

## Attachment terhadap ibu dan kaitannya dengan kontrol diri pada anak usia 3-4 Tahun = Attachment to mother and its relation to self-control in children aged 3-4 years old

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### Abstrak

Penelitian ini dilakukan untuk melihat gambaran mengenai attachment dan kontrol diri pada anak usia prasekolah (3 sampai 4 tahun). Pengukuran kontrol diri dilakukan melalui paradigma Delay of Gratification menggunakan Stanford Marshmallow Test yang dikembangkan oleh Mischel, Shoda & Rodriguez (1989). Dalam penelitian ini, peneliti mengukur durasi waktu yang dihabiskan anak untuk menunggu, serta perilaku apa yang ditunjukkan oleh anak ketika menunggu. Selain itu, attachment diukur Ainsworth, Blehar, Waters & Wall (1978). Pengukuran tersebut membagi pola attachment menjadi 3 (tiga) kelompok yang terdiri dari secure attachment, insecure-resistant attachment, dan insecure-avoidant attachment. Partisipan dalam penelitian ini berjumlah 7 pasangan ibu anak berusia 3 sampai 4 tahun serta berjenis kelamin laki-laki atau perempuan. Melalui observasi, peneliti menemukan bahwa anak berusia 4 tahun memiliki durasi waktu delay yang lebih panjang. Selain itu, anak yang memiliki secure attachment dan insecure-avoidant attachment memiliki durasi delay of gratification di atas rata-rata seluruh partisipan. Kemudian, ditemukan perbedaan perilaku menunggu yang ditunjukkan oleh anak-anak dengan secure attachment dan insecure-avoidant attachment, serta anak dengan insecure-resistant attachment. Untuk melakukan generalisasi hasil penelitian, diperlukan penelitian dengan sampel yang lebih banyak.

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This research is conducted to see attachment to mother and its relation to self-control in preschool children of aged 3-4 years old. Self-control is measured through delay of gratification paradigm with Stanford Marshmallow Test which was developed by Mischel, Shoda & Rodriguez (1989). In this research, the researcher measured the duration the children spent to wait, and the behavior children shown while waiting. Attachment is measured with Strange Situation Procedure which was developed by Ainsworth, Blehar, Waters & Wall (1978). This measurement divided the attachment patterns into three groups consist of secure attachment, insecure-resistant attachment, and insecure-avoidant attachment. Participant of this research is 7 pairs of mother and their children aged 3 to 4 years, boys or girls. Through observation, the researcher found that the children aged 4 have a longer time to wait. In addition, children who have secure attachment and insecure-avoidant attachments have a duration of delay of gratification above the average of all participants. Then, differences in waiting behavior were found in children with secure attachments and insecure-avoidant attachments, and children with insecure-resistant attachments. To generalize the results of the study, more sample is needed.