



THE RELATIONSHIP BETWEEN PARENTING PATTERNS AND STUDENTS' MENTAL HEALTH DURING THE COVID-19 PANDEMIC

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Abstract

This study is about the relationship between parenting and student mental health during the Covid-19 pandemic at MTs Al Ahsan Bogor City, which has the goal of (1) knowing parenting, (2) knowing students' mental health during the Covid-19 pandemic, and (3) knowing the relationship of parenting with mental health. Adolescence is a period of transition from children to adulthood, many things that parents worry about when their children are already in their teenage years. With the Covid-19 pandemic, many activities were suspended while one of them was school activities. If the school switches to learning from home, then many children will take advantage of their free time to do deviant things. Because by doing deviant things will greatly affect his mental health. The influence of the family is very large in the formation of the foundation of the child's personality. In accompanying children when at home each parenting applied to their children has different effects on the level of mental health. Therefore, a good family environment will also have an impact on the soul or commonly called a healthy mentality. This research uses quantitative methods with the category of survey research (survey research). In this study in statistical tests in statistical tests, there was a significant relationship between Parenting and Student Mental Health during the Covid-19 pandemic at MTs Al-Ahsan Bogor City. This is because the results of statistical test analysis show the value of $t_{hitung} = -13,763 > t_{tabel} = 1,972$. So H_0 was rejected and H_1 was accepted.

Keywords: Parenting, Mental Health, Relationship

Abstrak

Penelitian ini mengenai hubungan antara pola asuh orang tua dengan kesehatan mental siswa pada masa pandemi covid-19 di MTs Al Ahsan Kota Bogor, yang memiliki tujuan yaitu (1) mengetahui pola asuh orang tua, (2) mengetahui kesehatan mental siswa pada masa pandemi covid-19, dan (3) mengetahui hubungan pola asuh orang tua dengan kesehatan mental. Masa remaja adalah masa peralihan dari anak-anak menuju dewasa, banyak hal yang dikhawatirkan para orang tua ketika anaknya sudah pada tahap remaja. Dengan adanya pandemi covid-19 banyak kegiatan yang diberhentikan sementara salah satunya adalah kegiatan sekolah. Jika sekolah beralih belajar dari rumah, maka akan banyak anak yang memanfaatkan waktu luang mereka untuk melakukan hal-hal yang menyimpang. Karena dengan melakukan hal-hal yang menyimpang akan sangat berpengaruh terhadap kesehatan mentalnya. Pengaruh keluarga amat besar dalam pembentukan pondasi kepribadian anak. Dalam mendampingi anak ketika dirumah masing-masing pola asuh yang diterapkan orang tua terhadap anaknya tersebut memberikan efek yang berbeda-beda terhadap tingkat kesehatan mental. Maka dari itu Lingkungan keluarga yang baik akan berdampak pula dengan jiwa atau yang biasa disebut mental yang sehat.

Penelitian ini menggunakan metode kuantitatif dengan kategori survey research (penelitian survei). Dalam penelitian ini dalam uji hipotesis menunjukkan terdapat hubungan yang positif dan signifikan antara Pola Asuh Orang Tua dengan Kesehatan Mental Siswa pada masa pandemi covid-19 di MTs Al-Ahsan Kota Bogor. Hal ini disebabkan karena hasil analisis uji hipotesis menunjukkan nilai r_{hitung} $0.224 > 0.195$ r_{tabel} . Maka H_0 di tolak dan H_a diterima.

Kata Kunci: Pola Asuh, Kesehatan Mental, Hubungan

INTRODUCTION

News in the mass media, both print and online, is filled with news almost every day about violations of the norms that apply in society. News about theft, murder, corruption, abortion as a result of promiscuity, drug abuse, and other criminal news is very easy to find every day. These cases are a manifestation of the low level of public mental health. Low mental health is the beginning of a form of mental health disorder. According to data from the World Health Organization (WHO) in 2004, there were around 450 million people who had mental health problems, and before the Covid-19 pandemic, to be precise in 2017 in Indonesia there were 9,162,886 or 3.7% of Indonesia's population who had mental health problems.¹

According to WHO, mental health consists of spiritual, psychological, social, and physical (biological) elements. Therefore, people who experience mental health disorders are those whose spiritual, psychological, social, and physical (biological) aspects are disturbed. Thus, according to WHO, those who do not practice their religious teachings seriously can be categorized as people who experience mental health disorders. The same goes for those who experience psychological, social, and physical aspects that are disturbed or are not in optimal condition classified as mental health disorders.

Mental health disorders or low mental health are caused by many factors, including parenting style, the role of the teacher at school, the environment where you live or socialize, as well as individual factors both physical and psychological. In general, there are different points of view, for teachers at school they see the responsibility is the parents at home, because at school it takes a maximum of 7 or 8 hours, while the rest is with the parents. Meanwhile, parents feel they have paid school fees and handed over their sons/daughters to be placed in school to grow into "mature" children (children who grow according to their developmental tasks). This cross of opinion always happens in normal times, of course during a pandemic this debate no longer appears.

The Covid-19 pandemic was a difficult time for all sectors of human life. For almost 3 years, many activities have been carried out at home in order to reduce the risk of contracting the Covid-19 virus, the term work from home (WFH) is so well known. This step is a government policy as an effort to reduce the massive spread of the virus so that the pandemic ends soon. People are asked not to leave their homes except for urgent matters. Almost all community activities are carried out from homes, offices and schools as well as both traditional and modern markets are closed. Even so, learning activities must continue, instead of face-to-

¹ Ayuningtyas Dumilah, Misnaniarti, and Rayhani Marisa, "ANALISIS SITUASI KESEHATAN MENTAL PADA MASYARAKAT DI INDONESIA DAN STRATEGI PENANGGULANGANNYA," *Jurnal Ilmu Kesehatan Masyarakat* 8, no. 7 (2018): 1–10, <https://doi.org/https://doi.org/10.26553/jikm.2018.9.1.1-10>.

face learning activities at school². The Ministry of Education and Culture issued a Circular Letter of the Minister of Education and Culture Number 36962/MPK.A/HK/2020 concerning online learning and working from home in order to prevent the spread of Corona Virus Disease (COVID-19)³.

Online learning policies (online) have changed learning activities in schools to switch to learning from home, this condition has changed the habits of families where so far their children's formal learning activities are at school, now formal parenting and education activities are carried out at home. As a result of online learning, many families stutter in adapting⁴. Fenomena ini juga berimbas pada kehidupan keseharian setiap keluarga. maka akan banyak anak yang memanfaatkan waktu luang mereka untuk melakukan hal-hal yang menyimpang. Maka hal tersebut menjadi salah satu faktor yang menyebabkan mental seseorang terganggu. Pengaruh keluarga amat besar dalam pembentukan pondasi kepribadian anak. Rumah adalah surga bagi anak, di mana mereka dapat menjadi cerdas, saleh, dan tentu saja tercukupi lahir dan batinnya⁵.

Parenting is a way for parents to educate their children, if the parenting task as the primary responsibility is not done, the child will lose direction in living his life. The instinct of affection is God's gift to parents to meet both biological and psychological needs for children, as well as to guide and protect their children. Parenting in this study is the way parents act as an activity that involves many specific behaviors individually or together as a series of active efforts to direct their children. The guidance given is the first step as parents to lead their children on the right path, as in the Al-Qur'an Al-Kahf verse 46: "Wealth and children are the adornments of the life of this world, but continuous good deeds are better rewarded by your Lord and better for hope."

Parenting style can be divided into three types, namely (1) authoritarian parenting style, where parents force their children to submit, obey, and are not allowed to argue.⁶, (2) permissive parenting is parenting that is very loose and gives their children the opportunity to do something without sufficient supervision⁷, and (3) democratic parenting is parenting that gives children the freedom to express their opinions and determine their future responsibly⁸. Each parent has a different parenting strategy, so it will produce a different child's personality. In implementing parenting, there are several conditions, namely (1) parenting must be in line with the increasing growth and development of children, (2) parenting must be in accordance with the needs and abilities of children, (3) parents who are compact, (4) instill values good values accompanied by

² P. A. S. C. Dewi and Khotimah H, "Pola Asuh Orang Tua Pada Anak Di Masa Pandemi Covid-19," *Jurnalfti.Unmer* 4, no. 1 (2020): 2433–2441., <https://jurnalfti.unmer.ac.id/index.php/senasif/article/view/324>.

³ E. Kurniati, D. K. N. Alfaeni, and F. Andriani, "Analisis Peran Orang Tua Dalam Mendampingi Anak Di Masa Pandemic Covid-19," *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*. 5(1), 5, no. 1 (2020): 241–56, <https://doi.org/DOI: 10.31004/obsesi.v5i1.541>.

⁴ Ismaniar and S. Utoyo, "Mirror of Effect' Dalam Perkembangan perilaku Anak Selama Work from Home (WFH) Pada Masa Pandemic Covid-19," *DIKLUS: Jurnal Pendidikan Luar Sekolah* 2, no. 4 (2020): 147–57, <https://doi.org/https://doi.org/10.21831/diklus.v4i2.32429>.

⁵ S. S. Kusdi, "Peranan Pola Asuh Orang Tua Dalam Pembentukan Karakter Anak," *AL-USWAH: Jurnal Riset Dan Kajian Pendidikan Agama Islam* 1, no. 2 (2019): 100, <https://doi.org/https://doi.org/10.24014/au.v1i2.6253>.

⁶ N Subagia, *Pola Asuh Orang Tua: Faktor, Implikasi Terhadap Perkembangan Karakter Anak* (Bali: Nilacakra., 2021).

⁷ A Tridhonanto, *Mengembangkan Pola Asuh Demokratis*. (Jakarta: PT Alex Media Komputindo., 2014).

⁸ Subagia, *Pola Asuh Orang Tua: Faktor, Implikasi Terhadap Perkembangan Karakter Anak*.

easy-to-understand explanations, (5) that parents take the time to talk with children and try to be good listeners and don't underestimate children's opinions, (6) train children to be disciplined starting from small things and simple, and (7) parents are consistent in behaving⁹.

Mental health is preventing a person from symptoms of mental disorders and illness, adapting himself, being able to make the most of all existing potentials and talents and bringing together happiness and achieving mental harmony in life.¹⁰ Mental sehat adalah mental yang terhindar dari penyimpangan yang berat, kekhawatiran yang kuat dan kesalahan yang banyak, bisa mengembangkan potensinya, adanya keharmonisan individu dengan lingkungannya, hidupnya merasa bahagia, optimis, mampu mengelola stress dengan baik, tidak mempunyai masalah sosial dan turut berperan dalam kehidupan di masyarakat, dan mampu mengemban tugas dalam lingkungan sosialnya. Individu yang sehat mentalnya adalah individu bisa meminimalisir kesalahan, sedikit penyimpangan dan kekhawatiran¹¹. Islam provides a role that is able to help humans in treating their souls and being able to prevent them from psychiatric disorders and fostering mental health conditions. By living and practicing Islamic teachings properly, humans can obtain happiness and prosperity in life in this world and in the hereafter. As the word of Allah SWT Q.S. Jonah verse 57: "O mankind, verily there has come to you a lesson from your Lord and a cure for the diseases (which are) in the chest and guidance and mercy for those who believe".

According to the World Health Organization (WHO), someone who is mentally healthy is someone who has the ability to refrain from showing intelligence, behaves in a way that understands the feelings of others, and has a happy attitude to life.¹² There are several healthy mental characteristics, namely (1) having a healthy (correct) view of reality, (2) being proficient and clever at adapting to all possibilities of life and being able to overcome the problems he is facing, and (3) achieving personal satisfaction, and peace of life without harming others¹³. Mental health has a scope consisting of: (1) mental health promotion, namely efforts to improve mental health, (2) primary prevention, namely mental health efforts to prevent mental disorders and illness, (3) secondary prevention, namely health efforts mentally find early cases and early cure for mental disorders and illness, and (4) tertiary prevention, namely initial rehabilitation efforts that can be carried out for people who experience mental disorders and health.¹⁴

RESEARCH METHODS

This study uses a quantitative approach to the survey method. Quantitative research is an activity of collecting, processing, analyzing, and presenting data based on the amount or amount that is carried out objectively to solve a problem or test a hypothesis to develop general principles.¹⁵

⁹ Tridhonanto, *Mengembangkan Pola Asuh Demokratis*.

¹⁰ Tristiadi Ardi Ardani and Istiqomah, *Psikologi Positif*, 1st ed. (Bandung: PT Remaja Rosdakarya, 2020).

¹¹ Muhyani, *Pengaruh Pengasuhan Orang Tua Dan Peran Guru Di Sekolah Terhadap Kesadaran Beragama Dan Kesehatan Mental*, ed. Nuim Hidayat (Jakarta: Direktorat Pendidikan Tinggi Islam, Kementerian Agama RI, 2012).

¹² M. Wildan Yuliansyah, *Kesehatan Masyarakat Kesehatan Mental*. (Surakarta: PT Borobudur Inspira Nusantara., 2017).

¹³ Yuliansyah.

¹⁴ Ardani and Istiqomah, *Psikologi Positif*.

¹⁵ N Duli, *Metodologi Penelitian Kuantitatif: Beberapa Konsep Dasar Untuk Penulisan Skripsi & Analisis Data Dengan SPSS* (Yogyakarta: CV Budi Utama., 2019).

Data collection in this study was carried out at MTs Al Ahsan, Bogor City on 03-05 February 2022. The population in this study was MTs Al Ahsan students, considering that it was still during the pandemic and face-to-face learning was still limited, so the samples taken were from class VIII students. The sampling technique used is simple random sampling. The sample obtained was 100 students from 252 students. The data collection technique used is a questionnaire. Questionnaire method (questionnaire) is a collection technique by giving a set of questions or written statements to respondents to answer them^{16,17}, data retrieval using the Google Forms application.

The variables in the study were parenting style as the independent variable and mental health as the dependent variable. The instrument in this study was a questionnaire that was compiled based on the theory of parenting developed by Berkowitz (1998) which consisted of 5 dimensions, namely nurturance and support, demandingness, induction, modeling, and democratic family decision-making and discussion.¹⁸ While the instruments for mental health were prepared based on the health dimensions formulated by WHO cited by Muhammad 'Audah Muhammad and Kamal Ibrahim Marsa. The dimensions of mental health in question are the spiritual dimension, the social dimension, the psychological dimension, and the biological dimension¹⁹. Prior to data collection, research instruments or questionnaires for each variable were validated. The first validation is linguistic validation, namely ensuring that spelling is in accordance with good and correct language rules. Next is expert validation to ask for consideration whether the instrument is good or not. If according to the expert the instrument has been declared good, the next validation is a small-scale trial, the aim is to find out whether the questionnaire can be understood by the respondent or not. The next trial is a trial on a wider scale, namely a trial on a sample that is in accordance with the objective of the blind instrument, namely students at the junior high school level. From a series of validations carried out, it was obtained that each instrument had sufficient validity and reliability. Validation or analysis of instruments or questionnaires in this study used SPSS and IteMan software.

Data analysis in this study uses correlational analysis, correlational analysis is an analysis which states that there is a relationship between the independent variables and the dependent variable. That is the relationship between parenting style as an independent variable and mental health as the dependent variable. The correlation analysis used in this study is simple correlation analysis. In correlational analysis is to express the relationship between the independent variable and the dependent variable, which is expressed by the correlation coefficient from -1 to +1. Negative correlation means that there is an opposite relationship, while positive correlation means that there is a unidirectional relationship. A correlation that is close to 0 means that the correlation is very weak, while a correlation that is close to 1 means that it has a very strong relationship.

¹⁶ Muhyani, *Metodologi Penelitian. Cara Mudah Melakukan Penelitian*, ed. Abdul Rahmat Rosyadi, 1st ed. (Bogor. Indonesia: UIKA Press, 2019).

¹⁷ Sugiono, *Metode Penelitian Kualitatif Kuantitatif Dan R&B*. (Bandung: Alfabeta, 2011).

¹⁸ Muhyani, *Metodologi Penelitian* (UIKA Press, 2019).

¹⁹ Muhyani.

RESULTS AND DISCUSSION

Considering that data collection in this study was still during the Covid-19 Pandemic, data collection was done using the Google form. The data collected and valid amounted to 100 respondents. The statistical data for the parenting style variable can be seen in Table 1.

Table 1: Variable Statistics of Parenting Styles

description		Data
N	Valid	100
Mean		107,470
Median		108,000
Mode		107,0 ^a
Range		48,0
Minimum		80,0
Maximum		128,0

Source: Research data processed with SPSS 22

Table 1 describes the amount of valid data as many as 100 students, with the lowest parenting style score (value) of 80 and the highest score of 128 so that the range is 48. The average parenting style score is 107.47 with a median (median) pattern. parenting was 108 and the parenting style score was at most 107. Based on the data in Table 1, the researchers categorized parenting scores into four categories, namely sub-optimal, moderately optimal, optimal, and highly optimized. The parenting style score categories can be seen in Table 2.

Table 2: Range and Categories of Parenting Values

range	Parenting category	Amount
80 - 92	less than optimal	6
93 - 105	quite optimal	35
106 - 118	optimal	42
119 - 131	very optimal	17

Source: Research data processed with SPSS 22

From Table 2, it can be seen that the score (value) of parenting styles that are categorized as less than optimal is 6, while those belonging to the category of upbringing parents are quite optimal there are 35, respondents who fall into the category of optimal parenting styles are 42 respondents and those whose parenting styles are parents are very optimal there are 17 respondents. Based on Table 2, it can also be seen that as a result of WFH, most of the respondents felt that their parenting style was more optimal.

As for the variable data on the mental health of the respondents after being analyzed in a descriptive statistical manner, the statistics are presented in Table 3.

Table 3: Respondents' Mental Health Statistics

description	Data
N	100
Mean	126
Median	124

Mode	123
Minimum	110
Maximum	166

Source: Research data processed with SPSS 22

Table 3 describes the amount of valid data as many as 100 students, with the lowest Mental Health score (score) of 110 and the highest score of 166 so that the range (reach) is 56. The score for Mental Health that has the most number is 123. Based on the data in Table 3, the researcher categorized Mental Health scores into four categories, namely low, medium, high, and very high. The category of Mental Health scores can be seen in Table 4.

Table 4: Range and Categories of Mental Health Values

range	Category	Amount
110 - 124	Low mental health	53
125 - 139	Moderate mental health	44
140 - 154	High mental health	1
155 - 169	Very High mental health	2

Source: Research data processed with SPSS 22

From Table 4 it can be seen that there were 53 respondents who were included in the low mental health category, 44 respondents who were included in the moderate mental health category, 1 respondent who was included in the high mental health category, and who were included in the moderate mental health category. mental health is very high there are 2 respondents. Based on Table 4, it can also be seen that as a result of WFH which has an impact on online learning activities, most of the respondents have low mental health. Low mental health is caused by many factors, considering that mental health according to the World Health Organization (WHO) consists of four elements, namely spiritual elements, social elements, physical elements, and psychological elements. During the pandemic period, worship activities were limited, for more than 2 years congregational prayer activities at the mosque and at the prayer room were limited, even Friday prayers were very limited so that the involvement of respondents in participating in congregational prayers and recitation at the mosque during the pandemic was greatly reduced unlike during normal times (before pandemic). Reciting activities at the mosque and at the Al-Quran Education Park (TPA) also decreased so that the activities of worship that were carried out together were very limited during the pandemic, so that respondents could not interact with peers. This condition affects the spiritual aspects of the respondents.

The social aspect during the pandemic also did not run normally like before the pandemic, the social activities of the respondents, in this case the Al Ahsan MTs students, were very limited, because learning activities were carried out online, the interaction with study partners and playmates was greatly reduced. The physical aspect also did not run like it did before the pandemic, respondents could not exercise together with friends, before the pandemic they could play football or football, swim and other sports that could be done together, entering the pandemic this activity was very reduce. When the spiritual aspects, social aspects, and physical aspects are not running optimally, surely the psychological aspects are also not fulfilled

Table 6: correlation coefficient according to Cronbach's Alpha.

Reliability Statistics		
Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
0,358	0,367	2

Source: Research data processed with SPSS 22

The correlation coefficient between the parenting style variable and the student's mental health variable is in the range of 0.2 – 0.4 with a positive sign (+) meaning that there is a significant relationship or correlation between the parenting style variable and the student's mental health variable. To find out the level of relationship between variables can be analyzed with the guideline table in Table 7.

Table 7 Percentage Guidelines

No.	range	description
1.	0,00 - 0,20	No correlation
2.	0,21 - 0,40	Weak Correlation
3.	0,41 - 0,60	Moderate Correlation
4.	0,61 - 0,80	Strong Correlation
5.	0,81 - 1,00	Perfect Correlation

Based on Table 7, the correlation coefficient of the relationship between the parenting style variable and the student's mental health variable is in the range of 0.3 -0.4 indicating that the correlation between the parenting style variable and the student's mental health variable is weak. The weak correlation between the two variables is due to the high level of parenting, but the mental health of the respondents is generally low. The conditions for interaction in the family during the pandemic were very good so that the parenting style was better than normal days before the pandemic, even though at the beginning of WFH many parents were surprised and confused about going through it. Like it or not, parents have to face lifestyle changes and it turns out that most of them can play a role as good student companions²⁰ as informal educators and formal educators because learning activities in school are carried out from home.²¹ Associated with the low average mental health of respondents, the results of this study are in line with other studies which show a decrease in the level of mental health in general.²²²³²⁴

²⁰ Kurniati, Alfaeni, and Andriani, “Analisis Peran Orang Tua Dalam Mendampingi Anak Di Masa Pandemic Covid-19.”

²¹ Mariska Nadya Putri, Irfai Fathurohman, and Deka Setiawan, “POLA ASUH ORANG TUA DALAM PEMBELAJARAN DARING DI MASA PANDEMI COVID-19,” *PRIMARY: JURNAL PENDIDIKAN GURU SEKOLAH DASAR* 11, no. 1 (2022): 224–33, <https://doi.org/10.33578/jpkip.v11i1.8165>.

²² Andrea Fiorillo and Philip Gorwood, “Konsekuensi Pandemi COVID-19 Pada Kesehatan Mental Dan Implikasinya Pada Praktik Klinis,” *European Psychiatry* 63, no. 1 (2020), <https://doi.org/10.1192/j.eurpsy.2020.35>.

²³ Deshinta Vibriyanti, “KESEHATAN MENTAL MASYARAKAT: MENGELOLA KECEMASAN DI TENGAH PANDEMI COVID-19,” *Jurnal Kependudukan Indonesia* | Edisi Kh (2020): 69–74, <https://doi.org/https://doi.org/10.14203/jki.v0i0.550>.

²⁴ Agustina Arundina Triharja Tejoyuwono, Rangga Putra Nugraha, and Faisal Kholid Fahdi, “The Effect of Mental Health Status on the Quality of Life of Faculty of Medicine Students during the Pandemic Coronavirus

CONCLUSION

Based on the results of the research and discussion that has been compiled, it can be concluded that the parental pattern at MTs Al-Ahsan Bogor city is quite good and the mental health of students at MTs Al Ahsan Bogor city is still not good, because the implementation of parenting tends to be authoritarian parenting and there are still many children who have not been able to realize that they must stay away from things that are not good or deviant. There is a positive and significant relationship between parenting style and students' mental health during the Covid-19 pandemic at MTs Al-Ahsan, Bogor.

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