

# Kontribusi Mindful Parenting terhadap Stres Pengasuhan pada Ibu Bekerja yang Memiliki Anak Sekolah Dasar di Tengah Pandemi COVID-19 = The Contribution of Mindful Parenting toward Parenting Stress in Working Mothers who have Primary Grade Children on COVID-19 Pandemic Setting

Carrenina Prilly Juaninda, author

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## Abstrak

COVID-19 merupakan fenomena yang menjadi tantangan bagi ibu bekerja karena harus mengalami berbagai perubahan di berbagai aspek seperti pekerjaan dan merawat anak. Perubahan tersebut mengharuskan ibu dan anak terus beradaptasi sehingga rentan menimbulkan stres pengasuhan. Beberapa penelitian membuktikan mindful parenting mampu mengurangi stres pengasuhan pada orang tua. Maka, penelitian ini ingin melihat kontribusi mindful parenting terhadap stres pengasuhan pada partisipan khusus yaitu ibu bekerja yang memiliki anak kelas 1 sampai 3 Sekolah Dasar (SD). Partisipan (n=343, Usia = 35.88) diuji menggunakan Interpersonal Mindfulness in Parenting Scale (IM-P) dan Parental Stress Scale (PSS). Uji analisis regresi linear menunjukkan 24.5% proporsi varians stres pengasuhan dapat dijelaskan oleh mindful parenting. Korelasi negatif menunjukkan peningkatan mindful parenting membuat stres pengasuhan menurun pada ibu bekerja yang memiliki anak kelas 1 sampai 3 SD. Dengan demikian, harapannya penelitian ini mampu memberikan sumbangsih jangka panjang di bidang penelitian dan menumbuhkan kesadaran pentingn menerapkan praktik pengasuhan yang positif.

.....COVID-19 is a phenomenon that becomes obstacle for working mothers because they undergo several changes in couple aspects such as work and rearing children. Those changes require mother and children to continuously adapt until they get parenting stress. Some studies proved that mindful parenting could reduce parenting stress toward parents. Therefore, this research is intended to see the contribution of mindful parenting to parenting stress in working mothers who have 1 to 3 primary grade children. The participants (n=343, Mage = 35.88) are tested by using the Interpersonal Mindfulness in Parenting Scale and Parental Stress Scale. Simple linear regression show that 24.5% variance proportion of parenting stress can be described by mindful parenting. Negative correlation implies that increasing of mindful parenting make parenting stress decrease in working mothers who have 1 to 3 primary grade children. Therefore, we hope this research can provide long-term contribution in research field and to burgeon awareness of the important applying positive parenting practice.