

HUBUNGAN ANTARA KELEKATAN ORANG TUA DAN TEMAN SEBAYA DENGAN RISIKO GANGGUAN EMOSI DAN PERILAKU PADA REMAJA DI SMPIT IHSANUL FIKRI *BOARDING SCHOOL* MAGELANG

INTISARI

Latar belakang : Masa remaja merupakan masa peralihan dari masa kanak ke masa dewasa yang ditandai dengan tingkat perkembangan serta kematangan biologis dan emosional yang cepat. Konsekuensi terhadap berbagai situasi baru harus dihadapi sehingga remaja harus mampu menyesuaikan diri dan mengendalikan emosi. Remaja yang tinggal di asrama mempunyai tantangan yang berbeda dibandingkan remaja yang kembali ke rumah, sehingga rentan mengalami risiko gangguan emosi dan perilaku. Kelekatan orang tua dan teman sebaya merupakan salah satu faktor yang mempengaruhi timbulnya gangguan emosi dan perilaku pada remaja. Pengetahuan mengenai faktor yang mempengaruhi risiko gangguan emosi dan perilaku penting untuk mengetahui dukungan atau bantuan yang dibutuhkan dalam meningkatkan kesejahteraan psikologis remaja di sekolah asrama.

Tujuan penelitian: untuk menganalisis hubungan antara kelekatan orang tua dan teman sebaya dengan risiko gangguan emosi dan perilaku di SMPIT Ihsanul Fikri *Boarding School* Magelang.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross-sectional*. Subjek penelitian ini adalah siswa kelas VIII-IX SMPIT Ihsanul Fikri *Boarding School* Magelang, dengan jumlah subjek penelitian sebanyak 176 siswa. Kelekatan orang tua dan teman sebaya akan diukur menggunakan instrumen IPPA-R dan risiko gangguan emosi dan perilaku akan diukur menggunakan instrumen SDQ. Analisis bivariat data menggunakan Uji *Chi-Square*, dan uji *Fisher's exact* apabila terdapat *expected counts* < 5, dan regresi logistik, dengan tingkat kemaknaan $p < 0,05$.

Hasil: Penelitian ini didapatkan dengan risiko gangguan emosi dan perilaku sebesar 13,6% berdasarkan skor total kesulitan kuisioner SDQ, dengan 13,6% masalah emosional, 9,7 % masalah perilaku, 8% hiperaktivitas, 7,4% masalah dengan teman sebaya, dan 11,4 % memiliki risiko masalah prososial. Tidak terdapat hubungan yang bermakna secara statistik antara kelekatan ibu ($p=0,648$, $CC=0,034$), dan ayah ($p=0,052$; $CC=0,168$) dengan risiko gangguan emosi dan perilaku. Sedangkan, kelekatan teman sebaya ($p=0,004$; $CC=0,212$) berhubungan signifikan secara statistik dengan risiko gangguan emosi dan perilaku pada remaja di sekolah asrama. Hasil analisis multivariat didapatkan kelekatan teman sebaya memberikan kontribusi pengaruh 8,4% terhadap risiko gangguan emosi dan perilaku remaja.

Kesimpulan: Terdapat hubungan antara kelekatan teman sebaya dengan risiko gangguan emosi dan perilaku pada remaja di SMPIT Ihsanul Fikri *Boarding School* Magelang.

Kata kunci: *Boarding School*, Gangguan Emosi dan Perilaku, Kelekatan Orang Tua dan Teman Sebaya, Remaja

ASSOCIATION BETWEEN PARENTAL AND PEER ATTACHMENT AND
THE RISK OF EMOTIONAL AND BEHAVIORAL DISORDER IN
ADOLESCENTS AT SMPIT IHSANUL FIKRI BOARDING SCHOOL
MAGELANG

ABSTRACT

Background: Adolescence is a transitional period from childhood to adulthood, characterized by rapid biological and emotional development. Adolescents must face various new situations, requiring them to adapt and regulate their emotions. Those living in boarding schools encounter different challenges compared to those who return home, making them more vulnerable to emotional and behavioral disorders. Parental and peer attachment is one of the factors influencing the emergence of these disorders. Understanding the factors that contribute to the risk of emotional and behavioral disorders is essential to identifying the support or assistance needed to enhance the psychological well-being of adolescents in boarding schools.

Aims: to determine the association between parental and peer attachment and the risk of emotional and behavioral disorders in adolescents at *Boarding Schools*.

Methods: This study is an analytical observational study with a cross-sectional approach. The study subjects were eighth and ninth-grade students from SMPIT Ihsanul Fikri Boarding School Magelang, with a total of 176 students. Parental and peer attachment was measured using the IPPA-R (Inventory of Parent and Peer Attachment - Revised), while the risk of emotional and behavioral disorders was assessed using the SDQ (Strengths and Difficulties Questionnaire). Bivariate analysis was conducted using the Chi-Square test, and Fisher's exact test was applied when expected counts were <5 . Additionally, logistic regression was performed, with a significance level of $p < 0.05$.

Results: The study found that the risk of emotional and behavioral disorders was 13.6% based on the total difficulty score of the SDQ questionnaire, with 13.6% experiencing emotional problems, 9.7% behavioral problems, 8% hyperactivity, 7.4% peer relationship problems, and 11.4% at risk of prosocial problems. There was no statistically significant association between maternal attachment ($p=0.648$, $CC=0.034$) and paternal attachment ($p=0.052$; $CC=0.168$) with the risk of emotional and behavioral disorders. However, peer attachment ($p=0.004$; $CC=0.212$) was statistically significantly associated with the risk of emotional and behavioral disorders among adolescents in Boarding Schools. Multivariate analysis showed that peer attachment contributed 8.4% to the risk of emotional and behavioral disorders in adolescents.

Conclusion: There is a significant association between peer attachment and the risk of emotional and behavioral disorders among adolescents at SMPIT Ihsanul Fikri Boarding School Magelang.

Keywords: Adolescents, Boarding School, Emotional and Behavioral disorders, Parental and Peer attachment