

# Hubungan antara Pola Asuh Orang Tua dan Perkembangan Emosional Anak Usia Prasekolah di Jakarta pada Masa Pandemi COVID-19 = The Relationship between Parenting Styles and Emotional Development of Preschool-Age Children in Jakarta During the COVID-19 Pandemic

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## Abstrak

Work from home dan online learning akibat pandemi COVID-19 menyebabkan perubahan perilaku pengasuhan orang tua kepada anak. Pola asuh yang tepat melalui penerapan perilaku yang baik dapat menstimulasi perkembangan emosional anak. Namun, perkembangan emosional anak berisiko bermasalah apabila penggunaan pola asuh tidak tepat. Penelitian ini bertujuan mengidentifikasi hubungan antara pola asuh orang tua dan perkembangan emosional anak prasekolah pada masa pandemi COVID-19. Penelitian berdesain cross sectional ini melibatkan 186 orang tua dari anak prasekolah di PAUD/TK/RA di Jakarta yang dipilih dengan teknik purposive sampling. Instrumen yang digunakan yaitu Parenting Style and Dimension Questionnaire (PSDQ) dan Ages and Stages Questionnaire: Social-Emotional (ASQ:SE)-2. Hasil penelitian menunjukkan terdapat hubungan antara pola asuh orang tua dan perkembangan emosional anak prasekolah ( $p = 0,002$ ; OR = 3,903). Anak prasekolah yang diasuh oleh orang tua dengan pola asuh otoritatif 3 kali memiliki perkembangan emosional yang tinggi dibanding diasuh orang tua dengan pola asuh permisif. Peneliti merekomendasikan adanya penyampaian hasil pola asuh oleh perawat komunitas atau pengembangan media edukasi oleh mahasiswa keperawatan atau pihak sekolah dalam promosi kesehatan. Selain itu, orang tua diharapkan lebih memperhatikan, mengawasi, dan mengantisipasi perilaku anak yang tidak sesuai dari perkembangan emosionalnya.

.....Work from home and online learning due to the COVID-19 pandemic has caused changes in parenting behavior for children. Appropriate parenting through good behavior can stimulate children's emotional development. However, the emotional development of children is at risk of problems if the use of parenting is not appropriate. This study aims to identify the relationship between parenting styles and the emotional development of preschool children during the COVID-19 pandemic. This cross-sectional design study involved 186 parents of preschool children in several PAUD/TK/RA in Jakarta who were selected using the purposive sampling technique. The instruments used are the Parenting Style and Dimension Questionnaire (PSDQ) and the Ages and Stages Questionnaire: Social-Emotional (ASQ:SE)-2. The results showed has a relationship between parenting styles and children's emotional development ( $p = 0.002$ ; OR = 3,903). Preschool children who are cared for by parents with authoritative parenting have three times higher emotional development than those raised by parents with permissive parenting. Researchers recommend the delivery of the results of parenting by community nurses or the development of educational media by nursing students or schools in health promotion. In addition, parents can expectedly pay more attention, supervise, and anticipate children's inappropriate behavior from their emotional development.