

## Hubungan antara pola asuh orang tua dan subjective well-being remaja di keluarga dual-earner = Relationship between parenting style and adolescents subjective well-being in dual-earner families

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### Abstrak

Tingginya level subjective well-being (SWB) telah terbukti dapat melindungi remaja dari stres akibat banyaknya perubahan yang dialami di masa ini. Diketahui bahwa pola asuh orang tua dapat berkontribusi terhadap SWB remaja. Pada keluarga dual earner kondisi pekerjaan orang tua diprediksi dapat berpengaruh terhadap pola asuh tersebut. Penelitian ini bertujuan untuk melihat hubungan antara pola asuh dan SWB remaja di keluarga dual earner. Pengambilan data dilakukan dengan menyebarkan kuesioner secara online. Hasil analisis korelasi terhadap 118 remaja di SMP dan SMA di Jabodetabek menunjukkan bahwa terdapat hubungan yang signifikan antara kecenderungan pola asuh otoritatif dengan seluruh komponen SWB. Sementara itu, kecenderungan pola asuh permisif dan otoriter hanya berhubungan signifikan dengan komponen kepuasan hidup dan afek positif dari SWB. Penelitian ini menunjukkan kecenderungan pengasuhan otoritatif memiliki efek paling positif dan optimal bagi SWB remaja.....High subjective well-being (SWB) have been proven as a protective factor for adolescents experiencing stress due to various changes during this developmental period. It is known that parenting style contributes to adolescents' SWB. In dual earner families, working parents might have certain conditions that influence their parenting which in turn, influence adolescents' SWB. The purpose of this study is to investigate the relationship between parenting style and adolescent's SWB in dual earner families. Data was collected via online questionnaire. Correlation analysis of 118 adolescents in middle and high school in Jabodetabek showed significant relationship between parents' authoritative and all SWB components, whereas parents' permissiveness and authoritarianism showed significant relationship only with life satisfaction and positive affect component. This result suggested that parents' authoritative had the most positive and optimal effect to adolescents' SWB.