

## Hubungan antara kehangatan ibu dan psychological distress (dengan mempertimbangkan usia, jenis kelamin, dan waktu tinggal) pada remaja yatim di panti asuhan = The relationship between maternal warmth and psychological distress (considering age, sex, and residence time) in orphaned adolescents in the orphanage

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### Abstrak

Remaja yang tinggal di panti asuhan di Indonesia berisiko tinggi mengalami berbagai masalah psikologis seperti, rendahnya *psychological well-being*, masalah perilaku dan emosional, serta beberapa masalah perkembangan. Kesulitan ekonomi membuat *single mother* menjadi kurang dalam memberikan kehangatan dan perhatian kepada anak, dan terpaksa menitipkan anaknya di panti asuhan. Padahal, kehangatan (penerimaan) ibu berdampak pada perkembangan sosial-emosional yang sehat. Sebaliknya, penolakan ibu merupakan prediktor utama meningkatnya risiko *psychological distress* pada anak. Penolakan ibu berdampak lebih besar dibandingkan penolakan ayah. Meskipun demikian, penerimaan ayah dapat meringankan dampak negatif dari penolakan ibu. Akan tetapi, anak yatim yang telah kehilangan figur ayah dan merasa ditolak oleh ibu mereka, akan cenderung memiliki risiko *psychological distress* yang lebih tinggi. Penelitian ini ingin melihat bagaimana persepsi remaja yatim di panti asuhan akan kehangatan (penerimaan-penolakan) ibu berdampak pada *psychological distress*. Jenis kelamin, usia, dan waktu tinggal akan dikontrol pada penelitian ini karena juga berkontribusi dalam meningkatkan risiko *psychological distress*. Penelitian ini merupakan penelitian kuantitatif, dengan partisipan remaja yatim (usia 12-18 tahun di panti asuhan N, Depok), yang berjumlah 70 anak. Instrumen PARQ dan YOQ-SR digunakan untuk mengambil data. Hasil penelitian menunjukkan bahwa semakin remaja yatim merasa memperoleh penerimaan ibu, maka risiko *psychological distress* akan semakin rendah. Begitu pun sebaliknya, semakin remaja yatim merasa memperoleh penolakan ibu, maka semakin tinggi pula risiko remaja mengalami *psychological distress*. Diduga ada kemungkinan faktor-faktor di dalam panti asuhan ikut berkontribusi dalam meningkatkan risiko *psychological distress* pada remaja yatim di panti asuhan N.

.....Adolescents in the orphanages in Indonesia are at higher risk of various psychological problems. Due to economic difficulty, many single mothers were forced to leave their children in the orphanage. However, many of these orphanage children feel abandoned and rejected by their mothers. Single mothers with economic difficulties tend to be less warm and attentive. Many studies indicated that maternal's warmth and acceptance very important factors that influence healthy social-emotional development in adolescents. On the contrary, maternal's rejection is one of the main factors that cause psychological distress in adolescents. The risk of experiencing psychological distress is even higher in orphaned adolescents who lost their father. This study will to investigate how perception of maternal acceptance and rejection have an impact on psychological distress among orphaned adolescents in the orphanage. Gender, age, and residence time will be controlled in this study, because these factors contribute to the risk of psychological distress. This study is a quantitative study. There were 70 orphaned adolescents between the aged of 12-18, from N orphanage

(Depok), participated in this study. PARQ and YOQ-SR measurements were used to collect the data. The results showed the more orphaned adolescents felt acceptance by their mother, the risk of psychological distress become lower, and vice versa. It indicated there might be other factors in the orphanage that contribute to the increase of risks of developing psychological distress in orphaned adolescents in N orphanage.