

Peran Implementasi Mindful Parenting dalam Psychological Well-being pada Ibu yang Bekerja dengan Anak Kelas 1 - 3 Sekolah Dasar dalam Konteks Pandemi COVID-19 = The Role of Mindful Parenting Implementation on Psychological Well-being in Working Mothers with Children in Grades 1-3 Primary School in the Context of the COVID-19 Pandemic

Gerardine Genoveva Saulina, author

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Abstrak

Tantangan penyesuaian peran ganda yang disebabkan oleh pandemi COVID-19 memberikan dampak buruk pada psychological well-being ibu yang bekerja, khususnya pada ibu yang bekerja dengan anak kelas 1-3 sekolah dasar karena adanya tantangan perkembangan serta perubahan sistem pembelajaran akibat pandemi COVID-19. Mindful parenting merupakan gaya pengasuhan yang dapat diterapkan untuk menghindari penurunan psychological well-being. Penelitian ini merupakan penelitian korelasional yang bertujuan untuk melihat kontribusi mindful parenting terhadap psychological well-being pada ibu bekerja dengan anak yang duduk di kelas 1 sampai dengan 3 SD. Mindful parenting dan psychological well-being pada ibu bekerja dengan anak yang duduk di kelas 1 sampai dengan 3 SD (N=310) diukur menggunakan Interpersonal Mindfulness in Parenting Scale dan Ryff's Scale of Psychological Well-being. Hasil analisis statistik regresi linear sederhana menunjukkan bahwa mindful parenting memiliki kontribusi yang positif dan signifikan terhadap psychological well-being.

.....The challenge of adjusting to multiple roles caused by the COVID-19 pandemic has a negative impact on the psychological well-being of working mothers. Especially for mothers who work with children in grades 1-3 of elementary school due to developmental challenges and changes in the learning system due to the COVID-19 pandemic. Mindful parenting is a parenting style that can be applied to avoid a decrease in psychological well-being. This correlational study aims to examine the contribution of mindful parenting to psychological well-being in working mothers with children who are in grades 1 to 3 of elementary school. Mindful parenting and psychological well-being of working mothers with children in grades 1 to 3 of elementary school (N=310) were measured using the Interpersonal Mindfulness in Parenting Scale and Ryff's Scale of Psychological Well-being. The results of simple linear regression statistical analysis showed that mindful parenting had a positive and significant contribution to psychological well-being.