

INTISARI

Latar belakang: Anak disabilitas intelektual memiliki emosi tidak terarah sehingga dapat menyebabkan masalah perilaku seperti tidak dapat diatur, agresi fisik terhadap diri sendiri maupun orang lain. Munculnya pandemi Covid-19 dapat meningkatkan masalah pada regulasi emosi anak disabilitas karena adanya *social distancing*. Pola asuh orang tua adalah salah satu faktor dalam pengaturan regulasi emosi anak. Penelitian mengenai pola asuh orang tua dan regulasi emosi sudah dilakukan di Indonesia, namun belum ada penelitian yang dilakukan di Yogyakarta khususnya pada anak disabilitas intelektual usia 5-19 tahun.

Tujuan: Tujuan dari penelitian ini adalah untuk mengetahui hubungan pola asuh orang tua dengan regulasi emosi pada anak disabilitas intelektual selama pandemi Covid-19.

Metode: Desain penelitian ini adalah *cross sectional* dengan teknik *consecutive sampling*. Jumlah responden sebanyak 156 orang tua yang memiliki anak disabilitas intelektual berusia 5-19 tahun dengan menggunakan kuesioner *emotion regulation checklist* (ERC) dan *parenting style dimensions questionnaire* (PSDQ). Penelitian ini menggunakan uji *Mann Whitney* dan *Spearman rank*, kemudian analisis *regresi linear* digunakan untuk mengetahui faktor paling dominan yang memengaruhi regulasi emosi pada anak disabilitas intelektual.

Hasil: Penelitian menunjukkan terdapat hubungan ($p < 0,05$) antara pola asuh orang tua dan stres orang tua dengan regulasi emosi anak disabilitas intelektual. Tidak ada hubungan ($p > 0,05$) antara usia dan jenis kelamin dengan regulasi emosi anak disabilitas intelektual. Pola asuh orang tua dan stres orang tua menjadi faktor paling dominan ($p = 0,000$; $\beta = 0,376$) yang memengaruhi regulasi emosi anak disabilitas intelektual selama pandemi Covid-19.

Kesimpulan: Pola asuh orang tua dan stres orang tua menjadi faktor yang paling dominan memengaruhi regulasi emosi anak disabilitas intelektual selama pandemi Covid-19.

Kata kunci: Pola asuh orang tua, Regulasi emosi, Disabilitas Intelektual, Pandemi Covid-19.

ABSTRACT

Background: Children with intellectual disabilities have undirected emotions that can cause behavioral problems such as being unruly, physical aggression towards themselves and others. The emergence of the Covid-19 pandemic can increase problems in the emotional regulation of children with disabilities due to social distancing. Parenting style is one of the factors in regulating children's emotion regulation. Research on parenting patterns and emotional regulation has been carried out in Indonesia, but no research has been conducted in Yogyakarta, especially on children with intellectual disabilities aged 5-19 years.

Objective: The purpose of this study was to determine the correlation between parenting style and emotional regulation in children with intellectual disabilities during Covid-19 pandemic.

Methods: The design in this study was *cross sectional* with *consecutive sampling* technique in the 156 parents with children with intellectual disabilities aged 5-19 years. Instrument in the study using an *emotional regulation checklist* (ERC) and *parenting style Dimensions Questions* (PSDQ). This study used the *Mann Whitney* and *Spearman tests*, then linear regression analysis was used to determine the most dominant factor influencing emotional regulation in children with intellectual disabilities.

Results: Research shows there are relationship ($p < 0.05$) between parenting style and parental stress with emotional regulation in children intellectual disabilities. There are no relationship ($p > 0.05$) between age and gender with emotional regulation in children intellectual disabilities. Parenting style and parental stress are the most dominant factors ($p=0.000$; $\beta=0,376$) influencing the emotional regulation of children intellectual disabilities during the Covid-19 pandemic.

Conclusion: Parenting patterns and parental stress are the most dominant factors influencing the emotional regulation of children with intellectual disabilities during the Covid-19 pandemic.

Keywords: Parenting style, Emotional regulation, Intellectual disabilities, Covid-19 pandemic.