

# Hubungan Pendampingan Orang Tua Dengan Kecemasan Anak Usia Sekolah Pada Pembelajaran Jarak Jauh Selama Pandemi COVID-19 Di Kota Depok = The Relationship between Parents's Assistance and School-Aged Children's Anxiety in Distance Learning During the COVID-19 Pandemic in Depok City

Fitria Amaliyah, author

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## Abstrak

Anak usia sekolah rentan mengalami kecemasan diakibatkan karena kurangnya kehadiran orang tua dalam mendampingi anaknya dalam tahap tumbuh kembangnya termasuk dalam masa sekolahnya. Hal ini semakin parah akibat adanya situasi pandemi COVID-19 yang menyebabkan semua anak usia sekolah harus melakukan segala kegiatan pembelajaran melalui daring atau pembelajaran jarak jauh (PJJ). Penelitian bertujuan untuk mengetahui hubungan pendampingan orang tua dengan kecemasan kecemasan anak usia sekolah pada pembelajaran jarak jauh selama pandemi COVID-19 di kota Depok. Desain penelitian yang digunakan adalah metode cross-sectional yang dilakukan pada anak usia sekolah berusia 9-12 tahun di SD Negeri Depok Jaya 1 sebanyak 333 sampel yang dipilih menggunakan purposive sampling. Hasil penelitian menunjukkan terdapat hubungan pendampingan orang tua dengan kecemasan anak usia sekolah pada pembelajaran jarak jauh selama pandemi COVID-19 Di Depok. Hasil penelitian ini diharapkan dapat meningkatkan pelayanan kesehatan jiwa melalui skrining kesehatan mental secara berkala dan mengadakan penyuluhan mengenai peran pendampingan orang terhadap kecemasan anak.

.....School-aged children are susceptible to experiencing anxiety caused by the limited presence of parents in accompanying their children in their growth and development stages, including during their school years. It has deteriorated due to the COVID-19 pandemic situation which has caused all school-aged children to carry out all learning activities online or through distance learning (PJJ). The study aimed to determine the relationship between parents' assistance and school-aged childrens' anxiety in distance learning during the COVID-19 pandemic in Depok City. This research used a cross-sectional method. The samples weref 333 school-aged children aged 9-12 years at SD Negeri Depok Jaya 1 which was selected using purposive sampling. The results showed a positive relationship between parents' assistance and school-aged children's anxiety in distance learning during the COVID-19 pandemic in Depok City. The results of this study are expected to improve mental health services through periodic mental health screening and conduct counselling regarding the role of parents' assistance towards school-aged children's anxiety.