

HUBUNGAN PERILAKU AGRESIF ANAK DENGAN TINGKAT PARENTAL STRESS PADA ORANG TUA GENERASI ALPHA DI YOGYAKARTA

Vica Tunjung Pratiwi¹ Muhammad Erwan Syah²

RINGKASAN

Latar Belakang: Era digital, pola pengasuhan anak berubah secara signifikan, terutama bagi orang tua yang memiliki anak generasi *alpha* yang tumbuh dengan teknologi. Orang tua berperan penting dalam membentuk karakter anak melalui nilai moral, pendidikan, dan keterampilan sosial. Kenyataannya, pengasuhan sering disertai tekanan, seperti tuntutan kerja, ekspektasi sosial, hingga perilaku agresif anak yang dapat meningkatkan stres pada orang tua.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara perilaku agresif anak dengan tingkat *parental stress* pada orang tua Generasi Alpha di Yogyakarta.

Metode Penelitian: Metode yang digunakan adalah kuantitatif korelasional dengan alat pengumpulan data menggunakan Skala Perilaku Agresif Generasi Alpha yang dikembangkan oleh Khan dkk. (2023) dan *Parental Stress Scale* (PSS) yang dikembangkan oleh Kumalasari dkk. (2022) dan telah melalui uji validitas serta reliabilitas. Data Penelitian dianalisis dengan uji korelasi menggunakan SPSS 25 *for windows* dengan teknik *Product Moment Pearson*.

Hasil Penelitian: Hasil analisis data, diperoleh hasil uji normalitas sebesar 0,316 ($p > 0,05$) untuk variabel perilaku agresif anak generasi alpha dan 0,161 ($p > 0,05$) untuk variabel *parental stress* sehingga dapat dikatakan data terdistribusi normal. Selain itu Uji linearitas memperoleh nilai 0,716 ($p > 0,05$) dapat dikatakan bahwa hubungan antara perilaku agresif anak generasi alpha dengan *parental stress* memiliki hubungan yang linear, hasil uji hipotesis menunjukkan terdapat hubungan positif yang sangat signifikan secara statistik antara perilaku agresif anak generasi alpha dengan *parental stress* yang dialami orang tua, ditunjukkan dengan nilai $r = 0,481$ dan signifikansi $p = 0,00$ ($p < 0,05$). Hasil ini menunjukkan bahwa semakin tinggi perilaku agresif pada anak maka semakin tinggi pula tingkat *parental stress*.

Kesimpulan: Menunjukkan adanya hubungan positif yang sangat signifikan antara perilaku agresif anak generasi alpha dengan *parental stress* artinya semakin tinggi perilaku agresif anak, semakin tinggi tingkat *parental stress* yang dirasakan orang tua, sehingga dapat dikatakan bahwa H1 dalam penelitian diterima dan H0 Ditolak.

Kata Kunci: *Parental stress*, Perilaku agresif, Generasi Alpha

¹ Mahasiswa Program Studi (S1) Psikologi Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi (S1) Psikologi Universitas Jenderal Achmad Yani Yogyakarta

**THE RELATIONSHIP BETWEEN CHILDREN'S AGGRESSIVE BEHAVIOR
AND THE LEVEL OF PARENTAL STRESS IN ALPHA GENERATION
PARENTS IN YOGYAKARTA**

Vica Tunjung Pratiwi¹ Muhammad Erwan Syah²

ABSTRACT

Background: In the digital age, parenting patterns have changed significantly, especially for parents who have alpha generation children who grew up with technology. Parents play an important role in shaping children's character through moral values, education, and social skills. In fact, parenting is often accompanied by pressure, such as work demands, social expectations, and aggressive behavior of children that can increase stress on parents.

Research Objectives: This study aims to determine the relationship between children's aggressive behavior and the level of parental stress in Generation Alpha parents in Yogyakarta.

Research Method: The method used is quantitative correlation with data collection tools using the Generation Alpha Aggressive Behavior Scale developed by Khan et al. (2023) and the Parental Stress Scale (PSS) developed by Kumalasari et al. (2022) and has gone through validity and reliability tests. The research data was analyzed by correlation test using SPSS 25 for windows with Pearson's Product Moment technique.

Research Results: The results of the data analysis obtained the results of the normality test of 0.316 ($p > 0.05$) for the aggressive behavior variable of alpha generation children and 0.161 ($p > 0.05$) for the parental stress variable so that it can be said that the data is distributed normally. In addition, the linearity test obtained a value of 0.716 ($p > 0.05$) it can be said that the relationship between the aggressive behavior of alpha generation children and parental stress has a linear relationship, the results of the hypothesis test show that there is a very statistically significant positive relationship between the aggressive behavior of alpha generation children and parental stress experienced by parents, shown by the value of $r = 0.481$ and the significance of $p = 0.00$ ($p < 0.05$). These results show that the higher the aggressive behavior in children, the higher the level of parental stress.

Conclusion: It shows that there is a very significant positive relationship between the aggressive behavior of alpha generation children and parental stress, meaning that the higher the aggressive behavior of the child, the higher the level of parental stress felt by parents, so it can be said that H_1 in the study is accepted and H_0 is rejected.

Keywords: Parental stress, Aggressive behavior, Alpha Generation

¹ Mahasiswa Program Studi (S1) Psikologi Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi (S1) Psikologi Universitas Jenderal Achmad Yani Yogyakarta