

PROGRAM PENGASUHAN POSITIF DENGAN CO-PARENTING UNTUK MENURUNKAN PENERAPAN PENGASUHAN DISFUNGSIONAL

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Abstrak

Penerapan pengasuhan disfungsional memiliki dampak yang luas bagi orang tua maupun anak. Program pengasuhan positif terbukti efektif untuk menurunkan penerapan pengasuhan disfungsional dan akan lebih efektif jika kedua orang tua mengikuti program *parenting* bersama. Tujuan penelitian adalah membuktikan pengaruh “Program Pengasuhan Positif Dengan *Co-parenting*” untuk menurunkan penerapan pengasuhan disfungsional. Penelitian ini dilakukan melalui eksperimen kuasi dengan desain *untreated control group design with dependent pretest and posttest samples* dan analisisnya menggunakan *Mann Whitney U Test* dan *Wilcoxon Sign Rank Test*. Partisipan berjumlah 10 pasang orang tua dan terbagi dalam kelompok kontrol dan eksperimen. Hasil penelitian membuktikan bahwa program efektif dalam menurunkan penerapan pengasuhan disfungsional (*posttest-pretest* $z = -2,958$, $p = 0,003$, $p < 0,05$). Hasil analisis kualitatif menunjukkan adanya perubahan dalam praktik *co-parenting* meliputi, adanya kesepakatan membuat aturan bersama, ayah lebih peka terhadap kebutuhan pasangan, dan adanya keterbukaan mengungkapkan harapan serta dukungan yang dibutuhkan pada pasangan.

Kata kunci: *co-parenting*, pengasuhan disfungsional, program pengasuhan positif

Abstract

Dysfunctional parenting has a broad impact on both parents and children. Positive parenting programs have proven to be effective in decreasing dysfunctional parenting and will be more effective if both parents take parenting program together. This study aims to examine the effectiveness of “Positive Parenting Programs With Co-parenting” to decrease dysfunctional parenting. This research was conducted through a quasi-experiment with untreated control group design with dependent pretest and posttest samples and its analysis using the *Mann Whitney U Test* and *Wilcoxon Sign Rank Test*. There were 10 parent couples participated in this study and were divided into control and experimental groups. Result indicates that program is effective in reducing dysfunctional parenting (*posttest-pretest* $z = -2.958$, $p = 0.003$, $p < 0.05$). Qualitative analysis also shows that there are changes in co-parenting practices including, agreements in making rules for children, fathers more sensitive to the needs of partners, and the openness of expressing expectation and support needed toward partner.

Keywords: co-parenting, dysfunctional parenting, positive parenting program