

## THE RELATIONSHIP OF PARTNER ATTENTION WITH PARENTING STRESS IN PARENTS WHO HAVE EARLY CHILDREN

Tio Heriyana  
STKIP Muhammadiyah Kuningan, Indonesia.

---

### Info Artikel

Article History:

Received (January) (2021)

Approved (Maret) (2021)

Published (Maret) (2021)

---

Keywords:

**Keywords:**

Relationship, Patner  
Attention, Parenting  
Stress, Early Children.

### Abstract

---

*This study aims to determine whether there is a relationship between partner attachment and parenting stress in parents who have aged children. The hypothesis proposed is that there is a negative relationship between partner attachment and parenting stress in parents who have early childhood. The research subjects were couples who had early childhood who were taken by accidental sampling technique. Data collection was carried out using a scale and scale for future optimism through a questionnaire. The data analysis technique used is the product moment correlation. Based on the results of the analysis, it was found that the significance value was  $0.339 > 0.05$  and the degree of relationship was  $0.097$ , so it was stated that there was no correlation between variables..*

© 2021 Tio Heriyana  
Under the license CC BY-SA 4.0

---

✉ Alamat korespondensi:

E-mail : heriyana@upmk.ac.id

## INTRODUCTION

Family has a very important role for children. The family itself consists of a man, a woman, and their child. According to Brooks (1999) regarding parents where parents are someone who can help develop various aspects of children's growth, such as providing protection, nutrition, and so on. Parenting can be stressful for some couples where one of the responsibilities of parents is to take care of their children. To fulfill responsibilities as parents usually do different ways to their children. When parents have early childhood, where parents pay more attention to their children in every way.

Everyone experiences stress in their life. However, parenting stress has its own characteristics (Gunarsa, 2006). Parents sometimes feel tired because they have to deal with family needs, especially those related to children. When parents have a high level of parenting stress, they tend to show angry behavior more often than parents with a low level of parenting stress. Parenting stress is excessive anxiety specifically related to the roles of parents and children (Barry & Jones 1995).

Parenting Stress consists of two dimensions, namely the Pleasure dimension, which is a positive component of parenting that can bring emotional benefits and self-development. Strain dimension, which is a negative component of parenting that involves guidance from various sources such as energy and restrictions. According to K. Deater-Deckard in Lestari, (2012) Parenting stress is defined as a complex process in which parents feel exhausted in their role as parents in relation to the responsibilities associated with parents. Parenting stress can be understood as stress or a situation that is full of pressure in carrying out their duties as parents. Parenting stress is the stress experienced by parents in the parenting process, involving a series of ways to cope with the child's behavior, parenting, and the influence of this stress on personal and family life (Dabrowska & Pisula, 2010:266). Abidin's parenting stress model (in Ahern, 2004) reveals that stress is the reason for the non-functioning of parental care for children, resulting in inappropriate parental responses to problems with their children.

Parenting stress according to Abidin (in Ahern, 2004) in the parenting model can reflect in several aspects: (1) The Parent Distress, shows the experience of parental feelings of stress from the parent's personal in solving other stresses that are directly related to their role. as parents in child care. (2) The Difficult Child, describes by presenting the behavior of children who often complicate parenting because parents think their children have many behavioral characteristics that are quite disturbing. (3) The Parent Child Dysfunctional Interaction, there is no interaction between parents and children properly.

According to Gunarsa (2009) explains that parenting stress can be influenced by several factors, namely: (1) Life stress in general, stress in life experienced by parents will add to the burden of stress in providing care for their children, stress in the lives of parents can be like stress at work. (2) The condition of the child, parents who have early childhood who still choose to play around until they have deviant behavior. (3) Social support, when support from spouse, extended family, and close friends can reduce the likelihood of parents experiencing parenting stress. The most influential support is the support from their partner, one partner feels alone in holding the responsibility, then the stress experienced by one partner will be very large. The importance of attachment to partners in order to reduce parenting stress because with attachment to their partners they feel the absence of loneliness in parenting. According to Hazan & Shaver (1987) attachment is an emotional bond that exists with someone that is formed from the beginning of life as a married couple in order to fulfill their sense of security. Hazan and Shaver (1987) reveal that the pattern of attachment is divided into three dimensions, namely: (1) Secure Attachment, this attachment has a positive influence on the husband and wife relationship, the partner will feel valued, and can be trusted by his partner. (2) Avoidant attachment, this attachment has a sense of doubt, suspicion, and views others as individuals who lack a stance (Simpson, 1990), this attachment also feels uncomfortable in intimacy and sometimes distances itself from its partner. (3) Anxious attachment, this attachment is lacking

## RESEARCH METHOD

This study uses quantitative research methods. According to Arikunto (2006) quantitative research is a research approach that requires strengthening numbers, starting from data collection, interpretation of the results, and appearance of the results. Collecting data in this study using a questionnaire given to 100 respondents online. (N= 100, Male= 38, Female= 62, Range= 20 Years (26-46)). This study uses the entire population as a sample as according to Arikunto (2006) if the research subjects are less than 100, it is better to take all so that the research is a population. The scale used for the y variable is a modification of the parental stress scale developed by (Berry & Jones, 1995). For the x-scale variable used is a modification of The Experiences In Close Relationship-Revised (EC R-R) which was built by (Fraley, Waller & Brennan, 2000). Both scales use a 5-item Likert scale (1 = Strongly disagree, 2 = Disagree, 3 = Uncertain, 4 = Agree, 5 = Strongly agree). The statistical analysis method of this study uses correlation statistics.

### Research Time and Place

The study began on December 10, 2020 to January 27, 2021. Data collection and statistical analysis were carried out online from the researcher's residence in the city of South Tangerang.

### Research subject

The research population is individuals who have children and partners. Then the sample obtained aged 23 to 46 years. The sampling technique used to obtain the sample is accidental sampling technique. Where according to (Sugiyono, 2010) this sampling technique is based on chance, that is, anyone who coincidentally meets a researcher can be used as a sample if it is deemed that the person who happened to be met is suitable as a data source.

### Procedure

The research starts from a theoretical study to modify the scale so that it is suitable for use in accordance with research interests. After that the procedure of modifying the scale involves changing the grammar so that it is understood by the research sample. Next is to collect data by distributing online questionnaires, after the data is obtained, the next procedure is to test

item validity and test instrument reliability. After being said to be valid and reliable, then the last process in processing the data is to conduct analysis – the analysis carried out is the product moment correlation, which is useful for proving whether there is a correlation between variables or not.

### Data, Instruments, and Data Collection Techniques

The data collection method used a questionnaire that was given online. The instrument used is an attitude measurement scale. The scale used is the partner attachment scale and parenting stress scale.

### Data analysis technique

The data analysis technique in this study uses product moment correlation statistical analysis. This statistical analysis serves to prove whether there is a correlation between variables or not. The analysis was carried out with the help of the SPSS application.

## FINDINGS AND DISCUSSION

On the y-variable scale, there are two items that fall out (items number 2 and 3) during the validity test because the value of  $r$  count  $<$   $r$  table (Table 1).

Table 1. Skala variabel y

No Item	r hitung	r tabel	Ket
1	0,50	0,19	Diterima
2	0,05	0,19	Ditolak
3	0,46	0,19	Diterima
4	-0,18	0,19	Ditolak
5	0,70	0,19	Diterima
6	0,72	0,19	Diterima
7	0,31	0,19	Diterima
8	0,56	0,19	Diterima
9	0,69	0,19	Diterima
10	0,65	0,19	Diterima
11	0,46	0,19	Diterima
12	0,78	0,19	Diterima
13	0,75	0,19	Diterima
14	0,72	0,19	Diterima
15	0,91	0,19	Diterima
16	0,74	0,19	Diterima
17	0,38	0,19	Diterima
18	0,43	0,19	Diterima

On the scale of the variable x there are four items that fall during the validity test because the value of  $r$  count  $<$   $r$  table (Table 2).

Table 2. Skala variabel x

No Item	r hitung	r tabel	Ket
1	0,44	0,19	Diterima
2	0,05	0,19	Ditolak
3	-0,41	0,19	Ditolak
4	0,58	0,19	Diterima
5	0,55	0,19	Diterima
6	0,64	0,19	Diterima
7	0,59	0,19	Diterima
8	0,49	0,19	Diterima
9	0,22	0,19	Diterima
10	0,60	0,19	Diterima
11	-0,50	0,19	Ditolak
12	0,54	0,19	Diterima
13	0,61	0,19	Diterima
14	0,64	0,19	Diterima
15	0,67	0,19	Diterima
16	0,69	0,19	Diterima
17	0,61	0,19	Diterima
18	-0,46	0,19	Ditolak

Both scales were declared reliable after the reliability test was carried out with the number = 0.872 for the y variable scale and = 0.841 for the x variable scale (Table 3).

Table 3. (Uji Reliabilitas)

Skala	Jumlah Butir Valid	$\alpha$
Variabel y	16	0,872
Variabel x	14	0,841

To find out and prove how the couple's attachment to parenting stress is on their parents, a Pearson product moment correlation analysis was carried out using the SPSS statistical tool (Table 4).

Table 4. (Korelasi Pearson Product Moment)

**Correlations**

		Attachment	Parental Stress
Attachment	Pearson Correlation	1	.097
	Sig. (2-tailed)		.339
	N	100	100
Parental Stress	Pearson Correlation	.097	1
	Sig. (2-tailed)	.339	
	N	100	100

From Table 4, it can be seen that there is no relationship between partner attachment and parenting stress in parents with a significance value of  $0.339 > 0.05$  and a degree of relationship 0.097, so it is stated that there is no correlation between variables. Therefore,  $H_0$  is accepted and  $H_a$  is rejected.

From this study, it can be seen that the relationship between the couple's attachment

to parenting stress in parents who have children does not have a relationship. This has been analyzed through SPSS in Table 4 where the relationship between partner attachment and parenting stress in parents with a significance value of  $0.339 > 0.05$  and a degree of relationship 0.097. With this, partner attachment has no effect on parenting stress in parents who have early childhood.

Another explanation that supports this research conducted by Gunarsa (2009) explains that parenting stress can be influenced by stress due to parenting, parents who have early childhood who still choose to play around and behavior that tends to be difficult to manage makes people stressed old. So what causes stress levels to increase is having early childhood not attachment from their parents.

The sources of stress described previously were further strengthened through research by (Nelson et al, 2014; Nelson et al, 2013) where having children who are difficult to manage and having early childhood is a source of stress that ends up being parenting stress.

**CONCLUSION**

The conclusion that can be drawn from the series of discussions above is that partner attachment has no relationship to parenting stress which in this study is evidenced in Table 4 with a significance value of  $0.339 > 0.05$  and a relationship degree of 0.097 on the relationship between partner attachment and parenting stress in people. This means that stress on parents has no effect on their attachment. As for the research by Gunarsa (2009) which has been discussed in the previous chapter, it was found that the factors that influence parenting stress are due to early childhood care. In previous chapters (Nelson et al, 2014; Nelson et al, 2013) it has also been explained that having unruly children and having early childhood causes parenting stress.

Methodological suggestions that can be given are in the method of data collection, control over the socioeconomic status of the subject can also be given more attention because socioeconomic status can affect a person's stress level. Then there are indicators of attachment because attachment is a subjective assessment so that according to a partner it may be said that they have attachment, on the

other hand, according to neighbors or people around them it is different. Suggestions that can be given from the results of this study for further research is to conduct further research on the attachment of a pair of parents by making a classification on age, education level and also type of work. In addition, there is also a classification of parents who have toddlers, toddlers and pre-school children above 5 years so that the results can be more accurate.

## REFERENCE

- Ahern, L. (2004) Psychometric Properties of The Parenting Stress Indeks. *Journal of Clinical Child Psychology*. 615-625.
- Arikunto, S. (2006). *Prosedur Penelitian, Suatu Pendekatan Praktek*. Jakarta: PT Rineka Cipta.
- Berry, Judy O & Warren H. Jones. (1995). The Parental Stress Scale: Initial Psychometric Evidence. *Journal of Social and Personal Relationship* 12(3):463-472.
- Brooks, J. B. (1999). *The process of parenting*. California: Mayfield Publishing Company.
- Dabrowska, A., Pisula, E. (2010) Parenting Stress and Coping Style in Mothers and Fathers of Pre-School Children with Autism and Down Syndrome. *Journal of Intellectual Disability Research*.
- Eliasa, E.I. (2018). *Pentingnya Kelekatan Orang Tua Dalam Internal Working Model Untuk Pembentukan Karakter Anak*. Yogyakarta: Inti Media Yogyakarta.
- Fraley, R. C., Waller, N. G., & Brennan, K. A. (2000). An item-response theory analysis of self-report measures of adult attachment. *Journal of Personality and Social Psychology* 78:350-365.
- Gunarsa, S. (2009). *Dari Anak Sampai Usia Lanjut: Bunga Rampai Psikologi Perkembangan*. Jakarta: Gunung Mulia.
- Hazan, C., Shaver, P. R. (1987). Romantic Love Conceptualized as an Attachment Process. *Journal of Personality and Social Psychology*. 52(3):511-524.
- Krishna, Arvind. (2017) *SPSS 25*. Armonk, NY: International Business Machines.
- Sugiyono. (2010). *Statistika untuk penelitian*. Bandung: Alfabert.
- Lestari, S.,Widyawati, S. (2016). Parenting Stress and Coping Stress on Mother with Twins. *Jurnal Psicogenesis* 4 (1), hal. 41-57.
- Peck, J. C. (1993) *Wanita dan Keluarga (Pemenuhan Jati Diri dalam Perkawinan Keluarga)*. Jakarta: Penerbit Kanisius.
- Pichai, Sundar. (2020). *Google Forms*. Menlo Park, CA: Google.
- Simpson, J. A. (1990). Influence of attachment styles on romantic relationships. *Journal of personality and social psychology*.