

THE CORELLATION BETWEEN PARENTING METHOD AND THE STRESS LEVEL OF 10TH GRADER STUDENTS OF SMAN 1 BATUJAJAR DURING COVID-19 PANDEMIC

¹⁾Ficki Bastian Rusmana, ²⁾Bagja Angga, ³⁾Pandith
¹⁾Student Budi Luhur Institute of Health Sciences Cimahi
^{2,3)}Lecturer of the Bachelor Nursing Budi Luhur Institute of Health Sciences Cimahi

ABSTRACT

Parenting is one of the factors that significantly shapes the behavior and character of children. Stress is defined as pressure, tension, or unpleasant disturbances that come from outside of a person. Stress can be influenced by work, development, family, and so on. Thus, the purpose of this study was to determine the corellation between parenting method and the stress level of 10th grader students of SMAN 1 BATUJAJAR during covid-19 pandemic. This study used a cross sectional approach and statistical analysis by using Kolmogorov-Smirnov. The sampling technique used in this study was a random sampling technique with 81 respondents who met the inclusion and exclusion criteria. The results of the univariate analysis showed that almost all respondents, namely 76 students (93.8%) received democratic parenting, some others, namely 4 students (4.9%) received authoritarian parenting, and 1 student (1.2%) received permissive parenting. The result of univariate analysis also showed that 43 students (56.8%) experienced mild stress, 25 students (30.9%) experienced moderate stress, 4 students (4.9%) experienced severe stress, 5 students (6.2%) experienced normal stress, and 1 student (1.2%) experienced very heavy stress. Meanhilw, the results of the bivariate analysis obtained a p-value of $0.001 < = 0.05$, which means H_a is accepted and H_0 is rejected. In conclusion, the study shows that there is a corelation between parenting pattern and the stress level of 10th grader students of SMAN 1 BATUJAJAR during covid-19 pandemic.

Keyword : Parenting style, stress level, covid-19

INTRODUCTION

Parenting is one of the factors that significantly shapes the behavior and character of a child, it is based on the view that education in the family is the main and first education for children, which cannot be replaced by any educational institution (Agus, in Irdiadi, 2016) . Parenting method is an overall interaction between parents and children, where parents provide encouragement for children by changing behavior, knowledge, and values that are considered the most appropriate for parents so that children can be independent, grow and develop in a healthy and optimal, have self-confidence, have the nature of curiosity, friendly, and be oriented to success (Tridhonanto, 2014) ".

Baumrind (in the journal Qurrotu Ayyun, 2017) divides three types of parenting styles, which are authoritarian parenting, democratic parenting, and permissive parenting. Authoritarian parenting is a way of educating children which means the parents who are determining all policies, steps, and tasks that must be carried out. Democratic parenting is a parenting pattern that is characterized by the recognition of abilities and children are given the opportunity not to always depend on their parents. Permissive parenting is parenting that allows

children to act according to their wishes, parents do not give punishment and control. Meanwhile, according to Tridhonanto (in Yopi, 2020), basically there are two types of parenting, which are: emotional training method and discipline method.

Through parenting methods, parents can help the growth of adjustment abilities in adolescents, from the beginning, the child should be taught to be better understand themselves so that they are able to control himself so that they can react naturally and normatively in the development process (Sochib, in Khairani, 2016). Thus, parenting plays an important role in a child's attitude and behavior in adapting to the surrounding environment and dealing with stressors that can arise due to tensions that occur in everyday life so that it can reduce the risk of stress in adolescents (Edward, in Khairani, 2016).

One period in an individual's life span is adolescence. Adolescence is a transitional period between childhood and adulthood. Adolescence, at this time, is a growth spurt, secondary sex characteristics arise, fertility is achieved, and psychological and cognitive changes occur (Herawati, 2012). According to Stanley Hall (in Herawati, 2012) adolescence is considered a period of "storms and stress" because they already have the desire to be free to determine their own destiny.

According to Basic Health Research data (Rikerdas, 2018) 6.2% of Indonesian citizens aged 15-24 experiencing depression. And 10% experienced mental emotional disorders. Dadang Hawari (in Iyus and Titin, 2019) mentions that stress and depression are often inseparable from one another. Depression is a person's psychological reaction to the stress they experience.

Mc Nerney in Iyus (2019) mentions that stress as a physical, mental, and chemical reaction of the body to the situations that are scary, shocking, confusing, dangerous, and troubling someone. According to Hawari (in Asep's research, 2017), sources of stress in life are from predisposing factors and precipitation factors. Predisposing factors include sources of stress in individuals, families, communities, and the environment. Precipitation factors include physical factors (genetic, case history, life experiences, sleep, diet, body posture, and disease), and psychological factors (perceptions, emotions, psychological situations, and life knowledge).

Stress is external demands on a person, for example objects in the environment or an objectively harmful stimulus. Stress is also commonly defined as pressure, tension, or unpleasant disturbances that come from outside a person (Natlia, 2007 in Khairani, 2016).

One of the sources of stress according to Hawari (in Asep 2017) one of them comes from the family such as the relationship with parents, including how the parenting method applied by the parents. In addition, adolescents feel that they want to be independent and free, but on the other hand they also want to be cared(Needlman, in Khairani, 2016). Stress in adolescents is also usually caused by demands from parents and society. Demands from parents usually demand that their children have good grades regardless of the child's abilities.

Based on a Research conducted by Khairani, Heri Putri (2016) who investigated the relationship between parenting patterns and adolescent stress levels at SMKN 1 Padang. The research was conducted on 254 respondents. The results showed that the most parenting styles received by respondents from their parents were democratic (43.3%), authoritarian (11.4%), indifferent permissive (11.4%), indulgent permissive (10.6%). %). And the level of stress experienced by respondents who experienced the highest respondent was a mild stress level (57.5%). Based on this research, there is a significant corellation between parenting method and adolescent stress levels at SMKN 1 Padang.

During the Covid-19 pandemic, the Ministry of Education and Culture issued a circular letter on March 24, 2020, which stated that the policy of eliminating learning activities in schools was replaced by learning from home (BDR). As of April 2020, many school activities

are still being carried out at home. Learning that is done at home is certainly related to the way parents educate their children.

SMAN 1 BATUJAJAR is an educational institution located in Batujajar sub-district, West Bandung Regency. From a preliminary study conducted on Counseling teachers at SMAN 1 BATUJAJAR on April 20th, 2021, regarding parental involvement with children, it was stated that there were some parents who did not come when they were called by the school. In addition, the results of interviews that researchers conducted with the Counseling teachers said that once there were students who did the counseling to the Counseling teachers and complained about their problems saying that they felt pressured because their parents' expectations were not in line with their abilities so that they felt annoyed and instead of increasing motivation to learn but instead diverts the annoyance to playing games and smoking.

The results of interviews conducted by researchers on Thursday, April 29, 2021 through interviews with 5 10th grade students, three of whom said that their parents were scolded more often by their parents when studying online than when they're studying from school. One of them said that parents do not pay much attention to how the students learn.

From the description above, the researcher is interested in conducting research with the title "The Corellatin between Parenting Methods and Stress Levels of Tenth Grade Students at SMAN 1 BATUJAJAR during the Covid-19 Pandemic".

METHODS

This study used a correlation research design uses a cross sectional approach. The purpose of this research design was to determine the correlation between parenting method and the stress level of tenth grade students at SMAN 1 Batujajar during the Covid-19 pandemic. The sampling technique in this study is the Random Sampling technique with 81 respondents who have met the inclusion and exclusion criteria. The research was conducted at SMAN 1 BATUJAJAR, Batujajar District, West Bandung Regency in September 2021. The results of the bivariate analysis obtained a p value of $0.001 < = 0.05$ which means that there is a correlation between parenting method and the stress level of tenth grade students at SMAN 1 Batujajar during the Covid-19 pandemic. This research has been ethically tested by the Budi Luhur Cimahi STIKes ethics institute with letter number 46/D/KEPK-STIKes/VII/2021.

RESULTS

Table 1. Distribution of Parenting Methods Frequency for Tenth Grade Students at SMAN 1 Batujajar

Parenting Method	Frequency (F)	Percentage (%)
Permissive	1	1,2
Democratic	76	93,8
Authoritarian	4	4,9
Total	81	100

Table 2. Distribution of Stress Levels for Tenth Grade Students at SMAN 1 Batujajar

Stress Level	Frequency (F)	Percentage (%)
Highest	1	1,2
High	4	4,9
Medium	25	30,9

Low	46	56,8
Lowest	5	6,2
Total	81	100

Table 3. The Results of Analysis of the Correlation between Parenting Method and Stress Levels of Tenth Grade Students at SMAN 1 Batujajar During the Covid-19 Pandemic

Parenting Method	Stress Level										Total	
	Heaviest		Heavy		Medium		Low		Lowest			
	F	%	F	%	F	%	F	%	F	%		
Permissive	0	0	1	1,2	25	30,9	46	56,8	5	6,2	77 95,1	
Democratic												
Authoritarian	1	1,2	3	3,7	0	0	0	0	0	0	4 4,9	
Total	1	1,0	4	4,9	25	30,9	46	56,8	5	6,2	81 100	

DISCUSSION

After processing statistical data and analyzing using univariate and bivariate of each variable, the results of the study will be described and supported by a supporting theoretical basis to better understand the correlation between parenting patterns and the stress level of tenth grade students at SMAN 1 Batujajar during the COVID-19 pandemic. The discussion of each variable and the correlation between variables are as follows

1. The Overview of parenting methods for tenth grade students at SMAN 1 Batujajar

The results of the study found that parenting methods of tenth grade students at SMAN 1 Batujajar, it was found that most of the respondents, 76 (93.8%) students received democratic parenting, and 4 (4.9) students received authoritarian parenting , and 1 (1.2%) students received permissive parenting.

Based on table 4.1 that most of the respondents, 76 (93.8%) students get democratic parenting. The results of this study are in accordance with the research of Heri Putri, 2016 who concluded that most students at SMKN 1 Padang received democratic parenting. Democratic parenting uses two-way communication, the position between parents and children in communicating is equal. A decision is taken by considering the (benefits) of both parties (win-win solution). Children are given freedom and responsibility (Helmawati, 2016). As seen in the parenting method questionnaire number 20, 66.67% of respondents agreed that they can make independent decisions but are still under parental monitoring. The impact of this parenting pattern can shape children's behavior such as: having self-confidence, being friendly, being able to control themselves (self control), being polite, willing to work together, having high curiosity, having a clear goal or direction in life, oriented towards achievement.

Table 4.1 shows that a small proportion of respondents received permissive parenting which is 1 student (1.2%). Indonesian society considers teenagers according to culture to no longer seeing them as children (Wirawan, 2017). This can be seen in questionnaire number 8 where 19.7% answered that they are often be allowed to play without paying attention to when they go home. According to researchers, permissive parenting is carried out by parents because

parents are too busy with their work, besides that parents assume that their children are able to behave and make decisions like adults so that parents tend to reduce monitoring of their children's activities in everyday life. The impact of this parenting has an influence on the attitudes and characteristics of children, such as: being impulsive and aggressive, being rebellious, lacking in self-confidence and self-control, being domineering, not having a clear direction in life, and having low achievement.

Table 4.1 shows that 4 students (4.9%) get an authoritarian parenting method. Authoritarian parenting is parenting method that prioritizes shaping the child's personality by setting absolute standards that must be followed, usually accompanied by threats. to follow all the rules or wishes of parents. The impact of authoritarian parenting, children have traits and attitudes, such as: irritable, timid, decreased and feel unhappy, easily influenced, easily stressed, do not have a clear future direction, unfriendly and depressed (Tridhonanto, 2014)

Parenting is one of the factors that significantly shapes the behavior and character of a child, this is based on the fact that educators in the family are the primary and first education for children, which cannot be replaced by any educational institution (Agus 2012). It is known that parenting that is carried out correctly by parents is related to providing care, attention, and giving a positive influence on children so that they do not experience stress (Erin, 2012).

Factors that influence parenting method according to (Tridhonanto, 2014) are parental age, parental involvement, parenting education, previous experience in parenting, parental stress, and marital relations.

According to researchers, parenting styles during the Covid-19 pandemic are more influential because children spend more time with their parents than before the Covid-19 pandemic.

2. An Overview of the Stress Levels of Tenth Grade Students at SMAN 1 BATUJAJAR During the Covid-19 Pandemic

at SMAN 1 BATUJAJAR During the Covid-19 Pandemic, was found that from 81 respondents there were 46 students (56.8%) experiencing mild stress, 25 students (30.9) experiencing moderate stress, 4 students (4.9) experienced severe stress, 5 students (6.2) experienced normal stress, and 1 student (1.2%) experienced severe stress.

Stress is external demands on a person, for example objects in the environment or an objectively harmful stimulus. Stress is also commonly interpreted as pressure, tension, or unpleasant disturbances that come from outside a person (Natalia, 2007 in Asep, 2017). One of the sources of stress according to Hawari (in Asep 2017) one of them comes from the family such as the relationship with parents, including how the parenting method applied by the parents. In addition, adolescents feel that they want to be independent and free, but on the other hand they also want to be cared for (Needlman, in Khairani, 2016). Stress in adolescents is also usually caused by demands from parents and society. Demands from parents usually demand that their children have good grades regardless of the child's abilities. Adolescence is a transitional period between childhood and adulthood. Adolescence At this time a growth spurt occurs, secondary sex characteristics arise, fertility is achieved, and psychological and cognitive changes occur (Herawati According to Stanley Hall (in Herawati, 2012) adolescence is considered a period of "hurricanes and stress" because they already have the desire to be free to determine their own destiny.

Based on table 4.2, most of the students had mild stress levels, which are 46 students (56.8). The results of this study are in accordance with the research conducted by Heri Putri, 2016 where 57.5% of adolescents experienced mild stress. This happens when someone with more ability to face difficult situation (Safarino, in Assep 2017).

In table 4.2, 4 students (4.9%) experienced severe stress, severe stress occurs when a person feels that their abilities may not be sufficient when dealing with stressors from within himself and his environment, so, as a result, a person will experience feelings of great stress.

The causes of stress in adolescents caused by family conditions include the relationship between the parents who are cold, or full of tension, or indifferent, both parents are rarely at home and there is no time to be with their children, communication between parents and children is not good. , both parents are separated or divorced, one parent suffers from a mental/personality disorder, parents in children's education are impatient, angry, harsh, and authoritarian, and so on.

According to researchers, stress levels will increase compared to before the pandemic era because during the pandemic there are social restrictions. This is influential because during adolescence they need to socialize and play with peers.

3. The Correlation between Parenting Methods and Stress Levels for Class X Students at SMAN 1 Batujajar During the Covid-19 Pandemic

The results showed that most of the students received a permissive-democratic parenting. 77 students (95.1%) had a severe stress level of 1 person (1.2%), 25 students (30.9%) had a moderate stress level, 46 students (56.8%) had a low stress level, and 5 students (6.2%) had a normal stress level.

Based on table 4.3, 4 students (4.9%) get an authoritarian parenting. From the four students, 3 people experienced severe stress and one person experienced very heavy stress. The impact of authoritarian parenting, children have traits and attitudes, such as: irritable, timid, decreased and feel unhappy, easily influenced, easily stressed, do not have a clear future direction, unfriendly and depressed (Tridhonanto, 2014). The impact mentioned by Tridhonanto, 2014 is very comparable to the results of research conducted where students who get an authoritarian parenting pattern have severe to very severe stress levels.

In the analysis process, the researcher combines 2 parenting styles, which are permissive and democratic into one parenting method, which are permissive-democratic because in the Kolmogorov-Smirnov test processing, the variables tested cannot be carried out if there are 3 categories.

The results of the Kolmogorov test using the SPSS 16.0 program showed that the correlation value of the Kolmogorov-Smirnov test was 0.001. P value $0.001 \leq 0.05$. The value of is a benchmark used by researchers to determine the maximum level of error in research, while p value is an error value obtained by researchers after carrying out statistical tests.

The calculation results obtained are p value of $0.001 \leq 0.05$. If the p value is $< \alpha$, then there is a correlation between parenting methods and the stress level of tenth grade students at SMAN 1 Batujajar during the Covid-19 pandemic.

CONCLUSIONS AND SUGGESTIONS

Based on data analysis and discussion of research results that have been carried out in September 2021 at SMAN 1 Batujajar with a total of 81 respondents, the following conclusions can be drawn:

1. Almost all respondents, there are 76 (93.8%) students received democratic parenting, 4 (4.9%) students received authoritarian parenting, and 1 (1.2%) students received permissive parenting.
2. Most of the respondents, there are 46 (56.8%) students experiencing mild stress, 25 (30.9%) students experiencing moderate stress, 4 (4.9%) students experiencing severe

stress, 5 (6.2%) students experiencing normal stress, and 1 (1.2%) students experienced very heavy stress.

3. There is a correlation between parenting methods and the stress level of tenth grade students at SMAN 1 Batujajar during the Covid-19 pandemic with a p value of $0.001 < 0.005$.

The results of this study can be a source of information for further research and can increase knowledge about parenting methods and stress levels.

1. For institutions

This research is expected to be able to add references for the next generation and material for comparison of institutions in increasing knowledge, especially about parenting patterns and stress levels.

2. For school

This research is expected to be a basic data for schools so that it can be taken into consideration in carrying out student counseling related to parenting methods with students' stress levels. Researchers also provide counseling facilities in the form of posters about parenting and stress levels.

3. For the Nursing Profession

This research is expected to be used as basic data in performing nursing care related to stress.

4. For the next researcher

The research entitled "The Correlation between Parenting Methods and the Level of Stress in tenth grade Students at SMAN 1 Batujajar During the Covid-19 Pandemic" is expected to be used as reference material, literature, and scientific studies for researchers who continue by using variables and places that have not been studied .

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