

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *mindful parenting* dan stres pengasuhan ibu anak usia *middle childhood*. Hipotesis yang diajukan adalah terdapat hubungan antara *mindful parenting* dengan dengan stres pengasuhan pada ibu anak usia *middle childhood*. Semakin tinggi *mindful parenting* maka semakin rendah stres pengasuhan pada ibu anak usia *middle childhood*. Sebaliknya, semakin rendah *mindful parenting* maka semakin tinggi stres pengasuhan pada ibu anak usia *middle childhood*. Subjek penelitian ini berjumlah 116 ibu yang memiliki anak usia *middle childhood* (6-11 tahun) di kota Manado. Data dikumpulkan menggunakan skala MIPQ (*Mindfulness in Parenting Questionnaire*) dan PSS (*Parental Stress Scale*). Sedangkan teknik analisis data yang digunakan adalah teknik analisis korelasi *product moment Pearson*. Hasil analisis *product moment* menunjukkan koefisien korelasi $r = -0,687$ dengan $p = 0,000$ ($p < 0,05$). Hal tersebut menunjukkan bahwa semakin tinggi *mindful parenting* maka semakin rendah stres pengasuhan ibu anak usia *middle childhood*, dan sebaliknya semakin rendah *mindful parenting* maka semakin tinggi stres pengasuhan ibu anak usia *middle childhood*. Oleh karena itu maka hipotesis dalam penelitian ini diterima.

Kata kunci : ibu, *middle childhood*, *mindful parenting*, stres pengasuhan.

Abstract

The aim of this study is to determine the correlation between mindful parenting and parenting stress of mother of middle childhood children. The hypothesis proposed is that there is a relationship between mindful parenting and parenting stress in mothers of middle childhood age children. The higher the mindful parenting, the lower the parenting stress for mothers of middle childhood children. On the other hand, the lower the mindful parenting, the higher the parenting stress for mothers of middle childhood children. The subjects of this study amounted to 116 mothers who have children in middle childhood (aged 6-11 years) in the city of Manado. Data were collected using the MIPQ (Mindfulness in Parenting Questionnaire) and PSS (Parental Stress Scale) scales. While the data analysis technique used is Pearson's product moment correlation analysis technique. The result of product moment analysis shows the correlation coefficient $r = -0.687$ with $p = 0.000$ ($p < 0.05$). This shows that the higher the mindful parenting, the lower the parenting stress of middle childhood aged children, and conversely the lower the mindful parenting, the higher the parenting stress of middle childhood mothers. Therefore, the hypothesis in this study is accepted.

Key words : middle childhood ,mindful parenting, mother, parenting stress