

ABSTRAK

Masa remaja merupakan masa pubertas yakni adanya kematangan fisik melibatkan perubahan pada hormonal dan tubuh setiap orang. Saat pubertas remaja menjadi mudah tersinggung, cemas, dan pemalu. Faktor penyebab kecemasan yakni kurangnya dukungan emosional dari orang tua. Tujuan penelitian ini guna memahami hubungan dukungan emosional orangtua dengan kemampuan mengatasi kecemasan saat pubertas pada remaja putri.

Penelitian ini bersifat kuantitatif metode *cross sectional*. Populasinya yakni seluruh siswi perempuan di MTs Negeri 3 Sidoarjo. Sampel diambil menggunakan teknik *simple random sampling*. Sampelnya yakni siswi perempuan kelas 7 di MTs Negeri 3 Sidoarjo total 100 responden. Variabel *independent* yakni dukungan emosional orang tua, sedangkan variabel *dependent* yakni kecemasan perubahan fisik masa pubertas pada remaja putri. Pengumpulan data memakai kuesioner dukungan emosional orang tua dan kuesioner *Hamillton Anxiety Rating Scale* (HARS). Uji analisa yang digunakan untuk mengetahui hubungan emosional orangtua dengan kemampuan mengatasi kecemasan perubahan fisik masa pubertas pada remaja putri adalah Uji *Spearman Rank* dengan nilai $<0,05$.

Hasil penelitian menggambarkan hampir setengah responden 39,0% dengan dukungan emosional dari orang tua yang kurang dan hampir setengah responden 33,0% mengalami kecemasan ringan. Hasil tabulasi silang menunjukkan bahwa hampir setengah dari responden 35,9% subjek dukungan emosional orang tua kurang dapat mengalami kecemasan ringan dan kecemasan sedang. Hasil Uji *Spearman Rank* terdapat hubungan $p=0,008$ ($p=<0,05$) bahwa ada hubungan dukungan emosional orang tua dengan kecemasan remaja putri.

Berdasarkan uraian diatas tersimpul yakni dukungan emosional orang tua yang kurang bisa menyebabkan kecemasan. Saran untuk penelitian yang akan datang yaitu dengan menambah jumlah sampel dan faktor-faktor penyebab kecemasan dengan menggunakan variabel lain, sehingga dapat memberi informasi yang lebih bervariasi dan mendalam.

Kata kunci: Remaja, dukungan emosional, kecemasan

ABSTRACT

Adolescence is a period of puberty, namely physical maturity involving changes in hormones and each person's body. During puberty, teenagers become irritable, anxious and shy. The factor that causes anxiety is a lack of emotional support from parents. The aim of this research is to understand the relationship between parental emotional support and the ability to overcome anxiety during puberty in adolescent girls.

This research is a quantitative cross sectional method. The population is all female students at MTs Negeri 3 Sidoarjo. Samples were taken using simple random sampling technique. The sample was female students in grade 7 at MTs Negeri 3 Sidoarjo with a total of 100 respondents. The independent variable is emotional support from parents, while the dependent variable is anxiety about physical changes during puberty in young women. Data collection used a parental emotional support questionnaire and the Hamillton Anxiety Rating Scale (HARS) questionnaire. The analysis test used to determine the emotional relationship between parents and the ability to overcome anxiety about physical changes during puberty in young women is the Spearman Rank Test with a value of <0.05 .

The research results illustrate that almost half of the respondents, 39.0%, had insufficient emotional support from their parents and almost half of the respondents, 33.0%, experienced mild anxiety. The cross tabulation results show that almost half of the respondents, 35.9% of the subjects with less emotional support from their parents, experienced mild anxiety and moderate anxiety. The results of the Spearman Rank Test showed a relationship of $p=0.008$ ($p<0.05$) that there was a relationship between parental emotional support and anxiety among young women.

Based on the description above, it can be concluded that insufficient emotional support from parents can cause anxiety. Suggestions for future research are to increase the number of samples and the factors that cause anxiety by using other variables, so that they can provide more varied and in-depth information.

Key words: Teenagers, emotional support, anxiety