

HUBUNGAN POLA ASUH ORANG TUA DENGAN PERILAKU PROSOSIAL REMAJA PUTRI DI WILAYAH KERJA PUSKESMAS KALASAN, KABUPATEN SLEMAN

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ABSTRAK

Latar Belakang: Kesehatan mental remaja menjadi perhatian serius di Indonesia, dengan satu dari tiga remaja (34,9%) mengalami gangguan kesehatan mental. Kabupaten Sleman mencatat prevalensi tertinggi di DIY sebesar 15,6%, dan Puskesmas Kalasan memiliki estimasi orang dengan masalah kesehatan mental (ODMK) tertinggi sebanyak 1.288 kasus. Perilaku prososial merupakan salah satu indikator kesehatan mental positif yang dipengaruhi oleh pola asuh orang tua.

Tujuan: Mengetahui hubungan antara pola asuh orang tua dengan perilaku prososial remaja putri di wilayah kerja Puskesmas Kalasan, Kabupaten Sleman.

Metode: Penelitian kuantitatif dengan desain cross sectional. Sampel sebanyak 126 remaja putri berusia 10–19 tahun yang dipilih menggunakan purposive sampling. Data dikumpulkan melalui kuesioner Parenting Styles and Dimensions Questionnaire (PSDQ) untuk pola asuh dan Prosocial Tendencies Measure Revised (PTMR) untuk perilaku prososial. Analisis data menggunakan uji Chi-Square.

Hasil: Pola asuh demokratis paling banyak diterapkan orang tua (57,1%), diikuti otoriter (22,2%) dan permisif (20,6%). Sebagian besar remaja putri memiliki perilaku prososial tinggi (50,0%). Remaja dengan pola asuh demokratis mayoritas berperilaku prososial tinggi (65,3%), sedangkan pola asuh otoriter berhubungan dengan perilaku prososial rendah (42,9%). Uji Chi-Square menunjukkan nilai $p\text{-value} = 0,001$ ($p < 0,05$).

Kesimpulan: Terdapat hubungan yang signifikan antara pola asuh orang tua dengan perilaku prososial remaja putri di wilayah kerja Puskesmas Kalasan, Kabupaten Sleman.

Kata Kunci: pola asuh, perilaku prososial, remaja putri

*THE RELATIONSHIP BETWEEN PARENTING STYLES AND PROSOCIAL
BEHAVIOR OF ADOLESCENT GIRLS IN THE WORKING AREA OF KALASAN
PRIMARY HEALTH CENTER, SLEMAN REGENCY*

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ABSTRACT

Background: Adolescent mental health has become a serious concern in Indonesia, with one in three adolescents (34.9%) experiencing mental health disorders. Sleman Regency recorded the highest prevalence in the Special Region of Yogyakarta at 15.6%, and Kalasan Primary Health Center had the highest estimated number of individuals with mental health problems at 1,288 cases. Prosocial behavior is one indicator of positive mental health and is influenced by parenting styles.

Objective: To determine the relationship between parenting styles and prosocial behavior of adolescent girls in the working area of Kalasan Primary Health Center, Sleman Regency.

Methods: A quantitative study with a cross-sectional design. A total of 126 adolescent girls aged 10–19 years were selected using purposive sampling. Data were collected using the Parenting Styles and Dimensions Questionnaire (PSDQ) and the Prosocial Tendencies Measure Revised (PTMR). Data analysis was performed using the Chi-Square test.

Results: The democratic parenting style was most commonly applied (57.1%), followed by authoritarian (22.2%) and permissive (20.6%). The majority of adolescent girls demonstrated high prosocial behavior (50.0%). Adolescents raised with a democratic style predominantly showed high prosocial behavior (65.3%), while the authoritarian style was associated with low prosocial behavior (42.9%). The Chi-Square test yielded a p-value of 0.001 ($p < 0.05$).

Conclusion: There is a significant relationship between parenting styles and prosocial behavior of adolescent girls in the working area of Kalasan Primary Health Center, Sleman Regency.

Keywords: parenting styles, prosocial behavior, adolescent girls