



THE RELATIONSHIP BETWEEN PARENTING STYLE AND SELF-CARE ABILITY IN CHILDREN WITH MENTAL RETARDATION AGES 6 TO 12 YEARS IN BUKITTINGGI SPECIAL SCHOOLS

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ABSTRACT

Limitations and delays in children with mental retardation make it difficult for them to perform self-care. Parenting style is one of the factors that influence the ability of children with mental retardation to do self-care. This study was conducted to analyze the correlation between parenting style and self-care ability in children with mental retardation ages 6 to 12 years in Bukittinggi Special Schools in 2019. This research was a correlational study with cross sectional approach. The sample of the study was 55 parents of mental retardation children at the age of 6-12 in Bukittinggi Special Schools. Total sampling was used for the sampling technique. The data were analyzed by using Spearman rank test. The result of this research was obtained from 55 respondents, showed that 36 parents using democratic parenting (65,5%), and for high category of self-care ability in children with mental retardation is 36 children (54,5%). The result of Spearman rank test was obtained p value of 0.001, which means there was a significant relationship between parenting style with self care ability in children with mental retardation ages 6 to 12 years in Bukittinggi Special School in 2019. The value of the correlation coefficient (r) was 0.433, which means the strength of the correlation is moderate and positive. The conclusion of this study is that there is a relationship between parenting style and self-care ability in children with mental retardation children ages 6 to 12 years in Bukittinggi Special Schools in 2019. It is expected that with this research, parents could apply democratic parenting so that the self-care ability of children with mental retardation could develop.

Keyword: *Parenting Parents, Self-Care Ability, Mental Retardation*

INTRODUCTION

Mental retardation is a disturbance of intellectual function that is significantly below average and is accompanied by a decrease in adaptive function, which has been seen during a child's development before reaching the age of 18 (Sadock, 2013).

According to the WHO, 15% of the world's population or 785 million people have mental and physical disorders. Mental retardation is a world problem with huge implications especially in developing countries (Prasa, 2013). According to the results of the National Socioeconomic Survey (SUSENAS) conducted by the Central Bureau of Statistics (BPS) in 2012, the number of people with disabilities in Indonesia is 6,008,661 people. From that number, about 6.7% has mental retardation.

The number of children with mental retardation ranks the most compared to the number of other disabilities with the third highest percentage being 0.14% (Risksedas, 2013). Based on The Statistics of Outstanding Education (2018) the number of mental retardation children enrolled in state and private elementary schools in Indonesia is 73,407 people, and West Sumatra occupies the 4th position with the number of mental retardation children as many as 3,707 people.

Delays and limitations in all areas of development make children with mental retardation have difficulty in caring for themselves and tend to be dependence on the environment especially on parents and siblings (Puspita, 2012). In addition, their inability to care for themselves causes them to risk experiencing social isolation in the



community due to poor self-hygiene (Rahmawati, 2012).

Research conducted by Ramawati (2012) with the title of the ability of self-care of deaf children based on internal and external factors conducted in 65 children obtained the result that most of the ability of self-care in children mental retardation in the low category, namely 40 children (61.6%), while the rest in the high category of 25 children (38.4%).

According to Wilyani (2013) there are several factors that support the child's ability to care about themselves, namely internal factors consisting of physiological and psychological, as well as external factors namely the environment, parenting patterns, and experiences in life. Parents are the first people to teach their children to be independent. Each parent has different ways of parenting and teaching their child. The right style of parenting in a child mental retardation is to care for the child with compassion and balance between freedom and supervision in the child. Parents give guidance and freedom to the child of mental retardation, but when freedom is overstated, parents will warn the child to remain with compassion and warmth. Thus the ability of self-care possessed by mental retardation children will develop so that they are able to do daily activities independently without having to rely on others (Puji, 2018).

Based on research conducted by Novianti and Dwierya (2014) with the title of the relationship of parental parenting patterns to the ability of mental retardation children conducted in 53 respondents, got a value of P value = 0.001 which means there is a relationship between parent's foster pattern and the ability of mental retardation child care.

From the preliminary study conducted on February 16 and March 27-30, 2018 in 4 Outstanding Schools in Bukittinggi City obtained data of mental retardation children aged 6-12 years old namely SLB Negeri 01 Bukittinggi 29 people, SLB Karakter Mandiri 10 people, SLB Al- Azhar 17 people and SLB Restu Ibu 5 people.

Of the results of interviews with 10 parents who had mental retardation children

6 parents said that their child has not been able to do activities independently especially when doing activities such as toileting, bathing and dressing. Parents also say they often help the child in activities, they feel sorry and worry if the child is doing his own activities. One parent said that he had to wait for the child while at school because the child was still not able to do toileting activities independently. Parents assume that a child with mental retardation should always be assisted in each activity. Four other parents said that they rarely help children in this activity because the child has been able to do his activities independently.

Based on the above description, researchers want to conduct research on the relationship of parental parenting patterns with the ability of child self-care to be mentally retarded.

MATERIAL AND METHODS

The type of research was using correlation study with Cross Sectional approach. This research was conducted in 4 special schools in Bukittinggi, namely Negeri 01 Bukittinggi Special School, Karakter Mandiri Special School, Restu Ibu Special School and -Azhar West Sumatra Special School in June 10-22, 2019. The population in the study was parents of mental retardation children at the age of 6-12 in 4 special schools in Bukittinggi with total of 61 people.

The sampling technique used in this study was total sampling. The sample numbers in the study were 61 parents of mentally retarded children ages 6-12 at 4 Bukittinggi Extraordinary Schools. But at the time of the study there were 6 respondents who dropped out because of information from the school that the child of the respondent no longer came to the school. So the sample in this study was 55 people.

The data collection tool used was a parent foster care pattern questionnaire with 29 question items and a self-care capability questionnaire with 63 question items. While the data analysis used in this study used spearman rank correlation test.



RESULTS

1. Parental Characteristics

Table 5.1
Distribution of Respondents Based on Parental Characteristics of Children Mental Retardation Age 6-12 years old in Bukittinggi Extraordinary School

Parental Characteristics	F	%
Parental education		
Elementary	5	9,1%
School	33	60,0%
Junior High School	12	21,8%
High School S1		
Total	55	100%
Parent's job		
Working	34	62,8%
Not Working	21	38,2%
Total	55	100%
Ethnic of Parent		
Minang		85,5%
Batak		9,1%
Jawa		5,5%
Total	55	100%

Table 5.1 shows that the respondents in this study were more than half of the parents who had a high school education level of 33

people (60.0%), working parents as many as 34 people (62.8%), out of a minang tribe of 47 people (85.5%).

1. Characteristic of Children

Table 5.2
Distribution of Respondents Based on Characteristics of Mental Retardation Children Ages 6-12 at Bukittinggi Extraordinary School

Characteristic of Children	F	%
Gender		
Male	36	65,5%
Female	19	34,5%
Total	55	100%
Children's Age		
6 th	2	3,6%
7 th	3	5,5%
Mental Retardation Rate		
Mild	23	41,8%
Moderate	32	58,2%
Total	55	100%

Table 5.2 shows that the characteristics of mental retardation children in this study were mostly children with a male gender of

36 people (65.5%), aged 12 to 16 (29.1%) and a moderate mental retardation rate of 32 people (58.2%).



A. Analysis of Univariate

1. Parenting Style

Table 5.3
Frequency Distribution of Respondents Based on Parent Parent's Parenting Pattern in Bukittinggi Extraordinary School

Parenting Style	F	%
Permissive	14	25,5
Authoritarian	5	9,1
Democratic	36	65,5
Total	55	100

Table 5.3 shows that more than half of parents of children aged 6-12 at Bukittinggi Extraordinary School adopted a democratic fostering pattern of 36 people (65.5%).

2. Self-Care Ability

Table 5.4
Distribution of Respondent Frekuensi Based on Child Self-Care Ability Mental Retardation Age 6-12 Years at Bukittinggi Outstanding School

Self-Care Ability	F	%
Totally helped	16	29,1
Partially helped	9	16,4
Independent	30	54,5
TOTAL	55	100

Table 5.4 shows that more than half at Bukittinggi Extraordinary School in the of children's mental health abilities aged 6-12 independent category are 30 people (54.5%).

B. Analysis of Bivariate

Table 5.5
The relationship between parenting and the self-care skills of children aged 6-12 at Bukittinggi Extraordinary School

		R	P value
<i>Spearmanrank</i>	Parenting Style Self-care Ability	,433	,001
Total		55	100

The results of the spearman rank analysis in table 5.5 can be found that the probability value (sig. 2-tailed) spearman rank test of 0.001 this value is smaller than the probability of alpha (α) = 5% which means there is a significant relationship between parental parenting patterns and

the mental retardation child's self-care abilities ages 6-12 years. This means that the hypothesis in the study stating "The Relationship of Parental Parent Care Patterns With Mental Retaradsi Child Self-Care Skills Age 6-12 Years at



Bukittinggi Extraordinary School in 2019" is accepted/proven.

In this study, spearman rank positive correlation coefficient was 0.433, which means moderate and positive correlation strength. This means that if the pattern of foster care applied by respondents is more democratic, then the higher the ability of child self-care mental retardation, as well as vice versa if the pattern of foster care applied by respondents is more permissive then the lower the ability of self-care that the mental reatdasi child has.

DISCUSSION

A. Analysis Of Univariate

1. Parent Parenting Patterns in Mental Retardation Children Ages 6-12 at Bukittinggi Extraordinary School.

Based on the results of the study, it can be known that more than half of parents of mental retardation children aged 6-12 years in Bukittinggi Extraordinary School in 2019 implemented a democratic fostering pattern of 36 people (65.5%).

This research is in line with research conducted by Duri and Yanti (2018) on the picture of parental parenting patterns in mental retardation children (Intellectual Disability) at SLB Bakti Siwi Sleman where out of 26 respondents obtained the result that 61.5% of parents of mental retardation children applied democratic foster patterns.

The results of this study are also in line with research conducted by Apriliyanti (2016) on the relationship of parental parenting patterns with the level of personal hygiene independence in deaf children in SLBN 1 Palangka raya, where out of 52 respondents obtained the result that 60% of parents of mental retardation children apply democratic parenting patterns.

The results of this study are also in line with research conducted by Rumaseb (2018) on the relationship of parental

parenting patterns with mental independence level aged 10-14 years in self-care in SLB Negeri B Jayapura where out of 32 respondents obtained the result that 75.0% of parents of mental retardation children apply democratic fostering patterns.

The pattern of parental parenting is a form of caring, nurturing, and guiding activities that parents do to their children in order to grow and develop and to achieve self-reliance. The pattern of foster care will affect the behavior and growth pattern of a child (Indrasaputra, 2014). There are many factors that influence parents in applying democratic parenting patterns. One of them is parental education. In this study, the majority of high school-educated parents were 33 people (60.0%). According to Nuraini (2006) the background of parental education has a great influence on the formation of a child's personality. High school-educated parents in theory already have a good relationship and level of education (Sugiyono, 2012).

Another characteristic factor that affects parents in applying parenting patterns is the work of parents. The study found that the majority of parents of mentally ill children worked as many as 34 people (61.8%). Work is the eye of the search for each individual, so if the parent feels successful in a job he will show a good reinforcement (reinforcement), one of which is shown in the application of the pattern of foster care, for example by giving full flexibility to the child. Conversely, if a parent feels unsuccessful in a job, it will usually show poor reinforcement, among other things by showing an arbitrary attitude to the child. Purba (2011) shows that working parents tend to be more democratic, compared to working parents. Working parents are more likely to be authoritarian and permissive than working parents.

In the democratic parenting pattern more combines authoritarian and



permissive parenting patterns, because parents do not give absolute rules to the child that must be met but still pay attention to strong control over the child. Parents direct their children more, listening to the child's reasons and thoughts (Wong et al, 2009). Authoritative parenting patterns have a good effect on child growth, also related to the level of independence of the child (Swarjana & Ketut, 2015).

In this study, researchers assumed from the results of the questionnaire given to respondents that the majority of respondents applied democratic parenting patterns, this is seen from the answer in filling out a questionnaire in which parents who apply democratic parenting patterns will teach and guide the child if the child is unable to do something, the parent will advise the child if they make a mistake, and the parent will give credit to the child. In addition, work and educational background also play an important role in the planting of parenting patterns in children. Parents who have a good job and educational background, will be able to apply a good pattern of foster care to their children.

2. Parental Retardation Child Self-Care Skills Age 6-12 Years at Bukittinggi Outstanding School.

The ability of self-care is the basic ability of man to meet his needs in order to maintain life, health and well-being in accordance with his health condition (Arfandi, et al, 2013). The study measured the self-care abilities of children aged 6-12 at Bukittinggi Extraordinary School through questionnaires given. Ability is assessed based on 63 questions that include a child's ability to mentally retardation in self-care which includes body hygiene, eating and drinking, dressing, mobilization, socialization and development, housework and self-protection.

Based on the results of the study, it can be known that out of 55 mental

retardation children aged 6-12 years at Bukittinggi Extraordinary School in 2019 more than half of mental retardation children have self-care skills in the independent category of 30 people (54.5%). This research is in line with research conducted by Panjaitan (2011), on the relationship of parental parenting patterns with the ability of mental retardation children at SLB Bhakti Kencana II Berbah Yogyakarta, where from the results of the study obtained the majority of children mental retardation had high self-care skills of 19 people (54.3%).

The results of this study are also in line with research conducted by Novianti and Dwierya (2014) on the relationship of parental parenting patterns to the ability of self-care in deaf children in SDLB C Budi Nurani Working Area of Baros Puskesmas Sukabumi City, where it is obtained that most of the ability to care for children mental retardation in the high category of 28 people (52.8 %).

The results showed that the majority of children's self-care abilities in the self-reliant category with parenting patterns applied by parents were democratic. This indicates that the formation of high child self-reliance is inseparable from the influence of parenting patterns. This statement is supported by Ali's opinion (2008) which states that the role of parents in parenting will affect the development of child self-reliance. Too many parents forbid without a rational explanation can hinder the development of the child's independence. Conversely, parents who create a safe atmosphere in family interaction can encourage smooth development and independence of the child in self-care. In addition, the proper application of foster care patterns in children will make their self-care ability develop so that they can be independent without having to rely on others (Puji, 2018).

The results also showed that the majority of mental retardation children



aged 6-12 in the Outstanding School of the male gender were 36 (65.5%) and 19 women (34.5%). It can be said that gender affects a child's ability to carry out self-care. This statement is supported by research conducted by Munafiah (2013), which stated that independent male gender percentage is more than the gender of girls because boys are required to be more independent, responsible for their own activities. In addition, parents in mental retardation tend to be more protective of girls than boys who are more active in activities than girls.

Based on the results of the study researchers assumed that mental retardation children aged 6-12 years at Bukittinggi Extraordinary School have the ability to self-care in this category because parents apply democratic parenting patterns. When the child is unable to perform the self-care of the parent who implements a democratic parenting pattern will teach and guide the child, so that the ability of self-care owned by the child will develop. In addition, a child's level of mental retardation also affects a child's ability to perform mental retardation in self-care. In this study it was found that children who had mild mental retardation were generally independent compared to children who had moderate levels of mental retardation. In addition, the age of children mental retardation also affects their ability to perform self-care. The study found that 12-year-olds were mentally ill as many as 16 (29.1%) self-care skills in the independent category of 15 people (93.8%). Meanwhile, children aged 6-9 years old have more ability to self-care.

B. Analysis of Bivariate.

Based on the results of statistical tests using spearman rank test obtained p value of 0.001 this value < 0.05 , this shows that there is a significant relationship between parental parenting patterns and mental retardation child self-care abilities. In this study, the correlation coefficient (r) was

0.433 which means the strength of the correlation is moderate and positive.

The results of this study are in line with research conducted by Novianti and Dwierya (2014) with the title of the relationship of parental parenting pattern to the ability of self-care in the deaf child in SDLB C Budi Nurani Working Area of Puskesmas Baros Kota Sukabumi, where obtained a value of p value of 0.001 which means there is a relationship between the pattern of foster care and the ability of the child of the deaf.

The results of this study are also in line with research conducted by Rumaseb (2018) on the relationship of parental parenting patterns with the level of mental retardation children aged 10-14 years in self-care at SLB Negeri B Jayapura in conducting self-care obtained p value $< \alpha$ ($0,000 < 0.05$), which means there is a relationship between the pattern of parent care and the level of mental reardation of child self-reliance in self-care.

This research is also in line with research conducted by Panjaitan (2011) on the relationship of parental parenting patterns with mental retardation child care skills at SLB Bhakti Kencana II Berbah Yogyakarta obtained p value ($0.039 < 0.05$), which means there is a relationship of parent foster pattern with the ability of mental retardation children at SLB Bhakti Kencana II Berbah Yogyakarta.

One of the factors that affect a child's self-care abilities is mental retardation is the pattern of parental foster care. Democratic parenting patterns have a better impact on a child's independence than other parenting patterns. This research is also supported by Rahmawati's research that most children with grahita tuna who show good self-care have parents who apply democratic parenting patterns (Ramawati, 2011). Democratic parenting patterns are more likely to orient on the child's independence and child responsibilities. Parents do not make



rigid and coercive boundaries, but retain strong control (Wong et al, 2009).

This is evidenced by Julianto's research showing that parents apply more democratic parenting patterns, where children with democratic parenting patterns have good independence (Julianto, 2007). While the pattern of permissive foster care is more pampering of the child and obeys all the will of the child, so that the child becomes dependent and lacks initiative, as well as dependence in daily activities because all activities are almost assisted (Wong et al, 2009).

Limitations in functional development cause mental retardation children to have a dependence on those around them. That doesn't mean the child will always depend on others until they grow up because the child can be independent if those around him can guide the child mentally to have an independent habit (Hurlock, 2012).

Based on the results of the study also obtained that there are parents who apply democratic parenting patterns, the ability of self-care that children have assisted a total of 6 people (16.7%) assisted by 6 people (16.7%). This is because the child has a moderate level of mental retardation. A child's level of mental retardation affects his or her level of self-care.

The results showed that there are still parents who apply a permissive parenting pattern of 14 people (29.1%) and childcare skills assisted by a total of 9 people (64.3%). This is because of parents' excessive attitude in parenting, such as giving too much help and attention to the child so as to make the child become independent. Excessive parental attention and protection make the child independent. This means that excessive attention and protection from parents affects the child's independence. The statement was supported by the results of a study from Gunawan (2010) which stated that there is a negative relationship between the pattern of permissive foster care and the independence of first-graders, where the

higher the parent's permissiveness towards the child, the lower the self-reliance.

Based on the expert's opinion, the results of previous research as well as the results of this study, it can be concluded that the democratic fostering pattern applied by parents has a positive and significant effect on the independence of the child, meaning the more democratic the pattern of foster care applied to the child, the higher the level of independence of the child.

CONCLUSIONS

1. The results of the study of 55 respondents more than half of the parenting patterns applied by parents of mental retardation children in Bukittinggi Special Schools in 2019 were a democratic fostering pattern of 36 people (65.5%).
2. The results of the study of 55 respondents were more than half the mental retardation ability of children ages 6 to 12 years in Bukittinggi Special School in 2019 in the independent category of 30 people (54.5%).
3. There is a significant relationship between parental parenting patterns and the mental retardation of children ages 6 to 12 at Bukittinggi Special School in 2019, where a p value of ($0.001 < 0.05$) is obtained, and a correlation value of (0.433), thus it can be concluded that the strength of correlation in this study is being positive.
4. There is a significant link between parental parenting patterns and the mental self-care skills of children aged 6 to 12 in Bukittinggi Special School in 2019, where a p value of ($0.001 < 0.05$) is obtained, and a correlation value of (0.433) can thus be concluded that the strength



of correlation in this study is being positive.

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