

Stres Pengasuhan Orangtua yang Memiliki Anak Usia Sekolah Dasar Ditinjau dari Regulasi Diri dan Dukungan Sosial Pasangan Saat Pandemi COVID-19

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Abstrak

Penelitian ini bertujuan untuk menguji hubungan antara regulasi diri dan dukungan sosial pasangan dengan stres pengasuhan orang tua yang memiliki anak usia sekolah dasar saat pandemi COVID-19. Partisipan penelitian ini adalah orang tua, salah satu atau keduanya bekerja, memiliki anak usia sekolah dasar, tinggal di Kelurahan Sendangmulyo, Kecamatan Tembalang, Kota Semarang. Penelitian termasuk penelitian *cross sectional* menggunakan teknik *convenience sampling*. Pengumpulan data dilakukan secara *online* dan *offline* menggunakan *The Parenting Stres Index-Short Form* (19 aitem, $\alpha = ,871$), *Self Regulation Questionnaire* (SRQ) (27 aitem, $\alpha = ,909$) dan Skala Dukungan Sosial Pasangan (28 aitem, $\alpha = ,917$). Hasil analisis regresi berganda menunjukkan nilai signifikansi sebesar 0,01 ($p < 0,05$), artinya variabel regulasi diri dan dukungan pasangan secara bersama-sama signifikan terhadap variabel stres pengasuhan. Koefisien determinasi ($R^2 = 0,028$) menunjukkan bahwa variabel regulasi diri dan dukungan sosial pasangan memiliki kontribusi sebesar 2,8% terhadap stres pengasuhan. Partisipan dapat mengatasi stres pengasuhan dalam kurun waktu tertentu (situasional) selama pandemi COVID-19 dengan mengupayakan sumberdaya regulasi diri dan dukungan pasangan yang maksimal.

Kata kunci: stres pengasuhan, regulasi diri, dukungan sosial pasangan, orang tua, pandemi COVID-19.

Parenting Stress of Primary School Parents in Terms of Self Regulation and Couple Social Support During COVID-19 Pandemic

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Abstract

This study aimed to examine the relationship between self-regulation and partner social support with parenting stress for those who have primary school-age children during the COVID-19 pandemic. The participants of this study were parents, one or both of them worked, had children of elementary school age, lived in Sendangmulyo Village, Tembalang District, Semarang City. This research was a cross sectional study with a convenience sampling technique. Data was collected online and offline using The Parenting Stress Index-Short Form (19 items, $\alpha = .871$), Self Regulation Questionnaire (SRQ) Scale (27 items, $\alpha = .909$) and Spouse Social Support Scale (28 items, $\alpha = .917$). Multiple regression analysis methods demonstrated a significance value of $0.01 < 0.05$, it means that self-regulation and partner support demonstrated significant relationship with parenting stress. The coefficient of determination was ($R^2 = 0.028$). This means that the contribution of self-regulation and social support of partners to parenting stress were 2.8%. Participants can cope with parenting stress for a certain period of time (situational) during the COVID-19 pandemic by seeking maximum self-regulation resources and partner support.

Keywords: parenting stress, self-regulation, partner's social support, parents, COVID-19 pandemic.

