

ABSTRAK

Safa'atul Maimanah. 210541100103. Pengaruh Pola Asuh Keluarga Terhadap Kemandirian Anak yang Ditinggal Merantau. Program Studi Psikologi Fakultas Ilmu Sosial Dan Ilmu Budaya Universitas Trunojoyo Madura. 2025

Penelitian ini bertujuan untuk mengetahui sejauh mana pengasuhan keluarga berpengaruh terhadap tingkat kemandirian anak yang ditinggal merantau. Fenomena migrasi orang tua, terutama untuk alasan ekonomi, semakin meningkat di daerah pedesaan. Kondisi ini menyebabkan anak-anak harus tumbuh dengan keterbatasan pengawasan langsung dari orang tua. Metode penelitian yang digunakan adalah kuantitatif dengan pendekatan eksploratif. Sampel dalam penelitian ini terdiri dari anak-anak yang memenuhi kriteria usia dan kondisi orang tua merantau. Pengumpulan data dilakukan melalui dua instrumen psikologis, yaitu skala pola asuh orang tua dan skala kemandirian, yang disusun berdasarkan teori-teori relevan dan telah melalui proses uji validitas. Analisis data dilakukan menggunakan uji regresi linear sederhana. Hasil penelitian diperoleh nilai F sebesar 21,943 dan nilai signifikansi sebesar 0,000 ($p < 0,05$) yang artinya terdapat pengaruh pola asuh orang tua terhadap kemandirian anak yang ditinggal merantau. Penelitian ini menekankan pentingnya peran orang tua dalam menjaga komunikasi, memberikan dukungan emosional, serta membangun struktur pengasuhan jarak jauh yang efektif untuk membantu anak tumbuh menjadi pribadi yang mandiri.

Kata kunci: pola asuh keluarga, kemandirian anak, anak ditinggal merantau, pengasuhan jarak jauh.

ABSTRACT

Safa'atul Maimanah. 210541100103. The Influence of Parenting Patterns on the Independence of Children Left Behind by Migrants. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo University, Madura. 2025

This research aims to investigate the extent to which parenting styles influence the independence of children left behind by migrant parents, focusing on children aged 9–12 years in Palenggiyan Village, Sampang Regency. Parental migration for economic reasons has become increasingly common in rural areas, leading to a situation where children must grow up with limited direct parental supervision. In this context, it becomes crucial to understand how parenting, even when conducted from a distance, can still play a role in shaping a child's independence. This study employed a quantitative approach with a survey method. The sample consisted of children meeting the criteria of age and parental migration status. Data were collected using two psychological instruments: a parenting style scale and a child independence scale, both constructed based on relevant theoretical frameworks and validated through expert judgment and pilot testing. Data were analyzed using simple linear regression. The results revealed a positive and statistically significant influence of parenting style on child independence. Furthermore, the regression model showed an F value of 21.943 with a significance level of 0.000 ($p < 0.05$), confirming the statistical strength of the model. These findings suggest that consistent and supportive parenting, even when conducted remotely due to migration, can significantly contribute to the development of independence in children. The study emphasizes the vital role of parental engagement, emotional support, and structured long-distance parenting in helping children become self-reliant individuals despite the absence of daily physical presence.

Keywords: parenting style, child independence, left-behind children, long-distance parenting