

HUBUNGAN KETERLIBATAN AYAH DALAM PENGASUHAN ANAK REMAJA DENGAN GEJALA *CONDUCT DISORDER* PADA SISWA SMP NEGERI 2 CANGKRINGAN SLEMAN

INTISARI

Latar Belakang: Remaja menyumbang hampir seperempat dari total populasi 280 juta orang di Indonesia. Terdapat peningkatan prevalensi gangguan mental emosional pada remaja yaitu 6% pada tahun 2013 menjadi hampir 10% di tahun 2018. Tingkat prevalensi *conduct disorder* (CD) di seluruh dunia adalah 2-2,5%, Kondisi CD dapat menimbulkan masalah kesehatan fisik dan mental seperti depresi, kecemasan, pengangguran, penggunaan narkoba, dan ketidakstabilan hubungan. Keterlibatan ayah dalam pengasuhan berpengaruh terhadap perkembangan emosional, pembentukan karakter mencegah munculnya perilaku negatif.

Tujuan: Mengetahui apakah terdapat hubungan keterlibatan ayah dalam pengasuhan anak remaja dengan gejala *conduct disorder* pada siswa SMP Negeri 2 Cangkringan Sleman.

Metode: Penelitian dilakukan dengan pendekatan observasional analitik, dengan rancangan *cross-sectional*. Subjek penelitian adalah siswa SMP Negeri 2 di Kecamatan Cangkringan sejumlah sebesar 84 orang siswa, pengambilan data dengan teknik *purposive sampling*. Keterlibatan ayah akan diukur dengan instrumen *Father Involvement Scale* dengan hanya mengukur subskala *Reported father involvement* (R-FIS) versi Bahasa Indonesia dan gejala *conduct disorder* akan diukur dengan *Conduct Disorder Rating Scale* (CDRS) versi guru dan orang tua dalam versi bahasa Indonesia. Analisa data menggunakan uji statistik *Chi Square*, *Fisher Exact Test*, dan uji regresi logistik dengan tingkat kemaknaan yang disepakati signifikan secara statistik adalah nilai $p < 0,05$

Hasil: Siswa dengan keterlibatan ayah rendah mengalami gejala *conduct disorder* sebesar 57,9% (versi orang tua) 44,7% (versi guru). Terdapat hubungan yang bermakna secara statistik antara keterlibatan ayah dan gejala *conduct disorder* baik versi orangtua ($p = 0,003$; $CC = 0,307$) maupun guru ($p = 0,013$; $CC = 0,262$). Domain persepsi keterlibatan ayah mentoring versi orangtua ($p = 0,007$) versi guru ($p = 0,031$) dan keterlibatan ayah instrumental versi orangtua ($p = 0,028$) versi guru ($p = 0,008$). Dengan demikian baik domain instrumental maupun mentoring memiliki kontribusi dalam risiko gejala *conduct disorder*.

Kesimpulan: Terdapat hubungan yang bermakna antara tingkat keterlibatan ayah dengan gejala *conduct disorder* pada siswa anak SMP Negeri 2 Cangkringan.

Kata Kunci: *Conduct disorder*, Keterlibatan Ayah, Pengasuhan Remaja, Siswa SMP

RELATIONSHIP BETWEEN FATHER INVOLVEMENT IN THE CARE OF ADOLESCENT CHILDREN AND SYMPTOMS OF CONDUCT DISORDER IN STUDENTS AT SMP NEGERI 2 CANGKRINGAN SLEMAN

Ratna Sari Junita¹, Mahar Agusno², Sumarni³

¹Specialist Doctor of Psychiatry Education Program, Faculty of Medicine, Health Community, and Nursing, Gadjah Mada University

²Departemen of Psychiatry Faculty of Medicine, Health Community, and Nursing, Gadjah Mada University/Dr. Sardjito Central General Hospital

ABSTRACT

Background: Adolescents account for nearly a quarter of Indonesia's total population of 280 million people. There has been an increase in the prevalence of emotional mental disorders among adolescents, from 6% in 2013 to nearly 10% in 2018. The prevalence rate of conduct disorder (CD) worldwide is 2-2.5%. CD can cause physical and mental health problems such as depression, anxiety, unemployment, drug use, and relationship instability. Father involvement in parenting influences emotional development and character formation, preventing the emergence of negative behaviour.

Objective: To determine whether there is a relationship between father involvement in adolescent childcare and symptoms of *conduct disorder* in students at SMP Negeri 2 Cangkringan Sleman.

Method: The study was conducted using analytical observation, with a *cross-sectional* design. The research subjects were 84 students at SMP Negeri 2 in Cangkringan District, and data was collected using *purposive sampling*. Father involvement was measured using the Father Involvement Scale instrument, measuring only the Reported Father Involvement (R-FIS) subscale in Indonesian, while symptoms of conduct disorder were measured using the Conduct Disorder Rating Scale (CDRS) in Indonesian, completed by teachers and parents. Data analysis used the Chi Square test, Fisher Exact Test, and logistic regression test with a level of significance agreed to be statistically significant at $p < 0.05$

Results: Students with low father involvement experienced symptoms of conduct disorder at a rate of 57.9% (parent version) and 44.7% (teacher version). There was a statistically significant relationship between father involvement and symptoms of conduct disorder in both the parent version ($p = 0.003$; $CC = 0.307$) and teacher version ($p = 0.013$; $CC = 0.262$). The domains of perceived father involvement in mentoring were reported by parents ($p = 0.007$) and teachers ($p = 0.031$), and perceived father involvement in instrumental support was reported by parents ($p = 0.028$) and teachers ($p = 0.008$). Thus, both the instrumental and mentoring domains contribute to the risk of conduct disorder symptoms.

Conclusion: There is a significant relationship between the level of father involvement and symptoms of conduct disorder in students at SMP Negeri 2 Cangkringan.

Keywords: Conduct disorder, Father Involvement, Adolescent Parenting, Junior High School Students