

PENGALAMAN IBU BEKERJA DALAM MENGASUH ANAK USIA PRASEKOLAH DI ERA DIGITAL: STUDI FENOMENOLOGIS

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Abstrak

Ibu merupakan sosok yang berperan dalam memberikan pengasuhan untuk mendukung perkembangan anak. Penelitian ini bertujuan untuk memahami gambaran psikologis ibu bekerja dalam mengasuh anak usia prasekolah generasi Alpha di era digital. Metode penelitian yang digunakan adalah metode kualitatif dengan studi fenomenologis deskriptif. Subjek dalam penelitian ini berjumlah 3 orang yang dipilih berdasarkan teknik *purposive sampling* dengan kriteria ibu bekerja dengan memiliki anak berusia 2-6 tahun. Teknik pengambilan data melalui wawancara semi terstruktur kemudian dianalisis menggunakan metode *Descriptive Phenomenological Analysis* (DPA). Berdasarkan penelitian diperoleh 7 sintesis tema, antara lain: (1) Peran ganda ibu; (2) Upaya meluangkan waktu bersama anak, (3) Prinsip dan cara pengasuhan ibu; (4) Peran pihak lain dalam pengasuhan ibu; (5) Penggunaan *gadget* dari perspektif ibu, (6) Konsekuensi emosi yang dirasakan ibu; dan (7) Upaya mengurangi dan meminimalisir penggunaan *gadget*. Hasil penelitian menunjukkan perlunya koordinasi oleh ibu bekerja dan pihak pengasuh lain dalam hal aturan pengasuhan anak usia prasekolah. Dukungan suami juga berperan penting untuk meringankan beban ibu dalam proses pengasuhan dan pekerjaan.

Kata kunci: Pengalaman pengasuhan ibu bekerja; anak usia prasekolah; era digital

WORKING MOTHERS' EXPERIENCES IN PARENTING PRESCHOOL-AGE CHILDREN IN THE DIGITAL ERA: A PHENOMENOLOGICAL STUDY

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Abstract

Mothers are figures who play a role in providing care to support child development. This study aims to understand the psychological picture of working mothers in parenting preschool-age children of Alpha generation in the digital era. The research method used is a qualitative method with a descriptive phenomenological study. The subjects in this study were 3 people selected based on purposive sampling technique with the criteria of working mothers with children aged 2-6 years. Data collection techniques through semi-structured interviews and then analysed using the Descriptive Phenomenological Analysis (DPA). Method based on the research, 7 synthesis themes were obtained, including: (1) Mother's dual role; (2) Efforts to spend time with children; (3) Principles and mother parenting style; (4) The role of other parties in mother's care; (5) The use of gadgets from the mother's perspective; (6) Emotional consequences felt by mothers; and (7) Efforts to reduce and minimise the use of gadgets. The results showed the need for coordination by working mothers and other caregivers in terms of preschool-age childcare rules. Husband support also plays an important role to ease the burden of mothers in the process of parenting and work.

Keywords: Working mothers' parenting experience; preschool-age children; digital era