

HUBUNGAN ANTARA KELEKATAN ORANG TUA DENGAN KUALITAS HIDUP REMAJA DI SMPIT IHSANUL FIKRI *BOARDING SCHOOL* MAGELANG

INTISARI

Latar belakang : Remaja yang berada di asrama mempunyai stresor dan ekosistem yang berbeda dibandingkan dengan remaja yang kembali ke rumah. Remaja yang tidak mampu beradaptasi terhadap stresor cenderung beresiko mengalami gangguan psikologis, yang nantinya berpengaruh terhadap kualitas hidup remaja. Kelekatan orang tua merupakan salah satu faktor protektif dalam adaptasi sosial. Pengetahuan mengenai faktor yang berpengaruh terhadap kualitas hidup remaja penting untuk membantu mengidentifikasi dukungan atau bantuan yang dibutuhkan, serta memberikan pemahaman yang lebih baik mengenai kebutuhan generasi muda, dalam rangka meningkatkan kualitas hidup remaja.

Tujuan penelitian: untuk menganalisis hubungan antara kelekatan orang tua dengan kualitas hidup remaja di SMPIT Ihsanul Fikri *Boarding School* Magelang.

Metode: Penelitian ini merupakan penelitian *cross-sectional*. Subjek penelitian ini adalah siswa kelas VII-IX SMPIT Ihsanul Fikri *Boarding School* Magelang, dengan total jumlah sampel sebanyak 286 subjek. Kelekatan orang tua akan diukur menggunakan instrumen IPPA-R dan kualitas hidup remaja akan diukur menggunakan instrumen WHOQOL-BREF. Analisis data menggunakan Uji *Chi-Square* dan regresi logistik, dengan tingkat kemaknaan $p < 0,05$.

Hasil: Hasil penelitian menunjukkan 93,4% remaja memiliki kelekatan tinggi dengan ibu, dan 88,1% memiliki kelekatan tinggi dengan ayah. Remaja yang memiliki kualitas hidup baik sebesar 87,8%. Hasil analisis bivariat menunjukkan terdapat hubungan yang signifikan antara kelekatan ibu ($p=0,001$; $C=0,312$), dan ayah ($p=0,001$; $C=0,220$) dengan kualitas hidup remaja.

Kesimpulan: Terdapat hubungan antara kelekatan ibu, dan ayah dengan kualitas hidup remaja di SMPIT Ihsanul Fikri *Boarding School* Magelang.

Kata kunci: *Boarding School*, Kelekatan Orang Tua, Kualitas Hidup Remaja

ASSOCIATION BETWEEN PARENT ATTACHMENT AND THE QUALITY OF LIFE OF ADOLESCENTS AT SMPIT IHSANUL FIKRI BOARDING SCHOOL MAGELANG

ABSTRACT

Background: Adolescents in boarding schools have different stressors and ecosystems compared to adolescents who return home. Adolescents who are unable to adapt to stressors tend to be at risk of experiencing psychological disorders, which later affects the quality of life of adolescents. Parental attachment is one of the protective factors in social adaptation. Knowledge of factors that affect the quality of life of adolescents is important to help identify the support or assistance needed, as well as provide a better understanding of the needs of the younger generation, to improve the quality of life of adolescents.

Objective: The purpose of the study is to analyze the association between parent attachment and the quality of life of adolescents at SMPIT Ihsanul Fikri *Boarding School* Magelang.

Method: This study is a cross-sectional study. The subjects of this study were students in grades VII-IX at SMPIT Ihsanul Fikri Boarding School Magelang, with a total sample size of 286 subjects. Parental attachment was measured using the IPPA-R instrument, and adolescent quality of life was assessed using the WHOQOL-BREF instrument. Data analysis was conducted using the Chi-Square test and logistic regression, with a significance level of $p < 0.05$.

Results: The study results showed that 93.4% of adolescents had a high attachment to their mother, and 88.1% had a high attachment to their father. Adolescents with a good quality of life accounted for 87.8%. Bivariate analysis showed a significant association between maternal attachment ($p=0.001$; $C=0.312$) and paternal attachment ($p=0.001$; $C=0.220$) with adolescent quality of life.

Conclusion: There is an association between the attachment of mothers, fathers and the quality of life of adolescents at SMPIT Ihsanul Fikri Boarding School Magelang.

Keywords: Adolescents, Boarding School, Parent Attachment, Quality of Life