

Kontribusi dukungan keluarga terhadap respons remaja menghadapi masa pubertas di Cinanjung Wilayah Kerja Puskesmas Margajaya Tanjungsari Sumedang = Contribution of family support to the youngsters responses in coping, with their puberty as studied in the Cinanjung within the Puskesmas Margajaya Tanjungsari Sumedang

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Abstrak

Penelitian ini bertujuan untuk mengetahui kontribusi dukungan keluarga terhadap respons remaja menghadapi masa pubertas di Cinanjung Tanjungsari Sumedang dengan desain cross sectional. Jumlah sampel 223 orang dengan kriteria telah berusia 11-15 tahun untuk perempuan, 12-16 tahun untuk laki-laki serta telah terjadi perkembangan seks primer, sampel ditentukan melalui simple random sampling dengan lottery technique. Instrumen yang digunakan berupa angket untuk mengetahui karakteristik responden, respons responden dan dukungan keluarga terhadap remaja pubertas.

Hasil penelitian menunjukkan bahwa dukungan keluarga dalam membantu perkembangan emosi, hubungan sosial, bakat khusus dan kemandirian berkontribusi terhadap respons remaja menghadapi masa pubertas, sedangkan dukungan keluarga dalam membantu pertumbuhan fisik dan perkembangan kognitif tidak berkontribusi, hasil penelitian juga menunjukkan bahwa dukungan keluarga yang paling dominan berkontribusi adalah dukungan keluarga dalam perkembangan emosi. Implikasi dari hasil penelitian tersebut, maka perawat komunitas dalam memberikan asuhan keperawatan keluarga dengan remaja pubertas lebih memfokuskan pada aspek perkembangan emosi.

Dari hasil tersebut, maka disarankan ; perlu peningkatan pengetahuan dan pemahaman keluarga serta remaja pubertas berkaitan dengan dukungan keluarga dan respons remaja menghadapi masa pubertas, khususnya berkaitan dengan perkembangan emosi dengan mengembangkan pelayanan kesehatan remaja pubertas melalui klinik remaja maupun program UKS atau mengembangkan kemitraan dengan sektor-sektor yang memiliki kepedulian terhadap remaja pubertas.

*This study has been made with the aim to obtain knowledge about how the family support contributes to the youngsters responses in dealing with the problems of their puberty age, as studied in the Cinanjung Tanjungsari Sumedang using the cross sectional design. The sample covered consisted of 223 youngsters, meeting the such criteria as : aged 11 to 15 years for girls, 12 to 16 years for boys, and already having their primer), sexual development. The sampling method comprised the simple random sampling and the lottery technique. This instrument applied included questioners to find out the respondents characteristics, their responses and the support from their respective families in overcoming their puberty related problems.*

Results of the study have shown that the support of families in helping youngsters with the development of their emotions, social interaction, specific talent and self reliance has indeed contributed to the youngsters responses to the ways in which they cope with their puberty age, while the support of families in their

physical growth and cognitive development has not contributed to such responses. The study results have also revealed that the family support in the emotional development in the most significant contributory factor. Its implication, therefore would be that in giving nursing care to a family with puberty aged children, the nurse community should put their focus on the emotional development aspect.

Consequently the proper suggestion would be : the nurse community should increase their knowledge and understanding about the family and the puberty aged youngsters as regards the family support and the youngsters responses to facing his/her puberty problems, specifically those linked with his/her emotional development by youngsters clinic as well as the UKS programe, or through contracting partnerships with sectors they are concerned about the puberty youngsters.</i>