

Peran Kualitas Hubungan Orang Tua-Anak dalam Memprediksi Regulasi Emosi Anak Usia Prasekolah: Berdasarkan Persepsi Orang Tua = The Role of Parent-Child Relationship Quality in Predicting Emotion Regulation of Preschool-Aged Children: Based on Parents Perception

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Abstrak

Regulasi emosi merupakan salah satu kemampuan yang diperlukan untuk mencegah masalah dalam aspek sosial emosional anak seperti perilaku internalizing dan externalizing. Usia prasekolah merupakan masa yang kritis untuk mengembangkan regulasi emosi yang optimal. Orang tua memiliki peranan penting dalam perkembangan regulasi emosi anak. Penelitian ini bertujuan untuk melihat apakah kualitas hubungan orang tua-anak dapat memprediksi regulasi emosi anak usia prasekolah. Partisipan penelitian ini adalah 133 partisipan orang tua dengan anak usia prasekolah (3-6 tahun) di Indonesia. Pengukuran regulasi emosi anak dilakukan menggunakan alat ukur Emotion Regulation Checklist (ERC), sementara pengukuran kualitas hubungan orang tua-anak dilakukan menggunakan alat ukur Child-Parent Relationship Scale (CPRS). Pengolahan data dilakukan dengan analisis regresi linear. Hasil penelitian menunjukkan bahwa kualitas hubungan orang tua-anak secara signifikan memprediksi regulasi emosi anak usia prasekolah.

.....Emotion regulation is one of the skills needed to prevent problems in children's socio-emotional aspects such as internalizing and externalizing behavior. Preschool is considered to be a critical period for the optimal emotional regulation development. Parents have an important role in the development of children's emotional regulation. This study aims to see whether the quality of parent-child relationship can predict the emotional regulation of preschoolers. There were 133 Indonesian parents of 3-6 years old children involved in the study. Children's emotion regulation was measured using the Emotion Regulation Checklist (ERC), and the quality of the parent-child relationship was measured using the Child-Parent Relationship Scale (CPRS). Data processing is done by linear regression analysis. The results showed that the quality of the parent-child relationship significantly predicted the emotional regulation of preschoolers. It was also shown that both conflict and closeness significantly predicted emotion regulation of preschoolers.