

# Executive Function Anak sebagai Mediator Hubungan antara Parenting Self-Efficacy dan Externalizing Problem Behavior Anak = Children's Executive Function as Mediator Between Parenting Self-Efficacy and Children's Externalizing Problem Behavior

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## Abstrak

Masalah externalizing problem behavior (EPB) umum dialami anak di tahap early childhood. Pada tahap ini anak mengandalkan orang tua untuk membantu mengarahkan perilaku mereka. Namun, tidak semua orang tua mampu menangani EPB yang ditampilkan anaknya. Penelitian menunjukkan bahwa aspek kognitif pengasuhan, berupa parenting self-efficacy (PSE) memiliki kontribusi yang cukup konsisten terhadap EPB anak. Faktor internal anak berupa executive function juga ditemukan secara konsisten dapat memprediksi EPB anak. Berbagai hasil penelitian juga mengindikasikan bahwa PSE berkaitan dengan EF. Walaupun demikian, dinamika antar ketiganya belum pernah diteliti. Dalam penelitian ini akan diperiksa bagaimana kaitan antara PSE dengan EF anak. Secara lebih mendalam, penelitian ini juga memeriksa peranan EF anak sebagai mediator antara hubungan PSE dengan EPB anak. Partisipan dalam penelitian ini berjumlah 243 orang tua yang memiliki anak berusia 3 tahun 0 bulan sampai 8 tahun 0 bulan tanpa masalah perkembangan, neurologis, maupun psikologis. Berdasarkan hasil analisis mediasi melalui PROCESS Hayes, ditemukan bahwa PSE mampu memprediksi EF anak dan kaitan antara PSE dengan EPB anak sepenuhnya dimediasi oleh EF anak. Temuan ini menunjukkan bahwa dalam menangani EPB anak, perlu mempertimbangkan PSE orang tua dan kemampuan EF anak

.....Externalizing problem behavior (EPB) is common in early childhood. During this phase, children will rely on parents to help them guiding their behavior, but not every parent are able to handle EPB of their children. Studies found that cognitive aspects of parenting, such as parenting self-efficacy (PSE), have a consistent contribution towards children's EPB. Internal factor from children, which is executive function (EF) was also found consistently predicting children's EPB. Results from several studies also indicated that PSE is related to EF. However, the dynamic between them have not been examined. In this study, the relationship between children's PSE and EF will be examined. This study will also examine the role of children's EF as a mediator between children's PSE and EPB further. Participants were 243 parents who have 3 years old 0 months until 8 years old 0 months children without any developmental, neurological, or any psychological problem. Based on PROCESS Hayes mediation analysis, it was found that PSE is able to predict children's EF, and relationship between PSE and children's EPB is fully mediated by children's EF. This result shows that in order to handle children's EPB, parents' PSE and children's EF have to be considered