

# Hubungan Persepsi Pola Asuh dan Karakteristik Siswa dengan Kecemasan pada Siswa Kelas 7-12 di Sekolah HighScope Indonesia Tahun 2023 = The Relationship between Perceived Parenting Styles and Student Characteristics with Anxiety in Grade 7-12 Students at Sekolah HighScope Indonesia in 2023

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## Abstrak

Kecemasan adalah respons emosional negatif bersifat subjektif dan memiliki gejala fisik. Kecemasan dipengaruhi oleh berbagai faktor seperti pola asuh orang tua dan karakteristik siswa. Tujuan penelitian ini adalah mengetahui hubungan persepsi pola asuh dan karakteristik siswa dengan kecemasan pada siswa kelas 7 – 12 di Sekolah HighScope Indonesia tahun 2023. Penelitian ini menggunakan pendekatan kuantitatif desain cross-sectional. Data dari 220 siswa dikumpulkan dengan mengisi booklet kuesioner secara mandiri berisi pertanyaan tentang karakteristik, kecemasan, dan pola asuh orang tua. Instrumen kecemasan menggunakan Zung Anxiety Self-Assessment Scale dan instrumen pola asuh dengan Scale of Parenting Style. Data dianalisis menggunakan uji chi-square. Hasil penelitian menunjukkan prevalensi kecemasan pada siswa kelas 7 – 12 di Sekolah HighScope Indonesia tahun 2023 adalah 27,3%. Pola pengasuhan yang dirasakan siswa didominasi pola asuh authoritative (36,4%) dan neglectful (36,4%). Karakteristik siswa menunjukkan usia remaja awal (58,2%), jenis kelamin perempuan (50,5%), dengan tingkatan kelas SMP (72,7%). Hasil analisis menunjukkan hubungan signifikan antara pola asuh neglectful ( $p\text{-value} = 0,002$ , OR: 3,222, 95% CI= 1,500-6,921), pola asuh indulgent ( $p\text{-value} = 0,005$ , OR: 3,778, 95% CI= 1,455-9,808), jenis kelamin siswa ( $p\text{-value} = 0,000$ , OR: 3,817, 95% CI= 1,987-7,332), dan tingkatan kelas ( $p\text{-value} = 0,024$ ; OR: 2,066, 95% CI= 1,093-3,908) dengan kecemasan siswa. Penelitian ini merekomendasi agar Sekolah HighScope Indonesia melakukan evaluasi terhadap siswa berisiko mengalami kecemasan (perempuan, tingkat SMA, pola asuh orang tuanya neglectful atau indulgent), disamping menyediakan “kotak curhat” untuk siswa dan workshop pola asuh bagi orang tua siswa.

.....Anxiety is a negative emotional response that is subjective with physical symptoms. Anxiety is influenced by various factors such as parenting styles and student characteristics. The purpose of this study was to determine the relationship between perceived parenting styles and student characteristics with anxiety in 7th – 12th grade students at Sekolah HighScope Indonesia in 2023. This research is a quantitative study using a cross-sectional design. Data from 220 students were collected by filling out a booklet questionnaire independently containing questions about student’s characteristics, anxiety, and parenting styles. The anxiety instrument uses the Zung Anxiety Self-Assessment Scale and the parenting instrument uses the Scale of Parenting Style. Data were analyzed using the chi-square test. The results showed that the prevalence of anxiety in 7th – 12th grade students at HighScope Indonesia Schools in 2023 were 27.3%. The most dominate student’s perceptions of their parenting styles are authoritative parenting (36.4%) and neglectful parenting (36.4%). Meanwhile, the characteristics of the students were early teens (58.2%), female (50.5%), and junior high school level (72.7%). The results of the analysis showed a significant relationship between neglectful parenting ( $p\text{-value} = 0.002$ , OR: 3.222, 95% CI = 1.500-6.921), indulgent parenting ( $p\text{-value} = 0.005$ , OR: 3.778, 95% CI= 1.455-9.808), student gender ( $p\text{-value} = 0.000$ , OR: 3.817,

9 5% CI = 1.987-7.332), and grade level (p-value = 0.024; OR: 2.066, 95% CI = 1.093-3.908) with student anxiety. This study recommends that Sekolah HighScope Indonesia should evaluate students risk of experiencing anxiety (female, high school level, parenting style of neglectful or indulgent), as well as providing a "student's mail box" and parenting workshops.