

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Parenting Stress pada Ibu dengan Kesehatan Mental Anak Usia Dini di TK Desa Curahkalong Bangsalsari Kabupaten Jember

xvii + 117 hal + 11 tabel + 2 gambar + 19 lampiran

Abstrak

Latar Belakang: *Parenting stress* merupakan tekanan fisik dan emosional yang dialami ibu selama menjalankan peran pengasuhan. Tingginya stres pengasuhan dapat memengaruhi kualitas interaksi ibu dan anak sehingga berdampak pada kesehatan mental anak usia dini. Permasalahan kesehatan mental anak dapat ditandai dengan gejala emosional, masalah perilaku, hiperaktivitas, kesulitan berhubungan dengan teman sebaya, serta rendahnya perilaku prososial. **Tujuan:** Menganalisis hubungan *parenting stress* pada ibu dengan kesehatan mental anak usia dini di TK Desa Curahkalong Bangsalsari Kabupaten Jember. **Metode:** Penelitian ini menggunakan desain korelasional dengan pendekatan *cross sectional*. Populasi penelitian adalah ibu yang memiliki anak usia dini di TK Desa Curahkalong Bangsalsari Kabupaten Jember. Sampel penelitian berjumlah 84 responden yang dipilih menggunakan teknik *total sampling*. Instrumen yang digunakan yaitu Parental Stress Scale (PSS) untuk mengukur *parenting stress* dan Strengths and Difficulties Questionnaire (SDQ) untuk mengukur kesehatan mental anak. Analisis data menggunakan uji Spearman Rank dengan tingkat signifikansi $\alpha \leq 0,05$. **Hasil:** Sebagian besar ibu memiliki *parenting stress* kategori rendah sebanyak 46 responden (54,8%). Sebagian besar anak mengalami gangguan emosional sebanyak 43 anak (51,2%) dan masalah perilaku sebanyak 45 anak (53,6%). Hasil uji Spearman Rank menunjukkan nilai koefisien korelasi $r = 0,214$ dengan $p = 0,050$, yang menunjukkan hubungan positif dengan kekuatan lemah antara *parenting stress* ibu dan masalah kesehatan mental anak usia dini. **Kesimpulan:** Semakin tinggi *parenting stress* pada ibu, semakin tinggi kecenderungan munculnya masalah kesehatan mental pada anak usia dini. Oleh karena itu, diperlukan dukungan keluarga, edukasi pengelolaan stres pengasuhan, serta deteksi dini masalah kesehatan mental anak untuk mendukung tumbuh kembang anak secara optimal.

Kata Kunci: *parenting stress*, ibu, kesehatan mental anak, anak usia dini.

ABSTRACT

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The Relationship Between Maternal Parenting Stress and Mental Health of Early Childhood Children at Curahkalong Village Kindergarten, Bangsalsari District, Jember Regency

xvii + 117 pages + 11 tables + 2 charts + 19 appendices

Abstract

Background: Parenting stress is the physical and emotional pressure experienced by mothers during their parenting roles. High levels of parenting stress can affect the quality of mother-child interactions, thus impacting the mental health of early childhood. Children's mental health problems can be characterized by emotional symptoms, behavioral problems, hyperactivity, difficulties relating to peers, and low prosocial behavior. **Objective:** To analyze the relationship between maternal parenting stress and the mental health of early childhood children in Kindergarten, Curahkalong Village, Bangsalsari Regency, Jember Regency. **Method:** This study used a correlational design with a cross-sectional approach. The study population was mothers with early childhood children in Kindergarten, Curahkalong Village, Bangsalsari Regency, Jember Regency. The study sample consisted of 84 respondents selected using a total sampling technique. The instruments used were the Parental Stress Scale (PSS) to measure parenting stress and the Strengths and Difficulties Questionnaire (SDQ) to measure children's mental health. Data analysis used the Spearman Rank test with a significance level of $\alpha \leq 0.05$. **Results:** Most mothers had low parenting stress, as many as 46 respondents (54.8%). A majority of children experienced emotional disorders (43 children (51.2%) and behavioral problems (45 children (53.6%). The Spearman Rank test showed a correlation coefficient of $r = 0.214$ with $p = 0.050$, indicating a positive, weak relationship between maternal parenting stress and early childhood mental health problems. **Conclusion:** The higher the maternal parenting stress, the higher the likelihood of mental health problems in early childhood. Therefore, family support, education on managing parenting stress, and early detection of mental health problems in children are needed to support optimal child growth and development.

Keywords: parenting stress, mothers, child mental health, early childhood.