

HUBUNGAN KUALITAS KELEKATAN DAN PERILAKU AGRESIF DENGAN PERILAKU MAKAN PADA ANAK USIA DINI

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INTISARI

Anak usia dini dua hingga enam tahun diyakini sebagai masa kritis bagi perkembangan karena dasar bagi keterampilan dan kecerdasan yang akan dibawa sampai usia dewasa. Salah satu aspek yang mempengaruhi perkembangan anak usia dini adalah perilaku makan anak. Namun dalam perkembangannya, masih banyak anak yang mengalami perilaku makan buruk yang tentunya akan berpengaruh terhadap tumbuh kembang anak. Dari hasil penelitian sebelumnya dijelaskan bahwa pola asuh orangtua akan mempengaruhi kualitas kelekatan yang nantinya akan mempengaruhi perilaku anak terhadap lingkungan, baik perilaku agresif maupun perilaku makan. Tujuan penelitian ini untuk mengetahui hubungan kualitas dan perilaku agresif dengan perilaku makan pada anak usia dini.

Subjek penelitian merupakan anak usia dini berusia empat sampai enam tahun di salah satu PAUD Bontang (N=51) yang memiliki ibu kandung sebagai figur lekat utama dalam kategori sedang dan tinggi, tinggal bersama ibu dan ayah kandung dalam satu rumah. Pengumpulan data dilakukan dengan menggunakan skala figur lekat, skala kualitas kelekatan, skala perilaku makan dan behavior checklist untuk mengetahui perilaku agresif yang muncul. Teknik analisa data dalam penelitian ini menggunakan korelasi ganda.

Hasil penelitian menunjukkan bahwa terdapat hubungan antara kualitas kelekatan dan perilaku agresif dengan perilaku makan pada anak usia dini. Penelitian ini juga menemukan ada hubungan antara kualitas kelekatan dengan perilaku makan, ada hubungan antara perilaku agresif dengan perilaku makan dan ada hubungan antara kualitas kelekatan dengan perilaku agresif anak usia dini.

Kata kunci : kualitas kelekatan, perilaku agresif, perilaku makan, anak usia dini

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RELATIONSHIP OF ATTACHMENT QUALITY AND AGGRESSIVE BEHAVIOR WITH EATING BEHAVIOR ON EARLY CHILDHOOD

ABSTRACT

Early childhood age between two to six year well known as to be a critical period for development due to this period of age are crucial foundation for the skills and intelligence developed to be brought up to adulthood. One of the particular aspects affected early childhood development is child's eating behavior. But recently, there are many children still having bad eating behavior during their development phases which would certainly affect children development. Previous studies described that parenting will affect the quality of attachment which would led to the effect on child's behavior towards the environment, both aggressive behavior and eating behavior. The aim of this study was to determine the relationship between attachment quality and aggressive behavior with eating behavior in early childhood.

Research subjects are toddlers aged four to six years in one of the Early Childhood Education Institute named Bontang (N = 51) who have biological mother as the primary attached figure in the category of medium and high, lived with biological mother and father at home. Data collected by using attachment figure scale, attachment quality scale, eating behavior scale, and the behavior checklist to find out the aggressive behavior appears. Data analysis technique in this study is multiple correlation method.

The result show there is a relationship of attachment quality and aggressive behavior with eating behavior on toddlers. The study also found the relationship between attachment quality and eating behavior, relationship between aggressive behavior and eating behavior, also relationship between attachment quality and aggressive behavior on early childhood.

Keywords: *attachment quality, aggressive behavior, eating behavior, early childhood.*