

HUBUNGAN POLA ASUH DENGAN KESEHATAN MENTAL REMAJA PADA KORBAN *BULLYING* DI SMAN 1 CIMALAKA

ABSTRAK

Bullying merupakan aksi atau perilaku negatif yang bersifat agresif dan manipulative. Penomona *bullying* mengalami kenaikan yang sangat signifikan di sekolah, tercatat dari tahun 2011-2019 laporan kasus kekerasan sebanyak 37.381 jiwa. Dampak yang diakibatkan remaja yang menjadi korban *bullying* berisiko mengalami berbagai masalah kesehatan, baik secara fisik maupun mental serta tumbuh kembang. Pola asuh orang tua memberikan peranan penting dalam pembentukan mental emosional remaja. Rancangan penelitian yang digunakan yaitu kuantitatif dengan metode penelitian deskriptif korelatif dengan menggunakan pendekatan *cross sectional*. Populasi yang diambil adalah seluruh siswa korban *bullying* di SMAN 1 Cimalaka sebanyak 60 siswa. Jumlah sampel sebanyak 55 responden, Teknik pengambilan sampel dalam penelitian ini adalah Total Sampel dan analisis data menggunakan *Uji korelasi Rank Spearman*. Kesehatan mental diukur dengan kuesioner *Self Reporting Questionnaire* (SRQ) dan pola asuh orang tua menggunakan kuesioner *Parental Authority Questionnaire* (PAQ). Pola asuh orang tua dalam kategori demokratis sebanyak 20 orang. Kesehatan mental pada remaja dalam kategori terganggu sebanyak 36 orang. Berdasarkan hasil uji *Spearman's rho* nilai P value yang dihasilkan sebesar $0,000 < 0,05$, dimana dapat disimpulkan bahwa terdapat hubungan pola asuh orang tua dengan kesehatan mental remaja pada korban *bullying*. Hasil penelitian ini diharapkan agar institusi pendidikan lebih meningkatkan kegiatan pembinaan dan mengadakan kegiatan bimbingan konseling yang rutin agar siswa terkontrol dan terhindar dari perilaku *bullying*.

Kata kunci : Pola asuh orang tua, kesehatan mental remaja, korban *bullying*
Sumber : 9 buku (2012-2021)
29 Jurnal (2011-2022)
8 Ebook (2012 – 2017)

THE RELATIONSHIP BETWEEN PARENTING AND ADOLESCENT MENTAL HEALTH IN VICTIMS OF BULLYING AT SMAN 1 CIMALAKA

ABSTRACT

Bullying is a negative action or behavior that is aggressive and manipulative. Bullying cases have increased significantly in schools, recorded from 2011-2019 reports of violence cases as many as 37,381 people. The impact caused by adolescents who are victims of bullying is at risk of experiencing various health problems, both physically and mentally and growth and development. Parenting plays an important role in the mental emotional formation of adolescents. The research design used is quantitative with a cooperative descriptive research method using a cross sectional approach. The population taken was all students who were victims of bullying at SMAN 1 Cimalaka as many as 60 students. The sample number was 55 respondents, The sampling technique in this study was Total Sample and data analysis using the Spearman Rank correlation test. Mental health was measured by the Self Reporting Questionnaire (SRQ) and parenting using the Parental Authority Questionnaire (PAQ). Parenting has a majority in the democratic category of 20 people. The majority of mental health in adolescents in the category is disturbed as many as 36 people. Based on the results of Spearman's rho test, the resulting P value is $0.000 < 0.05$, where it can be concluded that there is a relationship between parenting style and adolescent mental health in victims of bullying. The results of this study are expected so that educational institutions will further improve coaching activities and hold regular counseling guidance activities so that students are controlled and avoid bullying behavior.

Keywords: parenting, adolescent mental health,

victim of bullying
Source : 9 Books (2012-2021)

29 Journals (2011-2022)

8 Ebooks (2012 – 2017)