

Hubungan parentification dengan psychological distress pada remaja dengan status ekonomi sosial rendah = The relationship of parentification with psychological distress on adolescents of low socio economic status

Shelva Citra, author

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Abstrak

Literatur menunjukkan bahwa parentification dapat bersifat konstruktif dan destruktif, yang ditentukan dengan pemberian bimbingan dan dukungan dari keluarga. Pada remaja dengan Status Ekonomi Sosial rendah, kurang mendapatkan bimbingan dan dukungan, sehingga akan menimbulkan parentification yang bersifat destruktif. Hal ini akan mempengaruhi kesehatan mental remaja, salah satunya akan menimbulkan psychological distress.

Penelitian ini dilakukan untuk melihat hubungan antara parentification dengan psychological distress pada remaja dengan Status Ekonomi Sosial (SES) rendah. Penelitian ini merupakan penelitian kuantitatif yang melibatkan sebanyak 183 remaja usia 11-22 tahun dan bersekolah di Yayasan Sekolah Masjid Terminal (Master), Depok. Parentification diukur dengan menggunakan alat ukur yang dikembangkan oleh Hooper (2009), yaitu Parentification Inventory (PI). Untuk psychological distress diukur dengan menggunakan alat ukur yang dikembangkan oleh Weinberger (1995), yaitu Weinberger Adjustmen Inventory (WAI).

Hasil penelitian menunjukkan bahwa tidak terdapat hubungan yang signifikan antara parentification dan psychological distress ($r = 0,338$, $n = 183$, $p > 0,05$). Hasil lain menunjukkan, terdapat hubungan yang positif dan signifikan antara instrumental parentification dan psychological distress ($r = 0,199$, $n = 183$, $p < 0,05$). Sementara itu, emotional parentification dan perceived benefit of parentification tidak terdapat berhubungan dengan psychological distress.

.....The literature suggests that parentification can be constructive and destructive, which is determined by the provision of guidance and support from family. In adolescents with low social economic status, lack of guidance and support, so it will cause destructive parentification. This will affect the mental health of adolescence, one of them will lead to psychological distress.

This study was conducted to examine the relationship between the psychological distress parentification in adolescents with low social economic status. This research is a quantitative study involving as many as 183 teenagers aged 11-22 years and attended the School of Masjid Terminal (Master), Depok. Parentification was measured using Parentification Inventory (PI) which was constructed by Hooper (2009). Psychological distress was measured using Weinberger Adjustmen Inventory (WAI) which was constructed by Weinberger (1975).

The results showed that there was no significant correlation between psychological distress and parentification ($r = 0,338$, $n = 183$, $p > 0,05$). Other results show, there is a positive and significant relationship between psychological distress and instrumental parentification ($r = 0,199$, $n = 183$, $p < 0,05$). Meanwhile, parentification emotional and perceived benefits of parentification are not associated with psychological distress.