

"ADA" (ASAHI DIRI ASUH ANAK) TRAINING PROGRAM TO IMPROVE AUTHORITATIVE PARENTING FOR MOTHERS WITH PRESCHOOL CHILDREN

ABSTRACT

Parents need to implement effective authoritative parenting in assisting children in this transition period. In spite of that, parents still facing difficulties in practicing authoritative parenting where most of the parents tend to grant all the wishes of their children, applying inconsistent discipline, or educating with threats. This is due to limited opportunities to gain knowledge and lack of support from outside parties. Knowledge and effectiveness of authoritative parenting can be increased through the provision of interventions in the form of training programs. One of the appropriate training programs is the "ADA" (Asah Diri Asuh Anak) Parenting Training. This study aims to examine whether the "ADA" (Asah Diri Asuh Anak) Parenting Training Program can improve authoritative parenting skills for mothers who have preschool children. Participants in this study were 60 housewives with high school or no college educational background and having preschool children (3-5 years) who had not yet entered kindergarten. Data was collected through an Authoritative Parenting Scale and analyzed using Anova Mixed Design. The results showed a significant change in the experimental group from the score of pretest to posttest and follow-up. There was also a significant difference in scores between the experimental and control groups, $F = 80.595$ with $p = 0.000$ ($p < 0.05$). "ADA" (Asah Diri Asuh Anak) Parenting Training Program contributed 84.7% to the authoritative parenting of preschool children.

Keywords: *Authoritative Parenting, Parents, Preschoolers, "ADA" Parenting Training*

ABSTRAK

Orangtua perlu menerapkan pengasuhan otoritatif yang efektif dalam mendampingi anak di masa usia prasekolah. Pada kenyataannya, orangtua masih cenderung menuruti seluruh keinginan anak, menerapkan disiplin yang tidak konsisten, ataupun mendidik dengan ancaman. Penelitian ini bertujuan untuk menguji pengaruh program Pelatihan Orangtua "ADA" (Asah Diri Asuh Anak) dalam meningkatkan pengasuhan otoritatif pada ibu yang memiliki anak prasekolah. Partisipan penelitian ini adalah 60 orang ibu rumah tangga dengan latar belakang pendidikan di bawah Strata 1 dan memiliki anak usia prasekolah (3 – 5 tahun) yang belum memasuki TK. Alat ukur penelitian adalah Skala Pengasuhan Otoritatif dan Tes Pengetahuan Pengasuhan Anak Prasekolah. Analisis data menggunakan *Anova Mixed Design*. Hasil analisis data menunjukkan bahwa setelah diberi perlakuan (mulai dari skor *pretest* menuju *posttest* dan *follow-up*), terdapat adanya perubahan pengasuhan otoritatif ibu dalam kelompok eksperimen dibanding kelompok kontrol ($F = 80.595$; $p < 0.05$). Pelatihan Orangtua "ADA" (Asah Diri Asuh Anak) memberikan kontribusi sebesar sebesar 84.7% terhadap peningkatan pengasuhan otoritatif orangtua anak prasekolah.

Kata Kunci: *Pengasuhan Otoritatif, Orangtua, Anak Prasekolah, Pelatihan Orangtua "ADA"*