



INTISARI

Latar Belakang: Stres pengasuhan merupakan kondisi orang tua yang mengalami kesulitan atau hambatan dalam proses mengasuh anaknya. Orang tua yang mengalami stres selama mengasuh anaknya akan menyebabkan anak kurang mendapatkan perhatian dan kasih sayang dari orang tuanya. Apabila hal tersebut dibiarkan secara terus-menerus maka kualitas interaksi antara orang tua dengan anak akan semakin memburuk.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara stres pengasuhan dengan kualitas interaksi orang tua dan anak balita.

Metode: Penelitian ini merupakan penelitian dengan desain studi *cross sectional*. Responden penelitian yaitu 93 orang tua yang memiliki anak balita dengan usia 3-5 tahun. Pengambilan data menggunakan teknik *cluster sampling*. Data mengenai stres pengasuhan diperoleh melalui kuesioner *Parenting Stress Index-Short Form*, sedangkan data kualitas interaksi orang tua dengan anak balita diperoleh melalui kuesioner *Child Parent Relationship Scale*. Uji statistic yang digunakan dalam penelitian ini adalah uji *Chi Square*.

Hasil: Orang tua dengan anak usia 3-5 tahun mayoritas memiliki tingkat stres pengasuhan yang normal dan interaksi orang tua dengan anak dengan tipe *closeness* maupun *conflict* hampir seimbang. Terdapat hubungan yang signifikan antara stres pengasuhan dengan kualitas interaksi orang tua dengan anak balita ($p\ value = 0,002$).

Kesimpulan: Terdapat hubungan antara stres pengasuhan dengan kualitas interaksi orang tua dengan anak balita. Rekomendasi pada penelitian ini yaitu peneliti lain diharapkan dapat meneliti hubungan antara stres pengasuhan dengan kualitas interaksi orang tua dan anak balita menggunakan metode pengisian kuesioner yang didampingi oleh peneliti.

Kata Kunci: Balita, kualitas interaksi orang tua dengan anak, stres pengasuhan



ABSTRACT

Background: Parenting stress is a condition of parents who experience difficulties or obstacles in the process of caring for their children. Parents who experience stress while caring for their children will cause children to receive less attention and affection from their parents. If this is allowed to continue, the quality of interaction between parents and children will worsen.

Objective: This study aims to determine the relationship between parenting stress and the quality of interaction between parents and toddlers.

Method: This research is a cross sectional study design. The research respondents were 93 parents who had children under five years of age 3-5 years. Data were collected using cluster sampling technique. Data on parenting stress were obtained through the Parenting Stress Index-Short Form questionnaire, while data on the quality of interaction between parents and toddlers were obtained through the Child Parent Relationship Scale questionnaire. The statistical test used in this study was Chi Square Test.

Result: The majority of parents with children aged 3-5 years had normal levels of parenting stress and the interaction between parents and toddler with closeness and conflict types is almost balanced. There is a significant relationship between parenting stress and the quality of parental interactions with toddlers (p value = 0.002).

Conclusion: There is a relationship between parenting stress and the quality of parental interactions with toddlers. The recommendation in this study is that other researchers are expected to examine the relationship between parenting stress and the quality of interaction between parents and toddlers using the questionnaire filling method accompanied by the researcher.

Keywords: Toddlers, quality of parent-child interactions, parenting stress