

# Peran Executive Function Anak sebagai Mediator dalam Hubungan antara Parenting Self-Efficacy dan Regulasi Diri Anak Usia Prasekolah = The Role of Children's Executive Function as a Mediator in the Relationship Between Parenting Self-Efficacy and Self-Regulation of Preschool Aged Children

Nisrina Putri Anandiva, author

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## Abstrak

Regulasi diri merupakan keterampilan yang penting untuk dimiliki oleh anak usia prasekolah. Walaupun sejumlah penelitian membuktikan bahwa regulasi diri anak dapat diprediksi oleh parenting self-efficacy melalui peran mediasi oleh faktor-faktor yang melekat pada orang tua, namun apakah hubungan keduanya diperantarai oleh faktor-faktor yang dimiliki anak masih belum diketahui. Penelitian ini bertujuan untuk melihat peran salah satu faktor kognitif anak, yaitu executive function, sebagai mediator hubungan antara parenting self-efficacy dan regulasi diri anak. Sebanyak 441 orangtua yang memiliki anak usia 48 hingga 72 bulan tanpa riwayat masalah perkembangan maupun psikologis mengikuti penelitian ini. Adapun alat ukur yang digunakan, yaitu Me as a Parent (MaaP) untuk mengukur parenting self-efficacy, Childhood Executive Functioning Inventory (CHEXI) untuk mengukur masalah executive function anak yang dipersepsikan orangtua, dan Self-Regulation Questionnaire (SRQ) untuk mengukur regulasi diri anak yang juga dipersepsikan oleh orangtua. Analisis PROCESS Hayes menunjukkan hasil bahwa executive function anak secara partial memediasi hubungan antara parenting self-efficacy dan regulasi diri anak usia 48 hingga 72 bulan. Hasil penelitian ini mengimplikasikan bahwa upaya untuk meningkatkan parenting self-efficacy dan executive function anak penting untuk dilakukan agar regulasi diri anak dapat berkembang secara optimal.

.....Self-regulation is an important skill for preschoolers to have. Although a number of studies have proven that children's self-regulation can be predicted by parenting self-efficacy through the mediation role of factors attached to parents, whether the relationship between the two is mediated by factors owned by children is still unknown. This study aims to look at the role of one of the children's cognitive factors, namely executive function, as a mediator of the relationship between parenting self-efficacy and children's self-regulation. A total of 441 parents of children aged 48 to 72 months without a history of developmental or psychological problems participated in this study. The measurement tools used are Me as a Parent (MaaP) to measure parenting self-efficacy, the Childhood Executive Functioning Inventory (CHEXI) to measure children's executive function problems perceived by parents, and the Self-Regulation Questionnaire (SRQ) to measure self-regulation. children who are also perceived by parents. Hayes' PROCESS analysis showed that children's executive function partially mediates the relationship between parenting self-efficacy and self-regulation in children aged 48 to 72 months. The results of this study imply that efforts to increase parenting self-efficacy and executive function of children are important so that children's self-regulation can develop optimally.