

Hubungan antara stres pengasuhan ibu dan regulasi emosi anak usia prasekolah = The relationship between maternal parenting stress and emotion regulation of preschool children

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Abstrak

Penelitian ini bertujuan untuk mengkaji apakah terdapat hubungan antara parenting stress ibu dengan regulasi emosi anak usia prasekolah. Jenis penelitian ini merupakan penelitian kuantitatif dengan teknik pengujian Korelasi Pearson. Parenting stress ibu diukur menggunakan instrumen Parenting Stress Index - Short From (PSI-SF) dan regulasi emosi anak usia prasekolah menggunakan alat ukur Emotion Regulation Checklist (ERC). Jumlah partisipan pada penelitian ini sebanyak 128 ibu dengan anak usia prasekolah (3 - 6 tahun). Hasil utama penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara parenting stress dengan regulasi emosi anak usia prasekolah. Hal ini menunjukkan bahwa semakin tinggi parenting stress yang dialami ibu, maka regulasi emosi anak usia prasekolah semakin rendah, dan sebaliknya ibu yang cenderung memiliki tingkat parenting stress rendah maka regulasi emosi anak akan semakin baik.The study aims to examine whether there is a link between parental stress of mothers and emotional regulation of preschool children. It is a quantitative research with Pearson correlation testing technique. Parenting stress of mothers was measured using the Parenting Stress Index - Short From (PSI-SF) while the children's emotional regulation was measured using the Emotion Regulation Checklist (ERC). The total number of participants in the study was 128 mothers with children of preschool age (3 - 6 years). The main results of the study show that there is a significant negative relationship between parenting stress and preschool childhood emotional regulation. This suggests that the higher parental stress that mothers experience, the lower the emotional regulation of preschool children, and vice versa, mothers who tend to have low level of parenting stress, the better the regulations of their children's emotions.