

Hubungan antara bonding ibu-anak dengan kualitas tidur pada anak usia bawah tiga tahun = Correlation between quality of mother-child bonding with toddlers sleep quality

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Abstrak

Tidur merupakan aspek substansial dalam tumbuh kembang anak, mulai dari aspek kesehatan hingga fungsi sehari-hari anak. Salah satu faktor yang diduga memengaruhi adalah kualitas bonding ibu-anak. Penelitian ini bertujuan untuk mengidentifikasi kualitas bonding ibu-anak terhadap kualitas tidur anak usia batita (0-36 bulan) serta mencari proporsi kedua variabel tersebut.

Penelitian ini menggunakan desain potong lintang dengan subjek penelitian yaitu ibu beserta anak usia batitanya. Sebanyak 63 ibu beserta anak usia batitanya ikut dalam penelitian ini. Pemilihan subjek penelitian sampel secara konsekutif melalui kesediaan ibu untuk mengikuti penelitian ini.

Penelitian ini menggunakan dua buah kuesioner dalam bahasa Indonesia yaitu, Mother-Infant Bonding Scale (MIBS) untuk menilai bonding ibu-anak dan Brief Infant Sleep Questionnaire (BISQ) untuk menilai kualitas tidur anak usia batita. Pengisian kuesioner dilakukan oleh ibu. Analisa data dilakukan dengan uji korelasi Spearmans melalui SPSS versi 23. Proporsi anak dengan gangguan kualitas tidur sebesar 33,3%.

Pada bonding ibu-anak, ditemukan adanya rasa takut atau panik pada sebagian besar ibu dengan kadar yang berbeda. Meskipun terdapat perasaan negatif terhadap anak, 100% responden ingin melindungi anaknya. Selain itu, ditemukan korelasi berbanding lurus dengan kekuatan korelasi lemah pada bonding ibu-anak dan kualitas tidur anak ($p < 0,05$; $r = 0,392$). Dari penelitian ini dapat disimpulkan bahwa gangguan kualitas tidur pada anak memiliki prevalensi cukup tinggi. Ibu dengan nilai MIBS tinggi memiliki risiko gangguan tidur pada anak batitanya.

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Sleep is a substantial aspect in a child's development which is reflected in their health and daily functions. Mother-child bonding quality has been said to influence the quality of sleep. This research aims at identifying how the quality of mother-child bonding influences toddlers sleep quality and at analyzing the proportion of the two variables.

The cross-sectional study that analyzes data from a representative subset is adopted in this research with mothers and their toddlers (0-36 months) as the subjects. A group of 63 mother-toddler pairs from consecutive sampling participated in the study.

Two sets of questionnaires in Bahasa Indonesia which are Mother-Infant Bonding Scale (MIBS) to assess the mother-child bonding, and Brief Infant Sleep Questionnaire (BISQ) to assess the sleep quality of toddlers were used. The questionnaires were completed by the mothers. Spearman's correlation test was used in the analysis using SPSS v.23. The findings of the study indicate that the proportion of toddlers with sleep problem was 33.3%.

In the mother-child bonding analysis it was found that the majority of mothers experienced various levels of fear and panic attack during parenting. However, despite the negative feelings towards the child, 100% of the respondents are determined to protect their children. The mother-child bonding was found to be significantly correlated with sleep quality of the child. And although there is a statistically weak relationship

between the two variables, the direction is positive where stronger bonding between mothers and their toddlers results in higher quality of the children sleep ($p < 0.05$; $r = 0.392$). It can also be concluded that there is a high prevalence of toddlers sleep quality problem and that toddlers of mothers with high MIBS are susceptible to sleeping problem risks.