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Bachelor of Nursing Study Program
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THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND INDISCIPLINARY BEHAVIOR IN ADOLESCENTS AT SMP NEGERI 3 UNGARAN

ABSTRACT

Background: Adolescents are in a developmental transition phase that is vulnerable to deviant behavior if the support function is not optimal. Indisciplinary behavior is an indicator of obstacles in adolescent psychosocial development tasks. From a child and family nursing perspective, family support is a key intervention for developing adaptive adjustment and self-discipline.

Objective: To analyze the relationship between family support and indisciplinary behavior in adolescents at SMP NEGERI 3 Ungaran through a family support approach.

Method: A descriptive correlational study design with a population of 328 eighth-grade students. The instruments used were the Multidimensional Perceived Social Support Scale (MSPSS) questionnaire and an indisciplinary behavior questionnaire. The instrument's validity test results were 0.85 and its reliability was 0.77. Data analysis used the Kendall Tau correlation test.

Results: The majority of respondents (58.0%) reported high levels of family support, while 50.3% indicated low levels of indiscipline. The statistical test results yielded a p-value of 0.000 (<0.05) with a correlation coefficient of -0.621. This indicates a strong, negative, and significant relationship; the more optimal family support, the lower the incidence of indiscipline in children.

Conclusion: There is a significant relationship between family support and adolescent indiscipline. Strong family support effectively reduces negative behavior in students at school.

Recommendation: Health workers in the community nursing sector are encouraged to educate parents about the importance of family support. Families are advised to maintain emotional, instrumental, and informational support as the primary support system in child care at home.

Keywords: Family Support, Indisciplinary, Pediatric Nursing.

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HUBUNGAN DUKUNGAN KELUARGA DENGAN PERILAKU INDISIPLINER PADA REMAJA DI SMP NEGERI 3 UNGARAN

ABSTRAK

Latar Belakang: Remaja berada pada fase transisi perkembangan yang rentan terhadap perilaku menyimpang jika fungsi pendukung tidak optimal. Perilaku indisipliner merupakan indikator adanya hambatan dalam tugas perkembangan psikososial remaja. Dalam perspektif keperawatan anak dan keluarga, dukungan keluarga merupakan intervensi utama untuk membentuk coping adaptif dan disiplin diri

Tujuan: Menganalisis hubungan antara dukungan keluarga dan perilaku indisdisipliner pada remaja di SMP Negeri 3 Ungaran melalui pendekatan dukungan keluarga.

Metode: Desain penelitian Deskriptif korelasional dengan populasi 328 siswa kelas 8. Instrumen menggunakan kuesioner Skala Multidimensi Dukungan Sosial yang Dirasakan (MSPSS) dan kuesioner perilaku indisdisipliner. Hasil uji validitas instrumen sebesar 0,85 dan reliabilitas sebesar 0,77. Analisis data menggunakan uji korelasi Kendall Tau.

Hasil: Mayoritas responden (58,0%) memiliki dukungan keluarga tinggi dan 50,3% menunjukkan perilaku indisdisiplin rendah. Hasil uji statistik memperoleh nilai $p = 0,000$ ($< 0,05$) dengan koefisien korelasi $-0,621$. Hal ini membuktikan adanya hubungan signifikan yang kuat dengan arah negatif; semakin optimal dukungan keluarga, semakin rendah perilaku indisdisipliner pada anak.

Kesimpulan: Terdapat hubungan signifikan antara dukungan keluarga dengan perilaku indisdisipliner remaja. Dukungan keluarga yang kuat secara efektif menurunkan tingkat perilaku negatif siswa di sekolah.

Rekomendasi: Tenaga kesehatan dalam lingkup keperawatan komunitas diharapkan memberikan edukasi kepada orang tua mengenai pentingnya fungsi dukungan keluarga. Keluarga disarankan mempertahankan dukungan emosional, instrumental, dan informasional sebagai sistem pendukung utama dalam asuhan keperawatan anak di rumah.

Kata kunci: Dukungan Keluarga, Perilaku Indisdisipliner, Keperawatan Anak.