

The Role of the Family Environment in Habitual Positive Behavior in Early Childhood

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ABSTRAK

Penelitian ini bertujuan untuk mengkaji strategi efektif dalam membiasakan perilaku positif pada anak usia dini dengan menempatkan keluarga sebagai mikrosistem utama dalam Teori Ekologi Bronfenbrenner. Penelitian ini menggunakan metode kajian literatur (literature review) dengan menganalisis berbagai sumber ilmiah yang relevan terkait peran keluarga dalam pembentukan perilaku anak usia dini, khususnya dalam konteks interaksi pada mikrosistem keluarga. Hasil kajian menunjukkan bahwa pembentukan perilaku positif pada anak dipengaruhi oleh beberapa faktor kunci, yaitu keteladanan orang tua, rutinitas harian yang terstruktur, komunikasi yang efektif, penguatan positif, aturan yang jelas, pelibatan anak dalam aktivitas keluarga, serta pengawasan media digital. Seluruh strategi tersebut membentuk proses proksimal yang konsisten sehingga anak mampu menginternalisasi nilai moral, sosial, dan emosional melalui interaksi sehari-hari. Keteladanan menjadi dasar utama pembentukan karakter, sementara rutinitas dan aturan mendukung perkembangan kontrol diri. Komunikasi yang hangat menciptakan rasa aman emosional, dan penguatan positif meningkatkan motivasi anak untuk mengulangi perilaku baik. Dapat disimpulkan bahwa pembentukan perilaku positif pada anak usia dini merupakan hasil dari interaksi berkelanjutan dalam sistem keluarga. Integrasi berbagai strategi pengasuhan dalam mikrosistem keluarga menciptakan lingkungan ekologi yang mendukung perkembangan anak, bukan sebagai proses tunggal, melainkan proses yang saling terkait dan berkesinambungan.

ABSTRACT

This study aims to examine effective strategies for fostering positive behavior in early childhood by placing the family as the primary microsystem in Bronfenbrenner's Ecological Theory. This study uses a literature review method by analyzing various relevant scientific sources related to the role of the family in shaping early childhood behavior, particularly in the context of interactions within the family microsystem. The results of the review show that the formation of positive behavior in children is influenced by several key factors, namely parental role modeling, structured daily routines, effective communication, positive reinforcement, clear rules, involving children in family activities, and supervision of digital media. All of these strategies form a consistent proximal process so that children are able to internalize moral, social, and emotional values through daily interactions. Role modeling becomes the main foundation for character building, while routines and rules support the development of self-control. Warm communication creates a sense of emotional security, and positive reinforcement increases a child's motivation to repeat good behavior. It can be concluded that the formation of positive behavior in early childhood is the result of ongoing interactions within the family system. The integration of various parenting strategies within the family microsystem creates an ecological environment that supports child development, not as a single process, but as an interrelated and continuous process.

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INTRODUCTION

Early childhood is a developmental phase that greatly determines the direction of a person's personality formation (Rahayu & Dong, 2023; Zimmerman, 2023). During this period, children are in the golden age, where all aspects of development cognitive, language, physical-motor, social-emotional, to moral develop very rapidly and are sensitive to the stimulation provided by the environment. Positive behavior habits such as politeness, honesty, independence, discipline, empathy, and responsibility need to be instilled from an early age so that they become part of the character inherent in the child (Hasanah et al., 2020; Indiyani & others, 2025). It is at this early stage of life that the foundation of character is built, so the quality of stimulation and habitual patterns that children receive will become the basis for behavior formation into adulthood. This period cannot be repeated, making the provision of examples and proper behavior habits a crucial aspect of child education.

In the development of children's behavior, the family environment plays a very important role as the first (primary) environment recognized by children before entering the school or community environment (Güven & Yılmaz, 2017). The family becomes a place for children to learn about moral values, communication, interaction patterns, and how to express emotions (Hariani et al., 2022; Sirota, 2019; Syakhrani & Aslan, 2024). Parents, who are the closest figures and most frequently observed by children, serve as the main model in behavior formation. Through the process of imitation and observation, children learn to mimic the words, attitudes, and behavioral patterns of their parents (Heimann, 2022; Rumjaun & Narod, 2025). If parents demonstrate positive behaviors, such as mutual respect, cooperation, time discipline, and showing affection, children will imitate them. Conversely, if the family environment displays negative behaviors, such as arguments, verbal or physical violence, inconsistency in rules, or neglect, children have the potential to imitate those behaviors.

Research conducted by Mundiri and Hamimah (2022) shows that early childhood behavior management strategies based on an enjoyable learning environment are effective in shaping children's positive behavior through an interactive, comfortable learning atmosphere that supports children's social-emotional development (Mundiri & Hamimah, 2022). Research conducted by Lestari et al. (2022) shows that the introduction of positive expressions in early childhood within the family environment can be effectively carried out through methods of role modeling, warm communication,

and habituation of positive interactions between parents and children (Lestari & others, 2022). Research conducted by Zuhriyah (2025) shows that parents play an important role in developing the spiritual intelligence of early childhood through the habituation of religious values, role modeling, and the creation of a family environment based on Islamic education that supports the child's spiritual development (Zuhriyah, 2025).

Various previous studies have shown that parenting patterns, the quality of family communication, and daily routines at home have an influence on the formation of early childhood behavior. Earlier research has focused more on the relationship between parenting patterns and children's social-emotional development, as well as the importance of parental involvement in children's character education. In addition, some studies also indicate that positive habits can be built through modeling, routine habits, and positive reinforcement from parents. These findings show that the family is an important factor in the development of children's behavior. However, these studies generally still focus on aspects of parenting or children's social development separately. There are not many studies that comprehensively examine how the family environment plays a role in fostering positive behavior habits in early childhood through various aspects of family interaction. This condition indicates that there is still room to develop a more in-depth study on the role of the family environment in habituating positive behavior in children.

Based on these conditions, there is a research gap in the form of the suboptimal literature review that integrates the role of the family environment, parent-child interaction patterns, daily habits, and the challenges of modern families in habituating positive behaviors in early childhood. In fact, social changes, technological developments, and the increasing busyness of parents have affected interaction patterns within the family and have the potential to hinder the formation of positive behaviors in children. If this condition is not understood comprehensively, families will have difficulty carrying out their strategic role in shaping children's character. Therefore, a study is needed that thoroughly examines how the family environment shapes the habits of positive behaviors in early childhood based on the results of previous research. This study is important to provide a conceptual overview of the factors that support the family's success in shaping children's character.

Based on this background, the problem in this study is how the family environment plays a role in habituating positive behaviors in early childhood and what

factors influence the success of this process. This issue is important to examine because the family is the primary environment that determines the success of character formation in children from an early age. In addition, the dynamics of modern family life pose new challenges in the process of habituating positive behaviors in children. If the role of the family is not functioning optimally, the formation of the child's character is also potentially hindered. Therefore, a more comprehensive understanding of family strategies in building positive behaviors in early childhood is needed. With a clear problem formulation, this study can be more focused in exploring the role of the family in children's character education.

The purpose of this study is to analyze the role of the family environment in cultivating positive behavior in early childhood through a literature review. Specifically, this study aims to identify forms of family support, patterns of interaction, and habits that contribute to the formation of positive behavior in children. This study also aims to examine the challenges faced by families in building habits of positive behavior amid social changes and technological developments. In addition, the results of this study are expected to provide a conceptual overview of effective family strategies in instilling positive values in early childhood. The findings of this study are expected to serve as a reference for parents, educators, and researchers in developing more effective child character education practices.

METHOD

This study uses the Systematic Literature Review (SLR) method, which is a literature research method conducted systematically to identify, select, evaluate, and synthesize various research results relevant to a particular topic. This method was chosen because it aligns with the research objective, which is to analyze the role of the family environment in fostering positive behavior habits in early childhood based on various published scientific findings. The literature search process was carried out through several academic databases, namely Google Scholar, Scopus, and ERIC, using keywords such as family environment, positive behavior habits, early childhood, and parental role. The selected articles are scientific publications from the years 2015–2025, ensuring that the data used reflects the latest developments related to the research topic. The inclusion criteria in this study include: (1) scientific articles discussing the role of the family in shaping early childhood behavior, (2) articles published in reputable national and international journals, and (3) articles available in full text. The exclusion

criteria include articles that are not relevant to the research focus, duplicate articles, and articles that do not provide adequate data or discussion concerning the habituation of positive behavior in early childhood. Based on this selection process, a number of articles were obtained and then analyzed in depth to address the research objectives.

Data analysis in this study was carried out through several stages, namely categorization, thematic analysis, and data interpretation. In the initial stage, articles that met the inclusion criteria were grouped based on main themes, such as family parenting patterns, parental role modeling, children's daily habits, and family challenges in shaping positive behavior. Next, the researcher conducted thematic analysis to identify patterns, tendencies, and relationships between findings from various literature sources used. This technique allows the researcher to find dominant themes that depict the contribution of the family environment in fostering positive behavior in early childhood. After that, the analysis results were interpreted by relating the existing findings to relevant theories, thereby obtaining a comprehensive understanding of the family's role in shaping children's character. Through this process, research not only summarizes previous research results but also produces a more integrative conceptual synthesis. Thus, the Systematic Literature Review method provides a more structured, valid, and accountable analytical basis for addressing research problems.

RESULT AND DISCUSSION

RESULT

The role of the family environment in instilling positive behavior in early childhood

The family environment is the main foundation in the process of shaping the behavior of early childhood because the family is the first place where children interact, learn, and imitate various behaviors they observe. At this stage, children are in the golden age, where moral, social, emotional, and personality development is greatly influenced by the quality of interactions at home (Alimah et al., 2023). Positive behavior formed at an early age does not appear naturally but is the result of habituation, role modeling, and responses given by parents in daily life. Therefore, the family becomes the most strategic environment in building a child's initial character, which will later impact their social behavior in the future.

The role of the family in habituating positive behavior can be realized through the consistent provision of role models by parents and other family members. Young

children have a strong tendency to imitate the actions of adults around them. When parents exhibit polite, honest, disciplined, and friendly behavior, children will automatically learn and internalize similar behavior. Conversely, negative behaviors such as speaking harshly, excessive anger, or undisciplined habits displayed by parents will be easily recorded by children, making role modeling the key element in habituating positive behavior in the early stages of a child's life.

Besides role modeling, warm and loving communication is also an important form of the family's role in fostering positive behavior. Children need a safe emotional environment to learn self-control, understand feelings, and express emotions appropriately. Good communication can help children understand the positive values that are intended to be instilled, such as empathy, respect, and honesty (Abubakar, 2024). Through simple dialogue carried out continuously, parents can explain why a certain behavior is important and how that behavior affects themselves as well as others.

Another equally important role is providing clear and consistent rules within the family. Young children need boundaries to understand what is right and what is not appropriate to do. Rules that are communicated clearly, simply, and in accordance with the child's age will help the child learn discipline and responsibility. When rules are applied consistently, children will understand that every action has consequences, so they learn to control their behavior and follow the norms prevailing in the family. This habituation becomes the foundation for the formation of a more mature moral character in the next stage of development.

Parents also play a role as facilitators in providing a physical and social environment that supports the habituation of positive behaviors. For example, providing space for children to engage in activities independently, giving opportunities to help with household chores, or creating healthy daily routines such as waking up early, bathing, eating together, and tidying up toys after use. This structured environment allows children to practice independence, cooperation, and discipline. When these habits are performed repeatedly, children will become accustomed to doing positive things without needing to be constantly instructed.

Positive reinforcement is a form of family role that is very effective in fostering good behavior. Young children are very responsive to appreciation, praise, or simple rewards given for their good behavior (ASIAH et al., 2022). By providing positive

reinforcement when a child performs commendable actions, parents indirectly build the child's internal motivation to continue repeating those behaviors. Positive reinforcement also helps children understand that good behavior is valued and has important significance in their social life.

The final form of the family's role is to provide emotional support and responsive caregiving that makes children feel accepted and valued. Responsive caregiving allows parents to understand a child's needs accurately and respond appropriately to their emotional state. When children feel safe and loved, they will grow into confident, independent individuals with a greater tendency to exhibit positive behavior. A family environment full of love and emotional support becomes a strong foundation for the development of early childhood character, because essentially, positive behavior can only grow in a safe, warm, and attentive atmosphere.

Factors support and hinder families in instilling positive behavior habits in early childhood

The habituation of positive behavior in early childhood is influenced by a number of supporting factors originating from the family environment (Sari et al., 2025). One of the main factors is the quality of the emotional relationship between parents and children, which serves as the foundation for the child's character development. When parents build a warm and loving relationship, children are more likely to accept guidance and imitate good behavior. A stable emotional environment makes children feel safe, allowing them to learn more calmly and confidently. In addition, the closeness of parents to their children facilitates effective communication in the habituation process of behavior. Children who feel loved are also more likely to exhibit prosocial behaviors such as helping, sharing, and respecting others (Habibulloh, 2024; Mesurado & Richaud, 2017). Therefore, the quality of the emotional relationship becomes an important foundation in supporting the formation of positive behavior. A harmonious family environment can serve as a highly influential learning experience for the development of a child's behavior.

Another supporting factor that influences the habituation of positive behavior is the consistency of parents in applying rules at home. This consistency creates clarity for the child about what is allowed and what is not. Young children need structure so that they can understand the consequences of each action. When rules are applied consistently without frequent changes, children will learn to be disciplined and follow

the prevailing norms. Consistency shapes the child's mindset that every action has logical consequences, whether in the form of appreciation or correction. With firmness exercised gently, children can know the limits of their behavior in daily life. Fixed rules help children gradually form positive habits. If parents are not consistent, children will experience confusion and find it difficult to get used to behaving well. Therefore, consistency becomes one of the strong pillars in shaping a positive character.

In addition to support factors, parental education also has a significant influence on the habituation of positive behaviors in early childhood. Parents who have knowledge about child development tend to be able to provide appropriate parenting. This knowledge allows them to understand how to guide, direct, and respond to their child's behavior according to their age. Educated parents are also more sensitive to their children's emotional and social needs, enabling them to create a supportive parenting pattern. Parental education affects how they convey moral values and positive behaviors effectively. When parents can explain the reasoning behind a rule, children can understand it better. The higher the parents' knowledge of child development, the greater the likelihood of forming healthy positive habits. Thus, educational background and parenting knowledge play an important role in supporting the habituation process.

On the other hand, there are various factors that can hinder families in instilling positive behavior in early childhood. One of them is the lack of parental time due to demanding work schedules. Many parents have to work all day, so the frequency of interaction with their children becomes very limited. This lack of quality time makes it difficult for parents to consistently apply habits. Such conditions often lead children to learn more from digital media or the outside environment, which may not necessarily provide good examples. A lack of emotional closeness can also make it difficult for children to accept positive behavioral guidance. When parent-child interactions only occur briefly and in a hurry, character development becomes less optimal. Therefore, time constraints are a real obstacle that is often encountered in the process of habit formation.

Another common obstacle is inconsistent parenting styles and a lack of agreement between the father and mother. When parents apply different or even conflicting rules, young children will experience confusion. A child may be allowed by one parent but forbidden by the other parent to do the same thing. Situations like this can make children confused about determining the correct behavior, making the

habituation process ineffective. This inconsistency also has the potential to trigger manipulative behavior in children because they learn to choose the rules that benefit them the most. In addition, incompatible parenting styles can cause conflict between parents, which negatively affects the child's emotional condition. Inconsistency in parenting can undermine the process of forming positive behaviors that should develop gradually.

The social environment of the family also has a significant influence on the success of instilling positive behavior. A family life full of conflict, such as parental quarrels or economic problems, can create emotional instability for children. This condition makes it difficult for children to concentrate on learning the good habits that are intended to be cultivated. Children living in a tense environment tend to more easily show aggressive behavior, get angry easily, or feel fearful. An uncondusive home situation also reduces the quality of parent-child interaction. Poor interaction will make the habituation process ineffective because children do not receive consistent examples of good behavior. Furthermore, an unstable social condition causes children to feel emotionally insecure. This feeling of insecurity hinders the internalization of positive values within the child. Therefore, family stability becomes a crucial factor in shaping positive behavior.

The next obstacle is the influence of digital media and the uncontrolled external environment. Young children are very easily influenced by what they see, including content that is not suitable for their development. Exposure to digital media without supervision has the potential to form negative habits such as impulsive, aggressive, or rude behavior. In addition, outdoor play environments that are not supportive can have a harmful influence if children interact with peers who display negative behavior. A lack of parental supervision over children's activities also increases the risk of children adopting inappropriate behavior. This condition is worsened if parents use gadgets as a parenting tool, for example, to calm children without guidance. Such habits can weaken a child's ability to develop self-control and prosocial behavior. Thus, the influence of the external environment and digital media becomes a significant obstacle in the process of habituating positive behavior.

Effective strategies for habituating positive behavior based on a literature review on the role of the family in early childhood education

1. Providing Exemplary Behavior from Parents

Parental role modeling is the main foundation in shaping positive behavior in early childhood. Children learn primarily through the process of imitation, so the behavior of parents becomes the first reference they observe every day. When parents show politeness, discipline, and honesty, children find it easier to imitate and make it part of their habits. Good behavior that is demonstrated consistently will establish moral standards within the child. Role modeling given naturally also helps children understand values without needing lengthy explanations. In child development literature, modeling is considered the most effective learning method in early childhood. Children not only imitate actions, but also imitate ways of speaking, emotional expressions, and problem-solving approaches. Therefore, parents must realize that their actions become a direct example for their children. Good role modeling will become the foundation of strong character.

Parental role models are not only in the form of physical actions, but also include emotional attitudes in facing everyday situations. The way parents react when angry, disappointed, or happy will be recorded by children as examples of behavior. When parents are able to show self-control, children learn to manage their emotions positively. This influence becomes very strong because young children do not yet have mature internal moral abilities. Consistency in parents' attitudes helps children understand what is considered right and wrong within the family. When this role modeling is carried out continuously, children will internalize these values as part of themselves. Conversely, inconsistent role models can confuse children and hinder the habituation of positive behavior. Therefore, parents' attitudes become an important component in instilling values of goodness from an early age.

2. Building Daily Routines and Habits

Daily routines help children understand the sequence of activities and build discipline from an early age. Through activities carried out consistently, children learn to manage their time and understand small responsibilities given to them. Simple routines such as tidying up toys or washing hands before eating can serve as the foundation for positive behavior habits. Children who are accustomed to routines will find it easier to follow rules because these activities become part of daily life.

This habituation also creates a sense of security because children know what will happen each day. Consistency in routines is very important for creating behavioral stability. Educational literature on children shows that routines help improve self-control. Thus, daily routines become an effective tool for gradually but surely shaping positive behavior.

Daily habits also play a role in reducing behavioral conflicts because children understand the boundaries that apply. When activities are scheduled clearly, children feel more structured and are less likely to become confused. Young children need repetitive patterns to learn to understand the consequences of certain behaviors. Regular routines help children develop social and cognitive skills simultaneously. On the other hand, these habits teach children to be responsible for small tasks that are part of their lives. Parents can gradually add new habits to enrich the child's character. By following the established routine, children will find it easier to develop independence. Therefore, daily habits become an important strategy in shaping sustainable positive behavior.

3. Conducting Effective Communication

Effective communication between parents and children becomes an important foundation in instilling positive behavior. When parents use clear, warm, and easily understood language, children feel valued as individuals. Open communication helps children understand the reasons behind every rule given in the family. Through deep conversations, parents can learn about the child's emotional needs. A good communication relationship makes it easier for children to accept guidance and direction. Educational literature mentions that early childhood requires intense verbal interaction to build moral understanding. Communication also helps create a harmonious and conducive home atmosphere. Thus, communication skills become an important tool in shaping children's behavior. Parents should take the time to listen to their children actively.

Effective communication also means giving children the opportunity to express their feelings without fear of being judged. When children feel safe to speak, they will be more open to parental advice. This openness in communication helps children develop healthy social and emotional skills. In addition, children will feel supported in understanding the difference between acceptable and unacceptable behavior. Parents can use stories or games to reinforce moral messages in

communication. This strategy allows children to learn naturally and enjoyably. Using a gentle tone of voice helps children feel comfortable learning. Good communication ultimately creates a strong emotional bond. Therefore, effective communication is an important strategy in fostering positive behavior in early childhood.

4. Providing Positive Reinforcement

Positive reinforcement is a very effective strategy in shaping good behavior in early childhood. When children receive praise or appreciation for positive actions, they feel valued and are motivated to repeat those behaviors. Appreciation does not have to be in the form of a gift, but can be in the form of a hug, a smile, or a simple word. This strategy helps strengthen the emotional bond between parents and children. Young children are very sensitive to parents' emotional responses, so positive reinforcement becomes the right way to build self-confidence. Child development literature states that positive reinforcement is more effective than punishment in shaping behavior. By giving appreciation at the right moment, parents help children understand the value of positive actions. Consistency in providing reinforcement is key to its success.

Positive reinforcement applies not only to major behaviors but also to small things in daily life. When a child tries to perform good actions, even if not perfect, appreciation is still important to give. This will foster intrinsic motivation so that the child does good not only to receive rewards but because they feel happy doing it. Positive reinforcement also helps children understand that every effort has important value. Thus, children will be more confident in facing new tasks and responsibilities. This strategy helps build a growth mindset. When children receive positive emotional support, their moral development improves. Therefore, positive reinforcement becomes an important part of habituating behavior in early childhood.

5. Setting Clear Rules and Boundaries

Clear rules provide structure for the development of early childhood behavior. Children need guidelines so that they understand which behaviors are acceptable and which are not. Setting clear boundaries helps create order in the family environment. When rules are applied consistently, children feel safer and understand the consequences of their behavior. Educational literature shows that well-understood rules help children learn discipline. Healthy boundaries also support the development of self-control. Through rules, children learn to recognize

responsibility from an early age. Family rules become the foundation for child character formation.

Setting limits does not mean that parents are authoritarian, but rather teaches children about moral responsibility. When a child breaks the rules, parents can provide explanations so that the child understands their mistakes. This approach helps children understand that rules are made to protect and guide them, not to restrict them negatively. Thus, children learn to follow rules consciously, not out of fear of punishment. Rules that are applied in a friendly manner make children feel valued as individuals. Literature shows that clear boundaries are an important component of children's character education. When rules are enforced gently but firmly, children feel respected while being guided. Therefore, clear boundaries become an important strategy in fostering positive behavior habits.

6. involving Children in Family Activities

Involving children in family activities helps foster a sense of responsibility and emotional engagement. Children can participate in simple activities such as tidying up toys, setting the dining table, or watering plants. These activities introduce children to family roles and shape positive behavior through hands-on practice. Educational literature shows that children who are involved in family activities have better social development. Shared activities also help strengthen interactions between children and parents. Active involvement gives children the opportunity to learn to cooperate. They also learn to appreciate processes and effort. This involvement allows children to feel a sense of meaning within the family.

Children's involvement in family activities is not only aimed at developing physical skills, but also helps emotional development. Children feel valued when given a role in household activities. They learn to manage responsibilities and understand that their contributions are important. Literature shows that the experience of contributing enhances a child's self-confidence. Family activities can also be used as an educational tool for values such as togetherness and mutual cooperation. By engaging in activities together, children learn to appreciate teamwork. In addition, these activities help children develop independence. Therefore, involving children in family activities becomes an important strategy in shaping positive behavior.

7. Supervising and Controlling the Use of Digital Media

Supervision of digital media usage becomes very important considering that young children are easily influenced by visual content. Parents need to ensure that children only access programs that are appropriate for their age. Inappropriate media can have negative impacts on children's behavior and development. With proper supervision, digital media can be used as a tool for positive learning. Modern literature emphasizes that media control should be balanced with play activities that support child development. The presence of digital media cannot be avoided, so parents must implement clear rules. Screen time restriction is also necessary to maintain children's physical and emotional health. Therefore, media supervision becomes an important strategy in character education.

Media control also means providing alternative activities that are more interactive and educational. Young children need real experiences to develop their social and emotional abilities. When children use gadgets too often, interaction with the surrounding environment can decrease. Therefore, parents need to redirect children's attention with creative play. Literature shows that play activities that directly involve children are more effective in shaping positive behavior. By limiting media, children learn to develop imagination and creativity. Regulating media use also teaches children the importance of discipline. This strategy will help children develop positive habits in using technology.

Table1 Summary of Previous Research Results on the Role of the Family Environment in the Habituation of Positive Behavior in Early Childhood

No	Author	Year	Key Findings
1	Mundiri & Hamimah	2022	A pleasant learning environment and family support play an important role in shaping children's positive behavior through warm interactions and consistent habits.
2	Lestari et al.	2022	Introduction of positive expressions in early childhood within the family is effectively carried out through role modeling, positive communication, and warm emotional interaction between parents and children.
3	Zuhriyah	2025	Parents play an important role in shaping a child's spiritual intelligence through the habituation of religious values and exemplary behavior in an Islamic family environment.
4	Asiah et al.	2022	Providing positive reinforcement such as praise and rewards can increase a child's motivation to repeatedly engage in positive behavior consistently.
5	Abubakar	2024	Warm and open communication between parents and children helps

No	Author	Year	Key Findings
			children understand positive values such as empathy, honesty, and responsibility.
6	Sari et al.	2025	A harmonious emotional relationship within the family supports the formation of prosocial behavior and positive habits in early childhood.
7	Habibulloh	2024	Emotional closeness between parents and children increases the success of habituating positive social behaviors such as sharing, helping, and respecting others.

Discussion

According to Bronfenbrenner's Ecological Theory, the family is the first and most intense microsystem that shapes the behavior of young children. In this context, parental role modeling occupies a very strategic position, because children engage in direct and repeated interactions with their parents every day. The behavior displayed by parents—whether in speech, actions, or emotional expressions—will be internalized by the child as a fundamental pattern for understanding their social world. When parents consistently demonstrate patience, honesty, and discipline, children naturally learn these values through imitation. Bronfenbrenner emphasizes that the quality of interaction in the immediate environment is highly determinant in the development of a child's social and moral competence. Therefore, role modeling is not just a process of imitating behavior, but a process of absorbing values that occurs in intense emotional relationships between children and parents. Misalignment in role models will actually create a dissonance that confuses children, making consistency the main key.

The formation of daily routines also aligns with the principle of stability in Bronfenbrenner's microsystem, where an orderly environment provides a sense of security for young children. Repetitive routines such as tidying up toys, washing hands, or sleeping on time help children understand the structure of life and internalize the concept of small responsibilities. In the ecological system, this order serves as a predictable pattern of interaction, thereby reducing anxiety and confusion. Young children need stable patterns to develop self-control and understand the cause-and-effect relationships in their behavior. When routines are carried out consistently, children learn that every action has an order and consequence. This not only instills discipline but also enhances cognitive function, as children begin to understand systems and rules within the context of everyday experiences.

Effective communication within the family is an important element understood by Bronfenbrenner as 'proximal processes,' which are interactions that occur regularly and intensely and have the greatest impact on child development. Warm, clear, and open communication allows children to develop a deeper moral understanding because they not only receive instructions but also understand the reasons behind the rules. When parents listen with full attention, children feel an emotional presence that enhances trust and psychological bonding. Rich verbal interactions help expand children's understanding of others' perspectives and strengthen their social competence. With effective communication, children recognize that emotional expression is normal and can be discussed. This creates an environment conducive to the habituation of positive behavior, as children feel supported in exploring their feelings, thoughts, and actions.

Positive reinforcement strategies are also highly relevant within the framework of ecological theory, particularly because parental responses are part of direct interactions that can change a child's behavior patterns. When a child receives appreciation in the form of praise, hugs, or smiles, those responses increase intrinsic motivation and create positive associations with good behavior. Bronfenbrenner emphasized that the quality of parent-child interactions greatly influences moral and emotional development. Therefore, positive reinforcement not only strengthens expected behavior but also reinforces warm relationships within the family microsystem. When applied consistently, children learn that good behavior provides enjoyable emotional experiences, encouraging them to repeat it without coercion. This helps shape a growth mindset, in which children view effort as valuable even if the results are not yet perfect.

The implementation of clear rules and boundaries is an important structural aspect in child development ecology. Rules serve as behavioral guidelines that help children understand expectations in their immediate environment. From Bronfenbrenner's perspective, a consistent environmental structure helps children build a stable understanding of social norms. Clear boundaries are not restrictive but provide a safe space for children to learn to make decisions within a directed framework. When rules are well understood, children can interpret why certain behaviors are acceptable and others are not. This process fosters self-control as children learn to adjust their actions based on understood consequences. Thus, rules communicated gently yet firmly shape harmony between authority and respect for the child as a developing individual.

Involving children in family activities is a form of active interaction that reflects the principle of "participation in meaningful activities" in Bronfenbrenner's ecological theory. When children are given the opportunity to help in routine activities such as setting the dining table or watering plants, they not only gain practical skills but also feel like an important part of the family system. This participation fosters a sense of responsibility, independence, and meaningfulness. In a healthy microsystem, children are not just recipients of guidance but also have recognized roles. Through shared activities, children learn to cooperate, appreciate the efforts of others, and understand the value of mutual assistance. This interaction strengthens emotional bonds and creates positive experiences that help shape the child's character. Active involvement bridges the learning of life values through real experiences, not just verbal instructions.

Supervision of digital media use is also relevant within an ecological framework because media functions as an "alternative environment" that can influence children's behavior if parents do not exercise control. Bronfenbrenner emphasizes that children's development is influenced by various layers of the environment, and media is part of an ecosystem that can have an indirect yet significant impact. Young children are very easy to imitate visual content, so parents need to ensure that the programs consumed are in line with their values and development. Screen time management helps maintain a balance between digital experiences and real interactions, which are more important in forming positive behavior. When parents provide alternatives in the form of creative games or social activities, children get the opportunity to build richer cognitive, emotional, and social competencies compared to relying solely on digital media.

If this entire strategy is viewed through the lens of Bronfenbrenner's ecological theory, it can be understood that the habituation of positive behavior is not just the result of a specific method, but from a series of interactions that occur consistently and structurally within the family environment. Parents play a key role as the primary drivers in the microsystem by providing examples, building routines, communicating effectively, giving reinforcement, setting rules, involving children in activities, and supervising digital media. The combination of these various processes creates an environment rich in positive, safe, and constructive stimulation for early childhood development. Repeated and meaningful interactions between parents and children will strengthen the internalization of moral, social, and emotional values that are important for building a positive character. Thus, the habituation of positive behavior is an

ecological process that places the family at the center of the formation of children's behavior and personality.

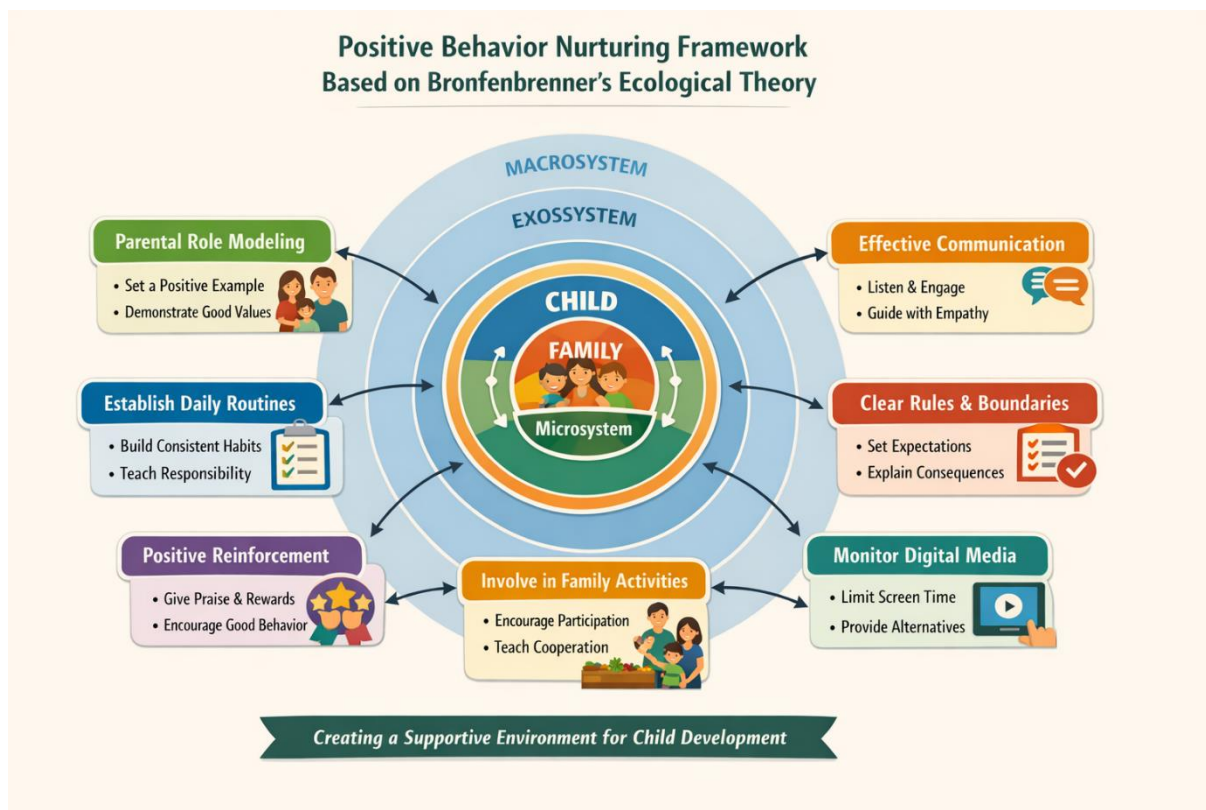


Figure 1 Positive behavior Nurturing

CONCLUSION

The habituation of positive behavior in early childhood can be optimally developed when the family functions as the most consistent and responsive microsystem, as explained in Bronfenbrenner's Ecological Theory, through the application of parental modeling, structured daily routines, empathetic communication, positive reinforcement, clear rule setting, involving children in family activities, and prudent supervision of digital media; all of these strategies complement each other and create a stable, warm environment rich in meaningful interactions, allowing children to internalize moral, social, and emotional values that will form the foundation of their character in the future.

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