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**The Relationship between Parenting Patterns and The  
Incident of Temper Tantrum in Artha Kumara Preschool  
Jembrana**

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**ABSTRACT**

**Background:** Parenting style is one of the factors that influence children's development. Children who get good parenting from their parents are predicted to avoid temper tantrums. This study aims to determine the relationship between parenting style and the incidence of temper tantrums in Artha Kumara Preschool Jembrana. **Method:** This research is a type of correlational analytic research, with a cross-sectional design on Saturday, March 4, 2023. The research sample used total sampling with a total sample of 42 people. The independent variable studied was parenting style while the dependent variable was temper tantrums in toddlers aged 3-5 years. **Result:** The results showed that democratic parenting was 35.7%, permissive parenting was 19.0%, and authoritarian parenting was 45.2%, high tantrums were 26.2%, moderate tantrums were 54.8%, medium tantrums were low 19.0%. The results of the analysis using the Coefficient Contingency statistical test obtained p value = 0.000 <math>\alpha = 0.05</math>, then H1 was accepted H0 was rejected, so it can be concluded that there is a relationship between parenting style and the incidence of temper tantrums in Artha Kumara Preschool Jembrana, while the correlation coefficient value is 0.654 so that the relationship between parenting style and the incidence of temper tantrums in Artha Kumara Preschool Jembrana is included in the strong category. **Conclusions:** Parents are expected to be able to choose the type of upbringing for their children according to the stages and environmental conditions.

**Keywords:** Parenting Style, Child, Temper Tantrums



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## INTRODUCTION

Children are God's gift given to father and mother and have abilities that must be developed by parents. Children are born with unique potential and capabilities, and it is the sacred responsibility of parents to nurture and develop these inherent abilities to help their children grow into well rounded individuals who can contribute positively to society. Children differ from adults in several ways, including their constant energy, drive and enthusiasm, as well as their inability to stop exploring and learning, but children also face various challenges, one of which is tantrums (Zuhroh and Kamilah, 2020).

Tantrums are common behavior and a natural part of a child's growth and development process. A child's cognitive and emotional growth is a natural aspect of growth, including tantrum behavior and this behavior will slowly end. Tantrums can be a natural part of a child's emotional development, often arising from frustration, communication difficulties, or a need for autonomy (Eisbach *et al*, 2014). Tantrums are characterized when a child feels out of control, they have anger, strong emotional outbursts. Tantrums also we can know as extreme changes in mood and is likely to have angry out bursts. Sobbing, screaming, and rough or aggressive body movements such as throwing objects, rolling on the ground, stomping feet, punching, using harsh language, and injuring oneself or others (Zuhroh and Kamilah, 2020).

Indonesia currently has 30.83 million young children. This number represents 11.35 percent of Indonesia's current population. 29.28% of them are preschool children (aged 5 to 6 years), while 57.16% are toddlers (aged 1 to

4 years). The Indonesian Health Service (2018) said that there were 259,414 people in Bali Province who were in the Preschool stage (aged 1-4 years), of this number, 132,245 people were boys and 127,169 were girls. Jembrana Regency had 19,577 children aged between 0 and 4 years in 2020, of which 9,835 were boys and 9,742 were girls (BPS Bali Province, 2015).

Parental care can have an impact on a child's development. It is essential for parents to understand and address these challenges with patience and empathy, guiding their children towards emotional regulation and effective communication skills, which are vital for their overall well-being and future success (Tan *et. al*, 2012). The strong inner bond between father and mother begins when the child grows and develops in the womb and continues after the child is born as long as the parents are the primary caregivers. A child's emotional, intellectual and personality development are all influenced by the quality and quantity of the relationship he has with his parents (Zuhroh and Kamilah, 2020). The frequency of temper tantrums in children aged 3-5 years is correlated with the number of siblings. The fact that there are many siblings in the family is one of the many things that can trigger anger in children.

A method or system by which parents educate and guide their children is known as parenting. Parenting is a multifaceted and lifelong journey of nurturing, guiding, and caring for children as they grow and develop into responsible independent individuals. It involves providing emotional support, setting boundaries, and imparting values and life skills. Parenting also entails adapting one's approach to meet the unique needs and personalities of



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each child. Effective parenting strives to create a loving, stable, and secure environment in which children can thrive, discover their potential, and prepare for the complexities of the world. Hurlock's opinion (2010), there are three types of parental care: authoritarian, permissive, and democratic. Each type of parenting can have different effects on a child's characteristics. Proper care for children requires parental knowledge and understanding of these issues.

The authoritarian parenting style leads to high level of control with low warmth. Authoritarian parenting tends to emphasize strict rules and discipline, which can shape a child's behaviour by promoting obedience but potentially limiting their independent decision to having skills. Low control and high warmth can be seen at permissive parenting style. Permissive parenting may encourage creativity but can also lead to challenges with self-discipline. Meanwhile, democratic parenting seeks a balanced middle ground, fostering a child's autonomy while setting appropriate boundaries (Dewar 2023).

Many things can influence the parenting style. Parent-child interactions, parent and child stress health or well-being status can influence the parenting style (Park and Walton-Moss, 2012). Huver *et al.*, (2010) in Agbaria *et al.* (2021), said that parents chose to remain uninvolved with respect to the needs of their children, being indifferent or even neglectful will raise a kid that difficult to form emotional attachments with others later in their life. Moreover, an individual's sense of worth as well as regulation is highly dependent on family support, along with the family's reputation and status in the society (Dwairy, 2002; Mahamid, 2020, Agbaria *et al.*, 2021).

Ramadia's opinion (2013) highlights an intriguing aspects of temper tantrums, showing that there is a 63.8% higher incidence of high temper tantrums in comparison to low temper tantrums. The statistic underscores the significance of understanding the factors influencing tantrums, including parenting approaches. In the case of authoritarian parenting, where children who break rules and prohibitions are met with warnings and severe punishments, there is a specific dynamic at play. This approach, while aiming to instill discipline, often compels children to conform to rules without affording them the opportunity to voice their concerns or emotions openly. Consequently, it's essential for parents to recognize the potential consequences of such parenting styles and seek a balance that nurtures discipline while fostering healthy communication channels with their children. Building trust and encouraging dialogue can lead to a more harmonious parent-child relationship, potentially reducing the frequency of high intensity tantrums.

Permissive parenting involves excessive parental love for children and low management and demands. Children will lose their independence as a result of this type of parenting because parents will always be the center of attention and will be detrimental to the child, making it difficult for the child to interact with his social environment and forgetting his responsibilities towards himself.

Based on the research of Sukmalara and Khodijah (2018), it is evident that parenting democratically better than authoritarian and permissive styles in terms of its effectiveness. Parents who implement parenting styles democracy provides guidance accordance with a



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child's developmental stage, fostering a more nurturing and supportive environment. Among the 14 families who use the democracy parenting style, tantrums still occur 28.6% (4 people) were caused by other influencing factors children behave in tantrums, including physiological factors such as like these include common triggers like tired, sleepy, hungry, sick. Psychological factors also effect tantrums in children like child failure and parental demands. Environment family, the dynamics within the family, and the environment outside the home also can cause tantrums occur in the children.

On the overall outcome of the incident no tantrums by 52.3% and incidents tantrums were 47.7%. People's parenting style old age really influences every behavior child. Any parenting style or model parents will shape a behavior or managing different emotions according to what has been taught by parent. Parents are the first environment for a very child plays an important role in each child development in particular personality and emotional development child. Parents are the foundation upon which child's sense of self, resilience, and emotional intelligence is build. Recognizing the profound impact of parenting, particularly as parents age and accumulate experience, underscores the importance of promoting positive and nurturing parenting practices to facilitate healthy child development (Zimmer *et. al*, 2017).

Democratic methods, according to Hurlock (2010), help children understand why certain behavior is expected by using explanations, discussions, and reasoning. The educational aspect of discipline is prioritized over the punitive aspect in this approach. With a greater emphasis on rewards, this parenting

style uses both punishment and rewards. The punishments are rarely severe and rarely involve physical punishment. Praise or approval by others will be given to a child's behavior if it meets the standards expected of democratic parents.

Habibi (2016) said, democratic parenting will be able to run effectively if there are three conditions. The first condition is parents can carry out their function as parents who provide opportunities for children to express their opinions, parents should actively listen to their children, and provide a safe and non-judgmental space for dialogue. The second thing, children have a mature attitude, namely being able to understand and respect their parents as the main figures who continue to lead the family. The last thing is parents learn to give trust and responsibility to their children, it also recognizes the importance of setting consistent boundaries and providing guidance.

According to Hurlock (2010), there are some factors that influence parenting pattern. The first one is parental age. Younger parents tend to be more democratic and permissive than older parents. They tend to lose control as children get older. However, younger parents often have more physical energy to keep up with the demands of raising young children and they may be more inclined to engage in active play and activities. Meanwhile older parents may have more life experience and maturity, which can contribute to a more patient and understanding approach to parenting (Roisman and Tsai, 2004).

Parental education also become the factor that influence parenting pattern. Parenting knowledge and education can impact parenting patterns or styles. Parents who have



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access to parenting resources and information may adopt different strategies than those who do not. For example, democratic parenting will be used more often by parents who understand their children's needs than by parents who do not.

Socioeconomic situation such as income, employment stability, and access to resources can affect parenting patterns. Economic stressors can impact parenting decisions and the quality of the home environment. Lower middle-class parents will be more controlling and aggressive than upper-middle class parents. Parental education tends to be more democratic the higher they are.

Parent's gender can have a significant influence on parenting patterns and approaches, as societal expectations, cultural norms, and personal experiences often shape how mothers and fathers interact with their children. Mothers are often expected to take on primary caregiving roles, such as feeding, bathing, and nurturing infants, while fathers may be expected to take on more provider or disciplinary roles. For example, women generally understand children and their needs better than men and tend to be less bossy.

A child's gender can influence parenting patterns and approaches in various ways, as parents may have different expectations and socialization strategies based on their child's gender. Parents may unconsciously or consciously hold gender stereotypes and have different expectations for their children based on their gender. For example, fathers are more protective of daughters than sons.

Emotional regulation of children is clearly related to parenting style. When parents show negative response to children's negative

emotions, that may arise undesirable results. This kind of situation can influence children to internalize these emotions when parents indicate a possible response varies between positive and negative emotions in such circumstances. Moreover, the way parents regulate their own emotions, it may also indicate the type of parenting style they used (Agbaria *et al.*, 2021).

A healthy relationship between parents and children lays the foundation for the adoption of a democratic parenting style. Children will feel obliged to behave according to the circumstances of the environment around them in this way. This symbiotic relationship is vital in cultivating a child's ability to navigate the complexities of the world around them. Hamura's (2017) opinion, this parenting style has a relatively low incidence of temper tantrums, standing at an impressive 82.1%. This explains that a child will usually have a strong mindset, a high level of self-confidence, and an appreciation for differences when given an excellent task to complete on their own.

Factors that cause temper tantrums encompass a range of elements that contribute to a child's emotional outbursts. These include obstacles in achieving goals, unmet needs, lack of communication skills, children who are tired, sick, depressed, or frustrated, and parenting methods. For example, when a child cries and begs for something, parents usually try to calm him down, even though this is not a strategy that can help children express their feelings because it leads to children failing to express their feelings (Kochanska, 2001). However, it is crucial to recognize that parenting methods also play a pivotal role in shaping a child's ability to manage and express their feelings effectively. Children



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and the environment will be affected if this condition is allowed to continue (Ramadia, 2018).

The bad impact that can be caused by a lack of emotional intelligence, namely explosive emotions or temper tantrums, can cause frustration in children so that children will grow up to be children who are fearful, often feel sad, easily feel depressed, and get angry easily (Sukmalara and Khodijah, 2018). Moreover, the most pronounced impact is disruption of social and emotional growth, which if left unchecked can cause failure and make children rebel against their circumstances.

The most pronounced impact is disruption of social and emotional growth, which if left unchecked can cause failure and make children rebel against their circumstances. When anger is not appropriately addressed, it can hinder a child's ability to form healthy relationships and cope with their emotions effectively (Feldman *et al.*, 2011). This disruption in social and emotional development may lead to academic struggles, behavioral issues, and a sense of alienation from peers and family (Kim and Page, 2012). The development of other children will be affected by anger if it occurs in a peer environment because children often imitate what they see. If a child's goals and ambitions are quickly satisfied, anger can also recur and become more severe because the child will have the idea that the only way to get (Hanafi and Thabet, 2017).

Manifestations of tantrums in children can cause a risk of injury like dropping the body to the floor, hitting the head, or throwing things. This is thought to be an early form from temper tantrums when the child is older able to express his frustration. Behavior change will not become

a problem for parents if the child shows no signs deviation. However, if the child has shown signs in the negative direction will definitely make anxious for some parents. Behavioral deviations in the child can occur due to the choice of pattern shape inappropriate care. With emotional intelligence the good one is more capable respond to the challenges it faces in life, more able to adapt themselves with the surrounding environment as well more able to answer the sulosi of each problem and success in face it. Therefore, it is important for people old people develop intelligence emotional children from an early age (Sukmalara and Khodijah 2018).

The results of a preliminary study conducted at Artha Kumara Preschool Jembrana through interviews with the principal and educators (homeroom teachers) showed that there were several students at Artha Kumara Preschool Jembrana who experienced temper tantrum reactions including not being able to stay still, rolling on the floor, and crying. When his parents leave him, he jumps up and down, cannot be controlled. Based on this explanation, researchers are interested in knowing "The relationship between parenting patterns and incidents of temper tantrums in Artha Kumara Preschool Jembrana".

## METHOD

### Research Methods

This research is included in the category of correlational analytical research that examined the relationship between two variables in a situation or group of subjects (Natoatmodjo, 2012). This research is cross sectional with the aim to investigate the relationship between parenting patterns and



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frequency of temper tantrums at Artha Kumara Preschool Jembrana.

## Place and Time of the Research

This research was conducted at Artha Kumara Preschool Jembrana which is located at Merak Street Civic Center Complex, Dauharu, Jembrana District. This research was conducted on Saturday, March 4 2023. Considerations for determining this location were based on the findings of initial interviews with school principals and teaching staff, which revealed that several children showed temper tantrum behavior such as not being able to stay still, rolling around and crying when left behind. parents cannot be arranged solely according to their wishes. The inclusion criteria for this study were met, and Artha Kumara Preschool Jembrana was never being a research location. Based on this, Artha Kumara Preschool Jembrana was chosen as the location for conducting research.

## Research Participants

The population of this study involved all parents of Play Group (KB) and class A students at Artha Kumara Preschool Jembrana, totaling 42 people. Sampling is a data collection method where only a portion of the population is taken and used to determine the desired nature and characteristics of the population (Siregar 2017). Parents of children at Artha Kumara Preschool Jembrana who meet the inclusion criteria will be the research sample. In this study, there are inclusion and exclusion criteria. The inclusion criteria for this study are parents of children aged 3-5 years, children registered at Artha Kumara Preschool Jembrana, children who are cared for by parents, parents with literacy skills (read and write) and also parents who are willing to participate in the survey. The exclusion

criteria for this study are parents who were not present when the research was conducted and parents who were sick when the research was conducted.

## Data Collection Techniques

The type of data in this research is primary data that researchers obtain or collect directly in the field. This primary data is information about the relationship between parenting patterns and temper tantrums in Artha Kumara Preschool Jembrana which researchers obtained from respondents using a questionnaire consisting of several statements. This questionnaire was adopted from Kirana's (2013) research. Testing the validity of the research instrument uses the help of a computer program. The parenting style scale has a validity coefficient ranging from 0.324 to 0.757 with a significance level of 0.000 to 0.002 and the temper tantrum scale has a validity coefficient ranging from 0.408 to 0.797 with a significance level of 0.000. With the significance level  $\alpha < 0.05$ , it can be declared valid.

## Data Analysis

In this study, the authors used the Coefficient Contingency correlation statistical test to examine the existence of a relationship between the independent variable and the dependent variable with a significance level of less than alpha 0.05, which means there is a relationship between the two variables studied.

## RESULTS

**Table 1.** Characteristics of parents at Artha Kumara Preschool Jembrana





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pattern has high percentage of the emergence of tantrums. The percentage based on the table are as follows: democratic parenting pattern has 19 respondents (35.8%), permissive parenting pattern with moderate tantrum tempered children has 8 respondents (19.0%), while fostering authoritarian parenting pattern with high temper tantrums, has 11 respondents (26.2%).

Based on the results of the Coefficient Contingency statistical test, it was found that  $p$  value =  $0.000 < \alpha = 0.05$ , so  $H_1$  was accepted and  $H_0$  was rejected, which means there is a relationship between parenting patterns and the incidence of temper tantrums Artha Kumara Preschool Jembrana, while the correlation coefficient value is 0.654 so there is a relationship. The relationship between parenting patterns and incidents of temper tantrums in Artha Kumara Preschool Jembrana is in the strong category.

## DISCUSSION

Parenting style is a method of discipline that parents apply to their children. The main function of parenting is to teach children to accept necessary restraints and help direct children's emotions in a path that is useful and socially acceptable (Kirana, 2013). Parenting styles consist of three types, namely democratic, authoritarian and permissive parenting styles. Based on the results of research in table 5 conducted on 42 respondents at Artha Kumara Preschool Jembrana, it shows that democratic parenting patterns were 15 respondents (35.7%), permissive parenting patterns were 8 respondents (19.0%) and authoritarian

parenting patterns were 19 respondents (45.2%).

Based on table 1, most parents have other jobs or are entrepreneurs with a total of 17 respondents (40.5%), Sri Kartika (2003) in Chairunisa (2019) stated that economic activities will have a negative impact on child care only if the activities are not can be carried out in harmony and together with good parenting. Healthy children do not depend on the quantity of time given by parents but on the quality of care they receive. Early childhood really needs more attention from their parents. Parental attention is very important for a child's growth and development, including the emotional development.

Authoritarian parenting is a parenting style that prioritizes producing a child's personality using the method of deciding absolute standards that must be followed, generally accompanied by threats. Authoritarian parenting has characteristics: children are obliged to submit and obey the will of their parents. Parental control over children's behavior is very strict. Parents really control their children's attitudes and do not hesitate to punish when their children's attitudes do not match the parents' desired attitudes (Rahmat, 2018). Children are almost never given praise. When children do good things, parents tend to never convey their pride to their children. Parents who do not recognize compromise and communication is generally one-way, whether they like it or not, children are obliged to carry out what their parents want and tell to them.

Temper tantrums are destructive behavior in the form of outbursts which can be physical (hitting, biting, pushing) or verbal



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(crying, screaming, whining). Factors that cause children to experience temper tantrums include physiological factors, namely tiredness, hunger or illness. Psychological factors, including children experiencing failure, and parents being too demanding of their children according to their parents' expectations can cause it too. Parental factor like parenting style become the significant factor for the occurrence of temper tantrums. Environmental factors like the family environment and the environment outside the home also become a factor (Kirana, 2013).

Based on the research results of 42 respondents, most of them had children with moderate temper tantrums, namely 23 (54.8%). One of the factors that influence temper tantrums is parental parenting. In terms of parenting, parents should be able to provide an example or role model to their children in every behavior because children will always imitate what their parents do. The results show that children in Artha Kumara Preschool Jembrana have a moderate temper tantrum, only some children experience high and low temper tantrums, according to Potegal and Davidson (2003), the forms of temper tantrum behavior are as follows: crying loudly, kicking everything that is there nearby, hitting objects, himself or others, banging his head, throwing and breaking things, stomping his feet, screaming, threatening and cursing. According to Wong (2015), if temper tantrums occur frequently, there is a high risk of children damaging and disrupting the surrounding environment, and there is even a risk of causing injuries to children.

Parenting style has a significant relationship with temper tantrums in children aged 3-5 years. The results of the statistical test

using Coefficient Contingency showed that  $p$  value =  $0.000 < \alpha = 0.05$ , so  $H_1$  was accepted and  $H_0$  was rejected, which means there is a relationship between parenting patterns and the incidence of temper tantrums in Artha Kumara Preschool Jembrana, while the correlation coefficient value is 0.654 so there is a relationship. The relationship between parenting patterns and incidents of temper tantrums in Artha Kumara Preschool Jembrana is in the strong category.

Research conducted at Artha Kumara Preschool Jembrana showed that on average parents educate children with authoritarian and democratic parenting styles, with the percentage of authoritarian parenting being 45.2% and democratic parenting being 35.7%. The type of authoritarian parenting can influence the frequency of temper tantrums. Children who are too pampered and always receive what they want will experience temper tantrums when their requests are rejected. On the other hand, democratic parenting is more dominant with loving behavior, discussion and reasoning to help children understand why certain behavior is needed which will later form children who have good social and exclusive adjustments, are independent in thinking, full of self-confidence, open and impulsive. so that children can reduce their temper tantrums (Hurlock, 2013).

When parents use a democratic parenting style, the intensity of the child's temper tantrums is low, and when parents use an authoritarian or permissive parenting style, the intensity of the temper tantrums tends to increase. Authoritarian parenting will have a negative impact on children's development in the future, making it difficult for children to



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develop their potential, because they have to follow what their parents want even if it is against the child's wishes (Moutsiana *et. al*, 2014).

Good parenting uses explanations, discussions and reasoning to help children understand why certain behaviors are expected. By using this democratic parenting style, children will grow a sense of responsibility to show certain behavior and then develop a sense of self-confidence. Children will be able to act according to norms and adapt to their environment (Sukmalara and Khodijah 2018). This method emphasizes the educational aspect of discipline rather than the punitive aspect. This parenting style uses punishment and rewards, with greater emphasis on rewards. Punishments are never harsh and usually do not take the form of physical violence. Punishment is only used when there is evidence that children are consciously refusing to do what is expected of them. If a child's behavior meets expected standards, democratic parents will reward it with praise or approval from others.

Good parenting methods are in accordance with the appropriate way to deal with temper tantrums according to Wiyani (2014). One of them is trying to understand and comprehend the types of tantrums that occur when a child is very angry. If a child shows a tantrum, parents will ignore the child's behavior at that time, not look at the child, try to be calm and continue doing their work (Miller and Commons, 2010).

The implementation of parenting patterns is of course influenced by several factors, one of which is the age of the parents. From the research results, data was found for

27 (63.3%) parents aged  $\geq 21-35$  or early adulthood. Parents who are too young may not be able to carry out this role optimally because physical, emotional and psychosocial strength is required. Young parents tend to have no experience in caring for children, overprotecting children, letting children do whatever they want, and pampering children (Chairunisa, 2019).

The work of family members is an economic resource for the family that can meet the physical, psychological and spiritual needs of the family, however togetherness in the family is also important in meeting the psychological needs of children. The role of parenting or care is mostly held by parents, so that parents who have dual roles are often faced with conflicts between work interests and existence in the family. This is in line with the theory which states that high work demands and time consuming often prevent parents from fulfilling the need for togetherness in the family, caring for and nurturing children (Chairunisa, 2019).

In this research, it was found that there is a relationship between parenting patterns and the incidence of temper tantrums on Artha Kumara Preschool Jembrana, therefore the role of educators is very much needed to educate parents so that parents can apply good parenting patterns to their children, to realize In this case, teaching staff can hold educational programs such as parenting education which are carried out in stages so that later parents know what role to take in child care, teaching staff can monitor students' physical and mental growth and development.

## CONCLUSIONS

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Based on the research results, we can conclude that most of the parenting styles at Artha Kumara Preschool Jembrana are authoritarian. Most of the children at Artha Kumara Preschool show moderate temper tantrums. There is a relationship between parenting styles and the incidence of temper tantrums at Artha Kumara Preschool Jembrana.

## Conflict of Interest

The author certifies that we have no conflicts of interest to declare. We certify that the submission is an original work and is not under review at any other publication.

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