

ABSTRAK

Robbiatul Adinda Permata Sari, 111111040, Hubungan *Self-Efficacy* terhadap *Parenting Stress* pada Ibu *Single Parent* yang Memiliki Anak Remaja, skripsi, Fakultas Psikologi Universitas Airlangga Surabaya, 2015.
xix + 79 halaman, 8 lampiran.

Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan antara self-efficacy dengan parenting stress pada ibu single parent yang memiliki anak remaja. Self-efficacy adalah rasa keyakinan seseorang terhadap kemampuan diri sendiri. Parenting stress merupakan kecemasan dan ketegangan yang berlebihan yang berhubungan dengan peran orang tua serta interaksi antara orang tua dan anak. Parenting stress dapat dilihat dari dua domain yaitu domain orang tua dan domain anak. Masing-masing domain memiliki aspek tersendiri. Domain orang tua terdiri dari feelings of competence, social isolation, restriction imposed by parent role, relationship with spouse, health of parent, parent depression dan attachment. Domain anak terdiri dari child demands, child adaptability, child mood, distractibility, acceptability of child to parent dan child reinforced parent.

Penelitian ini dilakukan pada ibu single parent yang diakibatkan oleh perceraian dan memiliki anak remaja. Jumlah subjek penelitian sebanyak 34 orang dengan usia 28-52 tahun. Alat ukur yang digunakan berupa kuesioner self-efficacy yang terdiri dari 24 butir pernyataan dan kuesioner parenting stress yang terdiri dari 50 butir pernyataan. Kedua alat ukur tersebut disusun sendiri oleh penulis berdasarkan teori self-efficacy milik Bandura (1997) dan teori parenting stress milik Abidin (1995). Analisis data dilakukan dengan teknik statistik korelasi product moment dari Pearson, dengan bantuan program statistik IBM SPSS versi 21.

Berdasarkan hasil analisis data penelitian diperoleh nilai korelasi self-efficacy dengan parenting stress sebesar -0,693 dengan nilai p sebesar 0,000. Dengan demikian dapat disimpulkan terdapat hubungan yang signifikan antara self-efficacy dengan parenting stress pada ibu single parent yang memiliki anak remaja.

Kata kunci : *self-efficacy, parenting stress, ibu single parent, remaja*
Daftar Pustaka, 51 (1990-2014)

ABSTRACT

Robbiatul Adinda Permata Sari, 111111040, *Relationship of Self-Efficacy on Parenting Stress in Single Mother who has Teenage Son, An Undergraduated Thesis*, Faculty of Psychology Airlangga University, Surabaya, 2015.
xix + 79 pages, 8 appendixes.

The purpose of this research is to determine whether there is a relationship between self-efficacy and parenting stress in single mother who has teenage son. Self-efficacy is a person's sense of confidence in own ability. Parenting stress is a condition in which anxiety and stress occur excessively. It corresponds with the relationship between parent and children and the role of parent. Parenting stress consist of two kind of domains, they are parent domain and child domain. Each domain consists of certain aspects. The parent domain consists of feelings of competence, social isolation, restriction imposed by parent role, relationship with spouse, health of parent, parent depression and attachment. The child domain consists of child demands, child adaptability, child mood, distractibility, acceptability of child to parent and child reinforced parent.

This research is conducted in single mothers caused by divorce and has a teenage son. The participants were 34 single mother aged 28-52 years. Measuring instruments used in this study are self-efficacy questionnaire consisting of 24 items and parenting stress questionnaire consisting of 50 items. Both the instruments prepared by the author were based on the theory of self-efficacy by Bandura (1997) and the theory of parenting stress by Abidin (1995). Data analysis was performed through the statistical technique of Pearson product moment correlation, using IBM statistical program SPSS version 21.

Based on the results of research data analysis, the value of correlation is -0.693 with significant degree amount is 0.000. It can be concluded that there is a significant relationship between self-efficacy with parenting stress in single mother who has a teenage son.

Keywords : *self-efficacy, parenting stress, single mother, teenage*
References, 51 (1990-2014)