

**Perbedaan Penerimaan Orang Tua
Antara Kecenderungan Depresi dan Tidak Depresi
Pada Siswa Kelas VII Tahun Pertama SMP *Boarding School***

INTISARI

Latar Belakang: Sekolah menengah dapat dianggap sebagai lingkungan yang *stressful* bagi remaja, terutama sekolah dengan sistem sekolah berasrama (*boarding school*). Perkembangan seorang individu terutama terjadi di lingkungan keluarga. Hubungan antara orang tua dan anak sangat penting dan sangat berarti bagi anak, sering dikonseptualisasikan sebagai interaksi antara dua hal, yaitu kehangatan/penerimaan dan penolakan orang tua. Persepsi negatif (ditolak orang tua) anak terhadap sikap orang tuanya akan berisiko terjadinya gangguan emosional termasuk depresi. Remaja yang memiliki masalah emosional berisiko tinggi berkembang menjadi psikopatologi pada saat dewasa. Oleh karena itu, perlu diketahui mengenai perbedaan faktor pengasuhan oleh keluarga (dalam hal ini adalah dimensi kehangatan berupa penerimaan/penolakan orang tua) terhadap kecenderungan depresi pada remaja terutama pada siswa tahun pertama *boarding school*.

Tujuan: Untuk mengetahui perbedaan penerimaan orang tua antara kecenderungan depresi dan tidak depresi pada siswa kelas VII tahun pertama SMPIT Ihsanul Fikri Mungkid Kabupaten Magelang tahun ajaran 2018/2019.

Metode: Penelitian ini merupakan penelitian non eksperimental dengan rancangan *cross sectional* dan metode deskriptif analitik. Subyek penelitian adalah siswa kelas VII tahun pertama SMPIT Ihsanul Fikri Mungkid Kabupaten Magelang. Tingkat penerimaan orang tua diukur dengan menggunakan instrument Parental Acceptance and Rejection Questionnaire (PARQ) versi Indonesia. Kecenderungan depresi diukur dengan menggunakan instrument Child Depression Inventory (CDI) versi Indonesia. Data dianalisa secara statistik. Analisis bivariat dilakukan pada semua variabel. Analisis multivariat dilakukan untuk semua variabel yang telah dianalisis dengan analisis bivariat. Tingkat kemaknaan uji statistic dinyatakan pada $p < 0,05$.

Hasil: Kecenderungan depresi pada siswa kelas VII tahun pertama SMPIT Ihsanul Fikri Mungkid Kabupaten Magelang adalah sebesar 49,28% dan persepsi diterima orang tua ditemukan pada 56,94%, sedangkan persepsi ditolak orang tua ditemukan pada 43,06%. Hasil analisis bivariat menunjukkan adanya perbedaan yang bermakna penerimaan orang tua dengan kecenderungan depresi dan tidak depresi pada siswa kelas VII tahun pertama SMPIT Ihsanul Fikri Mungkid Kabupaten Magelang. Hasil analisis multivariat menunjukkan bahwa jenis kelamin perempuan dan persepsi ditolak oleh orang tua meningkatkan kecenderungan depresi pada siswa kelas VII tahun pertama SMPIT Ihsanul Fikri Mungkid Kabupaten Magelang.

Kesimpulan: Terdapat perbedaan yang bermakna penerimaan orang tua antara kecenderungan depresi dan tidak depresi pada siswa kelas VII tahun pertama SMPIT Ihsanul Fikri Mungkid Kabupaten Magelang tahun ajaran 2018/2019.

Kata kunci: Penerimaan/penolakan orang tua, Remaja, Depresi, *Boarding School*

*Difference in Acceptance of Parents Between Depression
and Not Depression in Students Boarding School at the First Year of 7th Grade of Junior
High School*

Abstract

Background: Middle school can be considered a stressful environment for adolescents, especially schools with boarding school systems. The development of an individual occurs mainly in the family environment. The relationship between parents and children is very important and very meaningful for children, often conceptualized as an interaction between two things, namely the warmth / acceptance and rejection of old people. Negative perceptions (rejected by parents) of children towards their parents' attitudes will be at risk of emotional disturbances including depression. Adolescents who have high-risk emotional problems develop psychopathology as adults. Therefore, it is necessary to know about the differences of parenting factors by the family (in this case is the dimension of warmth in the form of acceptance / rejection of parents) to the tendency of depression in adolescents, especially in first year boarding school students.

Objective: To determine differences in parental acceptance of depression and non-depression tendencies in first-year grade 7th students of SMPIT Ihsanul Fikri Mungkid Magelang District, 2018/2019 academic year.

Method: This was a non-experimental study with cross sectional design and descriptive analytical method. The Subjects of this study the first year 7th grade students of SMPIT Ihsanul Fikri Mungkid Magelang District. The level of acceptance of parents was measured using the Indonesian version of the Parental Acceptance and Rejection Questionnaire (PARQ) instrument. The tendency of depression was measured using the Indonesian version of the Child Depression Inventory (CDI) instrument. Data is analyzed statistically. Bivariate analysis was carried out on all variables. Multivariate analysis was performed for all variables that had been analyzed by bivariate analysis. The significance level of the statistical test was defined at $p < 0,05$.

Result: The tendency of depression in the first year 7th grade students of SMPIT Ihsanul Fikri Mungkid Magelang Regency was 49.28% and perceptions of being accepted by parents were found at 56.94%, while the perception of being rejected by parents were found at 43.06%. The results of bivariate analysis showed a significant difference in the acceptance of parents with depression and non-depressive tendencies in the first year 7th grade students of SMPIT Ihsanul Fikri Mungkid in Magelang Regency. The results of multivariate analysis showed that female gender and perceptions of being rejected by parents increased the tendency of depression in the first year 7th grade students of SMPIT Ihsanul Fikri Mungkid, Magelang District.

Conclusion: There was a difference in the acceptance of parents in adolescents with a tendency to depression and not depression in the first year 7th grade students of SMPIT Ihsanul Fikri Mungkid Magelang District.

Keywords: Acceptance/rejection of parents, Adolescents, Depression, Boarding School