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Hubungan antara Parental Burnout dengan Regulasi Emosi Anak: Studi pada Generasi Z dan Generasi Alfa
Komunitas Familia Indonesia di Yogyakarta
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HUBUNGAN ANTARA *PARENTAL BURNOUT* DENGAN REGULASI EMOSI ANAK: STUDI PADA GENERASI Z DAN GENERASI ALFA KOMUNITAS FAMILIA INDONESIA DI YOGYAKARTA

INTISARI

Latar belakang: Masalah perilaku di kalangan anak-anak, termasuk kesulitan dalam mengatur emosi, agresivitas, dan perilaku antisosial mengalami peningkatan yang tidak hanya memengaruhi perkembangan anak secara individu, tetapi juga dapat berdampak pada lingkungan sosialnya. Kasus kriminalitas di kalangan anak juga menunjukkan hubungan yang erat dengan masalah regulasi emosi. Fenomena *parental burnout* atau kelelahan orang tua merupakan salah satu faktor yang mungkin berkontribusi terhadap masalah perilaku anak. Perubahan generasi dari Generasi Z (Gen Z) ke Generasi Alfa (Gen Alfa) membawa tantangan dan dinamika baru dalam konteks *parenting* dan perkembangan anak. Sehingga, penting untuk memahami hubungan antara *parental burnout* dan regulasi emosi anak.

Tujuan penelitian: penelitian ini bertujuan untuk menganalisis hubungan antara *parental burnout* dengan regulasi emosi anak, menganalisis perbedaan *parental burnout* antara orang tua, dan menganalisis perbedaan regulasi emosi anak antara Gen Z dan Gen Alfa pada komunitas Familia Indonesia di Yogyakarta.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross-sectional*. Subjek penelitian ini adalah pasangan ibu dan anak Gen Z dan Gen Alfa dari komunitas Familia Indonesia di Yogyakarta. *Parental burnout* akan diukur menggunakan instrumen PBA dan regulasi emosi anak akan diukur menggunakan instrument ERC versi Bahasa Indonesia. Analisis data menggunakan uji *Chi Square*, koefisien kontingensi, dan regresi logistik dengan tingkat kemaknaan yang disepakati signifikan secara statistik adalah nilai $p<0.05$.

Hasil: Jumlah responden penelitian ini 196 subjek (pasangan ibu – anak). Terdapat hubungan yang bermakna antara *parental burnout* dengan regulasi emosi anak Gen Z dan Gen Alfa pada komunitas Familia Indonesia di Yogyakarta ($z=3.07$, $p=0.002$, $CC=0.23$). Tidak terdapat perbedaan bermakna dari *parental burnout* antara orang tua Gen Z dan Gen Alfa pada komunitas Familia Indonesia di Yogyakarta ($\chi^2=0.05$, $p=0.817$). Terdapat perbedaan bermakna dari regulasi emosi anak antara Gen Z dan Gen Alfa pada komunitas Familia Indonesia di Yogyakarta ($\chi^2=9.54$, $p=0.008$). Hasil analisis multivariat menunjukkan bahwa *parental burnout* dan pendidikan ibu berpengaruh terhadap regulasi emosi anak Gen Z dan Gen Alfa pada komunitas Familia Indonesia di Yogyakarta ($R^2= 0.13$).

Kesimpulan: Terdapat hubungan antara *parental burnout* dengan regulasi emosi anak Gen Z dan Gen Alfa, tidak terdapat perbedaan *parental burnout* antara orang tua Gen Z dan Gen Alfa, dan terdapat perbedaan regulasi emosi antara Gen Z dan Gen Alfa komunitas Familia Indonesia di Yogyakarta.

Kata kunci: *parental burnout*, regulasi emosi anak, Generasi Z, Generasi Alfa, PBA, ERC

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THE RELATIONSHIP BETWEEN PARENTAL BURNOUT AND CHILDREN'S EMOTION REGULATION: A STUDY OF GENERATION Z AND GENERATION ALPHA IN FAMILIA INDONESIA COMMUNITY IN YOGYAKARTA

ABSTRACT

Background: *Behavioral problems among children, including difficulties in regulating emotions, aggressiveness, and antisocial behavior, are increasing, affecting not only individual children's development but also their social environment. Crime cases among children also show a close relationship with emotional regulation problems. The phenomenon of parental burnout, or parental exhaustion, is one factor that may contribute to children's behavioral problems. The generational shift from Generation Z (Gen Z) to Generation Alpha (Gen Alpha) brings new challenges and dynamics in the context of parenting and child development. Therefore, it is important to understand the relationship between parental burnout and children's emotional regulation.*

Research objectives: *This study aims to analyze the relationship between parental burnout and children's emotional regulation, analyze differences in parental burnout between parents, and analyze differences in children's emotional regulation between Gen Z and Gen Alpha within the Familia Indonesia community in Yogyakarta.*

Methods: *This is an observational analytical study with a cross-sectional approach. The subjects were mother-child pairs of Gen Z and Gen Alpha members from the Familia Indonesia community in Yogyakarta. Parental burnout was measured using the PBA instrument, and child emotional regulation was measured using the Indonesian version of the ERC instrument. Data analysis used the Chi-square test, contingency coefficient, and logistic regression, with a statistically significant level of $p<0.05$.*

Results: *The number of respondents in this study was 196 subjects (mother-child pairs). There was a significant relationship between parental burnout and children's emotional regulation of Gen Z and Gen Alpha members within the Familia Indonesia community in Yogyakarta ($z=3.07$, $p=0.002$, $CC=0.23$). There was no significant difference in parental burnout between Gen Z and Gen Alpha parents in the Familia Indonesia community in Yogyakarta ($\chi2=0.05$, $p=0.817$). There was a significant difference in children's emotional regulation between Gen Z and Gen Alpha parents in the Familia Indonesia community in Yogyakarta ($\chi2=9.54$, $p=0.008$). The results of the multivariate analysis showed that parental burnout and maternal education influenced the emotional regulation of Gen Z and Gen Alpha children in the Familia Indonesia community in Yogyakarta ($R^2=0.13$).*

Conclusion: *There is a relationship between parental burnout and the emotional regulation of Gen Z and Gen Alpha children. There is no difference in parental burnout between Gen Z and Gen Alpha parents, and there is a difference in emotional regulation between Gen Z and Gen Alpha parents in the Familia Indonesia community in Yogyakarta.*

Key words: *parental burnout, children's emotional regulation, Generation Z, Generation Alpha, PBA, ERC*