environmentally friendly practices. As one interviewee mentioned:

"Yes, sometimes I find it challenging to maintain consistency in teaching my children about the importance of environmental conservation because I am too tired or busy with other tasks. I also find it difficult to involve them in environmental activities due to time constraints. I often feel it's easier to handle everything myself without involving them, especially when I can't supervise them directly." (Informant H, June 28, 2023).

Informant H, who works as a teacher, admitted to struggling with balancing time between work, managing the household, and caring for young children, which also affects her ability to monitor and guide each child, especially regarding environmentally friendly behaviors. Sometimes, inconsistency arises when implementing rules and involving children in environmental activities due to the need for time efficiency. This challenge is also experienced by mothers who work as farmers, who spend long hours in the fields and return home exhausted, thus lacking the energy to supervise their children's behaviors and interactions.

Limited time and resources are two factors that can influence environmental concerns within individuals and families. Modern, busy lifestyles often leave people, including mothers, with little time to focus on environmental issues. Daily activities such as work, managing the household, and attending various social commitments frequently leave minimal time for considering and engaging in environmental activities. Additionally, mothers report that in their villages,

there are no programs or facilities to support environmental concerns or green behavior, such as adequate waste bins, organic and non-organic waste separation, or other programs like waste banks.

The impacts of limited time and resources can vary. Firstly, limited time can result in a lack of awareness and understanding of environmental issues because individuals do not have leisure time to deepen their knowledge of these topics. Moreover, a lack of time can also impede participation in environmental activities, such as joining environmental campaigns or participating in recycling programs. Limited resources can also hinder the comprehensive adoption of environmentally friendly behaviors. If a family has financial constraints, they may have to opt for cheaper products or services, even if they are less environmentally friendly than more expensive alternatives. Additionally, access to information about environmentally friendly practices may be limited, leaving them unaware of how to properly contribute to environmental conservation.

To address limitations in time and resources, it is essential for individuals, including mothers, to develop awareness and commitment to making small yet significant changes in their daily lives. This can be achieved by allocating a small amount of time each day to enhance knowledge about environmental issues and finding simple yet effective ways to contribute to environmental preservation. Furthermore, collaboration with local communities and governments in providing better access to resources and environmentally friendly facilities can also help overcome these limitations. With awareness and concrete actions, despite the constraints, mothers and families can play an active role in environmental conservation for future generations.

c. Environmental Influence

In addition to the family, the surrounding environment also has a significant impact on the formation of children's behavior. If the surrounding environment does not support or is indifferent to environmental issues, children may find it difficult to adopt

environmentally friendly attitudes, regardless of the mother's efforts.

The environment in which a person lives can significantly influence their environmental concern. This environment includes all aspects, from the physical to the social environment, including the dominant culture, norms, and values in the community. These factors can shape an individual's perceptions and behaviors regarding the environment and environmental issues.

Based on interviews and observations, most mothers reported that children are sometimes easily influenced by their peers in their local environment. Some children mimic behaviors observed by friends, such as littering, occasionally hitting or damaging plants, or forgetting to turn off the TV when friends visit. As a result, parents often find it challenging to monitor and minimize external influences.

The school environment also plays a crucial role in shaping environmental attitudes. A curriculum that integrates environmental education, extracurricular activities focusing on environmental issues, and the use of

environmentally friendly practices within the school can encourage students to better understand and care for their surroundings.

Additionally, social environmental influences have a significant impact. When individuals are surrounded by friends or communities that care about the environment, they are more likely to adopt similar attitudes. Conversely, if their social environment pays little attention to environmental issues, individuals may feel less motivated to care about the environment.

The impact of an environment that supports environmental concern includes increased individual awareness of environmental issues, changes in behavior toward more environmentally friendly practices, and more active contributions to environmental preservation efforts. Conversely, a less supportive environment can lead to a lack of awareness and concern for environmental issues, as well as reduced participation in conservation efforts.

To create a more supportive environment for environmental concern, collaborative efforts from

families, schools, and communities as a whole are necessary. Holistic environmental education, awareness of the importance of conservation, and early introduction to environmentally friendly practices will help shape a generation that is more caring and responsible towards the environment for a better future.

d. Family Consumption Patterns

Family consumption patterns are a significant challenge in environmental preservation, particularly for middle-class communities. Nowadays, middle-class society tends to prioritize convenience, practicality, and comfort in their lives. This group enjoys conveniences such as ready-made meals, dining out, and various other amenities. This trend is also driven by easy access to non-essential goods. Therefore, it is not surprising that this group becomes a focal point in

campaigns aimed at changing consumption patterns²².

Based on interviews and observations, family consumption patterns also pose a challenge in fostering environmental attitudes. If families tend to generate a lot of waste, excessively use disposable products, or show little concern for recycling, children can be influenced by these consumption patterns and find it difficult to change their behavior.

Family consumption patterns have a significant impact on environmental concerns. Consumption patterns include the purchasing decisions made by families in their daily lives. If a family has environmentally friendly consumption patterns, such as choosing more sustainable products, reducing the use of single-use plastics, or supporting recyclable products, this can help mitigate negative impacts on the environment. On the other hand, environmentally unfriendly consumption patterns, such as excessive purchase of plastic products or excessive energy use, can have

adverse effects on the environment. Overuse of natural resources and improper waste disposal can lead to environmental pollution and damage ecosystems.

In addition to the direct impact on the environment, family consumption patterns can also influence the attitudes and awareness of family members toward environmental issues. When families prioritize sustainable consumption, they can instill positive environmental values among family members, especially children. This means that future generations are more likely to develop strong environmental concerns and a responsible attitude toward the environment.

Families need to be more aware of the impact of their purchasing decisions. Education on sustainable consumption and information about environmentally friendly products can help families make better choices. Additionally, support from the government and community in creating easier access to sustainable

²² Meri, Puspita, Sari Enita, 'Peran Masyarakat Dalam Mencapai Pola Konsumsi Berkelanjutan', *JURNAL TRIAS*

POLITIKA, 1.2 (2017), doi:10.33373/JTP.V1I2.1057.

products and services is also a crucial factor in promoting more environmentally conscious consumption patterns.

Addressing these challenges requires awareness and commitment from both mothers and the entire family. Education and awareness about the importance of environmental preservation need to be increased, along with concrete efforts such as consistently involving children in green behavior activities and setting a direct example by mothers as key figures in the family. Additionally, support from the surrounding environment is important in creating a supportive setting that encourages children to develop environmentally-conscious attitudes and behaviors.

D. CONCLUSION

This research demonstrates that mothers play a crucial role in fostering environmental stewardship or green behavior in young children at home. Three primary roles of mothers were identified in this study: as role models, as caregivers and educators, and as household managers. For instance, mothers who exhibit environmentally friendly behaviors, such as disposing of

waste properly, turning off unused lights, and caring for plants, can significantly influence their children's awareness and attitudes toward the environment. By actively engaging in environmental activities, such as planting and nurturing plants, mothers not only teach the values of sustainability but also help shape a caring and responsible mindset regarding the environment in their children.

However, the study also identified several challenges faced by mothers in cultivating environmental stewardship in their children. These challenges include a lack of knowledge about the importance of green behavior, limited time and resources to consistently involve children in environmentally friendly activities, the influence of the surrounding environment, and family consumption patterns that do not always support sustainable practices. Limited knowledge can lead to a lack of awareness in children regarding environmental issues, while constraints in time and resources can hinder opportunities for involving children in such activities.

Based on the findings of this research, it can be concluded that enhancing mothers' knowledge of environmentally friendly practices and providing supportive facilities in the surrounding environment is essential for empowering mothers in nurturing environmental stewardship in young children. By addressing these factors, it is hoped that future generations will grow to be more caring and responsible individuals regarding environmental sustainability.

RECOMMENDATIONS

- a. Further research on green behavior in early childhood should be conducted with a broader and more diverse sample across various economic groups.
- b. Subsequent studies should explore green behavior using different techniques and methods for a deeper understanding.
- c. If future researchers wish to observe green behavior at home or in school settings, they should thoroughly understand the environment in which the research will be conducted. Consider cultural and social factors that may influence green behavior in young children.
- d. Consider collaborating with relevant institutions or organizations, such as educational or environmental agencies, in this research. Such collaboration can facilitate participant access and provide support for the research implementation.

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