

HUBUNGAN POLA ASUH ORANG TUA DENGAN PERILAKU PROSOSIAL REMAJA PUTRI DI WILAYAH KERJA PUSKESMAS SEDAYU 1

Asmita Vivi Wahyuni¹, Sujiyatini², Indriana Widya Puspitasari³

^{1,2,3}Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta,

Jl. Mangkuyudan MJ III/304, Yogyakarta, 555143

E-mail: yvwahyunii@gmail.com¹

ABSTRAK

Latar Belakang: Perilaku prososial adalah persepsi bawah sadar untuk empati pada orang lain, seperti membantu, berbagi, dan bekerja sama pada saat bersosialisasi dengan sesama remaja. Remaja dengan masalah gangguan kesehatan mental adalah bagian dari risiko rendahnya perilaku kesadaran peduli orang lain oleh karena tekanan otak limbik yang akan mempengaruhi perilaku prososial. Perilaku prososial didapatkan sebagian besar dari mekanisme koping perilaku orang tua sejak hamil sampai selesai pengasuhan. Cara menyelesaikan emosi dari luar ada hubungan erat dengan perilaku prososial remaja.

Tujuan: Mengetahui hubungan antara pola asuh orang tua dengan perilaku prososial pada remaja putri di wilayah kerja Puskesmas Sedayu I.

Metode: Penelitian ini menggunakan desain kuantitatif observasional analitik dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 126 remaja putri yang mengikuti Posyandu Remaja di wilayah kerja Puskesmas Sedayu I, dipilih menggunakan *purposive sampling*, yaitu seluruh remaja putri yang memenuhi kriteria inklusi dan tidak memenuhi kriteria eksklusi diikutkan hingga jumlah sampel terpenuhi. Pengumpulan data menggunakan kuesioner PSDQ dan PTM-R, kemudian dianalisis menggunakan uji *Chi-Square*.

Hasil: Pola asuh demokratis paling banyak diterapkan pada 75 responden (59,5%). Perilaku Prososial paling banyak diterapkan pada 63 responden (50,0%). Hasil uji statistik signifikan dengan nilai *p-value* 0.003.

Kesimpulan: Terdapat hubungan yang signifikan antara pola asuh orang tua dengan perilaku prososial pada remaja putri di wilayah kerja Puskesmas Sedayu I.

Kata kunci: pola asuh, perilaku prososial, remaja putri

*THE RELATIONSHIP BETWEEN PARENTING STYLE AND
PROSOCIAL BEHAVIOR AMONG ADOLESCENT GIRLS IN THE
WORKING AREA OF SEDAYU I PRIMARY HEALTH CENTER*

Asmita Vivi Wahyuni¹, Sujiyatini², Indriana Widya Puspitasari³
^{1, 2, 3} Department of Midwifery, Poltekkes Kemenkes Yogyakarta,
Jl. Mangkuyudan MJ III/304, Yogyakarta, 555143
E-mail: yvwahyunii@gmail.com¹

ABSTRACT

Background: *Prosocial behavior refers to voluntary actions intended to benefit others, such as helping, sharing, and cooperating during social interactions among adolescents. Adolescents with mental health problems may be at risk of lower prosocial behavior due to emotional and psychological difficulties that can affect empathy and concern for others. Prosocial behavior is influenced by various factors, including parenting practices. Parents play an important role in shaping adolescents' emotional regulation, coping mechanisms, and social behavior.*

Objective: *To determine the association between parenting styles and prosocial behavior among female adolescents in the working area of Puskesmas Sedayu I.*

Methods: *This study used an analytic observational quantitative design with a cross-sectional approach. The sample consisted of 126 female adolescents who attended the Adolescent Integrated Health Post (Posyandu Remaja) in the working area of Puskesmas Sedayu I. Participants were selected using purposive sampling, in which female adolescents who met the inclusion criteria and did not meet the exclusion criteria were included until the required sample size was reached. Data were collected using the Parenting Styles and Dimensions Questionnaire (PSDQ) and the Prosocial Tendencies Measure-Revised (PTM-R). Data were analyzed using the Chi-Square test.*

Results: *Democratic parenting was the most common parenting style, reported by 75 respondents (59.5%). Moderate prosocial behavior was found in 63 respondents (50.0%). The statistical test showed a significant association between parenting styles and prosocial behavior, with a p-value of 0.003.*

Conclusion: *There was a significant association between parenting styles and prosocial behavior among female adolescents in the working area of Puskesmas Sedayu I.*

Keywords: *parenting style, prosocial behavior, adolescent girls*