

ABSTRAK

Latar belakang: Perkembangan emosional anak prasekolah merupakan aspek krusial pada masa golden age. Faktor pengasuhan dan pola istirahat harian seperti tidur siang sering dianggap sebagai penentu utama stabilitas emosi anak. **Tujuan:** Menganalisis hubungan antara pola asuh orang tua dan kebiasaan tidur siang dengan perilaku emosional anak prasekolah di TK Al-Hikmah Mojo Surabaya. **Metode:** Penelitian kuantitatif, observasi dengan *cross-sectional*. Jumlah sampel 79 responden (orang tua dan anak prasekolah) yang diambil secara *simple random sampling*. Variabel independen yaitu pola asuh dan kebiasaan tidur siang, sedangkan variabel dependen yaitu perilaku emosional anak prasekolah. Instrumen yakni kuesioner pola asuh dan tidur siang, serta KMPE (Kuesioner Masalah Perilaku Emosional). Analisis data menggunakan uji statistik *Chi-Square*, bila diperoleh $p\text{ value} < 0,05$ maka H_a diterima dan H_0 ditolak. **Hasil:** Analisis univariat menunjukkan 100% orang tua menerapkan pola asuh demokratis. Kebiasaan tidur siang anak mayoritas berkategori cukup (48,1%), diikuti kurang (29,1%), dan baik (22,8%). Sementara itu, sebagian besar anak didapati memiliki kemungkinan masalah emosional (48,1%), kategori normal (30,4%), dan meragukan (21,5%). Hasil uji bivariat kebiasaan tidur siang dengan perilaku emosional menghasilkan nilai $p\text{ value} = 0,163$ ($p > 0,05$). Hubungan bivariat untuk variabel pola asuh tidak dapat diuji secara varians akibat homogenitas data (100% demokratis). **Kesimpulan:** Tidak dapat dilakukan uji statistik pada hubungan pola asuh orang tua dengan perilaku emosional anak prasekolah. Kebiasaan tidur siang tidak berhubungan secara signifikan dengan perilaku emosional anak prasekolah.

Kata Kunci: Pola Asuh, Tidur Siang, Perilaku Emosional, Anak Prasekolah.

ABSTRACT

Background: Emotional development of preschool children is a crucial aspect during the golden age. Parenting factors and daily rest patterns such as naps are often considered as the main determinants of children's emotional stability. **Purpose:** To analyze the relationship between parenting patterns and nap habits with the emotional behavior of preschool children at Al-Hikmah Mojo Kindergarten, Surabaya. **Method:** Quantitative research, observation with a cross-sectional approach. Using a simple random sampling technique with a sample of 79 respondents (parents and preschool children). The independent variables are parenting patterns and nap habits, while the dependent variable is the emotional behavior of preschool children. The research instrument used a parenting and nap pattern questionnaire, as well as KMPE (Questionnaire for Emotional Behavior Problems). Data analysis used the Chi-Square statistical test, if the p value $< 0,05$ is obtained then H_a is accepted and H_0 is rejected. **Results:** Univariate analysis showed that 100% of parents applied a democratic parenting pattern. The majority of children's nap habits were categorized as sufficient (48.1%), inadequate (29.1%), and good (22.8%). Meanwhile, most children were found to have possible emotional problems (48.1%), normal (30.4%), and doubtful (21.5%). The bivariate test results of nap habits with emotional behavior produced a p -value = 0,163 ($p < 0,05$). The bivariate relationship for the parenting variable could not be tested in terms of variance due to data homogeneity (100% democratic). **Conclusion:** It is not possible to perform a statistical test on the relationship between parenting styles and preschool children's emotional behavior. Napping habits are not significantly related to preschool children's emotional behavior.

Keywords: Parenting Patterns, Naps, Emotional Behavior, Preschool Children.