

"HUBUNGAN GANGGUAN PERKEMBANGAN ANAK DENGAN KEJADIAN DEPRESI DAN TIPE POLA ASUH PADA ORANG TUA"

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ABSTRAK

Latar Belakang: Gangguan perkembangan anak dapat membuat orang tua kesulitan menerima keadaan anak, menghadapi permasalahan yang muncul, serta menghadapi tekanan eksternal sehingga depresi dapat muncul. Orang tua dengan depresi tidak dapat memberikan pengasuhan secara optimal dan dapat memunculkan perilaku pola asuh negatif yang dapat mempengaruhi kemampuan anak untuk melewati tahap perkembangan selanjutnya.

Tujuan: Mengetahui hubungan antara gangguan perkembangan anak dengan kejadian depresi dan tipe pola asuh pada orang tua.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan desain *cross-sectional*. Pengambilan sampel menggunakan metode *purposive sampling*. Data yang dikumpulkan meliputi data demografi responden, skor depresi BDI-II dan skor Pola Asuh PS-FFQ. Analisis bivariat dilakukan dengan uji *Chi-Square* dan alternatif uji *Mann Whitney*.

Hasil: Dari 66 orang responden, tidak terdapat hubungan signifikan antara gangguan perkembangan anak dengan kejadian depresi pada orang tua ($p=0,145$) serta tipe pola asuh yang diberikan ($p=0,613$). Tidak terdapat hubungan antara kejadian depresi dengan tipe pola asuh anak dengan gangguan perkembangan ($p=0,654$). Tidak terdapat hubungan signifikan antara faktor risiko seperti jenis kelamin orang tua, usia orang tua, status perkawinan, pendidikan, social ekonomi, dan penyakit fisik dengan kejadian depresi pada orang tua anak dengan gangguan perkembangan ($p>0,05$). Sedangkan dengan faktor risiko yang sama, terdapat hubungan signifikan antara jenis kelamin orang tua dengan pola asuh orang tua anak dengan gangguan perkembangan ($p=0,018$).

Kesimpulan: Gangguan perkembangan anak tidak mempengaruhi kejadian depresi pada orang tua serta tipe pola asuh. Namun, tipe pola asuh dipengaruhi oleh jenis kelamin orang tua.

Kata kunci: depresi, gangguan perkembangan, orang tua, pola asuh

"RELATIONSHIP OF CHILD DEVELOPMENTAL DISORDERS WITH THE INCIDENT OF DEPRESSION AND TYPE OF PARENTING STYLE IN PARENTS"

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ABSTRACT

Background: Child development disorders can make it difficult for parents to accept their child's condition, deal with problems that arise, and deal with external pressures so that depression can emerge. Parents with depression cannot provide optimal care and can give rise to negative parenting behavior that can affect the child's ability to pass through the next stages of development.

Objective: To determine the relationship between children's developmental disorders and the incidence of depression and types of parenting patterns in parents.

Method: This research is an analytical observational study with a cross-sectional design. Sampling used the purposive sampling method. Data collected included respondent demographic data, BDI-II depression scores and PS-FFQ Parenting Pattern scores. Bivariate analysis was carried out using the Chi-Square test and the alternative Mann Whitney test.

Results: From 66 respondents, there was no significant relationship between children's developmental disorders and the incidence of depression in parents ($p=0.145$) and the type of parenting provided ($p=0.613$). There was no relationship between the incidence of depression and the type of parenting style for children with developmental disorders ($p=0.654$). There was no significant relationship between risk factors such as parental gender, parental age, marital status, education, socio-economics and physical illness with the incidence of depression in parents of children with developmental disorders ($p>0.05$). Meanwhile, with the same risk factors, there was a significant relationship between parents' gender and parenting patterns of children with developmental disorders ($p=0.018$).

Conclusion: Child development disorders do not influence the incidence of depression in parents and the type of parenting style. However, the type of parenting style is influenced by the gender of the parents.

Key words: depression, developmental disorders, parents, parenting styles