

Correlation between Parenting Style and Anxiety Levels in School-Age Children after Eruption of Mount Semeru at Huntara Lumajang

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ABSTRACT

Disasters are events that can threaten and become a disruption to life because they cause environmental damage, material loss, cause human casualties, and cause physical and psychological health problems. One of the psychological problems after a disaster is anxiety in vulnerable groups such as children. Apart from disaster factors, parenting style also influence children's anxiety levels. Parent with increased activity after the eruption causes children's basic needs to not be met, which becomes a post-eruption anxiety stressor. This research aims to determine the relationship of parenting style with anxiety levels in school-age children after the eruption of Mount Semeru in Huntara Lumajang. This research uses a cross sectional method. The sampling technique used non-probability sampling with a purposive sampling approach of 84 respondents. Data were collected using the PSDQ questionnaire for the variable parenting style and the Z-SAS questionnaire for the anxiety level variable for school-age children after the eruption. Test the correlation between parenting style and anxiety level in school-age children after the eruption using the contingency coefficient test. The results of the research show that there is a relationship between parenting style variable and the level of anxiety in school-age children after the eruption with $p\text{-value}=0.002$ ($\alpha=0.05$). Once the correlation between variables is known, the nurse's role can be to take promotive and preventive actions to reduce and minimize anxiety problems in post-eruption children by paying attention to parenting style factors from parents.

Keywords: children; anxiety; parenting style; disaster

INTRODUCTION

Anxiety is an emotional reaction that occurs due to an individual's subjective feelings in facing stressors. Anxiety causes a person to feel threatened and uncomfortable, especially in vulnerable groups (Ilda et al., 2022; Sunny & Setyowati, 2020). Children are one of the vulnerable groups who are at risk of experiencing psychological problems, especially during and after a disaster (Daulay et al., 2021; Mulia et al., 2021). Age is accompanied by significant child growth and development; school-age children should already know about disasters, even if only basic knowledge, because they begin to gain the basis of knowledge and skills to adapt themselves to their adult lives (Kurniyawan et al., 2021). However, in fact, school-age children show even more symptoms of psychological problems after the disaster (Thoyibah et al., 2019). This is different from adults who are not included in the vulnerable group because as they get older, it is reflected that these individuals are able to understand events, including disasters, with effective coping mechanisms (Thoyibah et al., 2019).

The last Semeru eruption occurred in September 2023, however the one that had a major impact and caused casualties occurred in December 2021. The eruption caused 10,395 people from the surrounding community to become survivors, and 51 people died (Badan Nasional Penanggulangan Bencana, 2021). Due to the eruption, the government built 562 temporary residential houses (*hunian sementara/huntara*) and 1,656 permanent residential houses (*hunian tetap/hutap*) as of April 4, 2022, which were located in Sumbermujur Village, Candipuro District, Lumajang Regency (Dinas Kominfo Provinsi Jawa Timur, 2022). A disaster such as an eruption with unfavorable environmental conditions can be a stressor for someone feeling threatened and uncomfortable, which can cause anxiety, especially in vulnerable groups (Ilda et al., 2022; Sunny & Setyowati, 2020).

Research conducted at the Cangkringan Sleman Huntara explained that the stressor of anxiety in children when a volcano erupts is very high. This statement is strengthened by research at the Huntara Lumajang with research results showing that many school-age children experience mild anxiety (Sari, 2023). Anxiety that occurs in children causes children to become often fussy and timid, like to be alone, have insomnia, wake up suddenly at night and then cry (Ernawati et al., 2020; Sumarni et al., 2019). Anxiety can also affect the body's immunity, making children vulnerable to illness (Ernawati et al., 2020). Anxiety in terms of behavior can cause children to behave aggressively, have tantrums, and often draw or talk about fear as a form of coping mechanism in children (Sumarni et al., 2019).

Data from the Centers for Disease Control and Prevention in 2021 shows that 4.4 million children in the world (7.1%) experience psychological anxiety problems (Faradiza et al., 2022). Another article states that natural disasters can affect anxiety levels from mild to moderate by 15-20% and severe anxiety by 3-4% (Thoyibah et al., 2019). Around 40% of children experience stress and trauma after natural disasters (Sumarni et al., 2019). Research by Nst et al. (2018) showed that 10% of children behaved aggressively after a natural disaster occurred, 17% experienced depression, 12% experienced anxiety, and 5-43% experienced PTSD. In research conducted by Thoyibah et al. (2019), school-age children experienced clinical anxiety of 14.89% after being affected by the earthquake. Other research at Huntara Lumajang showed that 47.2% of school-age children experienced mild anxiety after the eruption with the majority of those affected being 8 years old (Sari, 2023).

Repeated volcanic eruptions can be a stressor, especially for children (Daulay et al., 2021). Anxiety in children affected by the eruption disaster is influenced by internal factors in the form of age, gender, experience, and coping mechanisms of the child and also external factors in the form of parenting style, support from the family, environmental conduciveness, and stressors experienced by the child (Hiqma et al., 2023; Sumirta et al., 2019; Tinambunan et al., 2021). Chronologically, children who survive eruptions can experience psychological problems. This is because the survivors had the experience of saving themselves from raining pebbles and hot lava, then hearing the sound of a very loud eruption, and many even witnessed the injuries suffered by their family members (Ernawati et al., 2020). Many housewives help their husbands earn a living by entrusting their children to their older siblings or taking them to work (Sumarni et al., 2019). This busyness can influence the parenting style implemented by parents so that it has an impact on fulfilling children's basic needs (Sumarni et al., 2019; Syifauzakhia, 2020). Children's basic needs after an eruption that are not met can become a stressor that causes children to experience anxiety (Padila et al., 2019). This experience causes panic and alert responses from children, which can cause post-disaster anxiety (Ernawati et al., 2020; Ilda et al., 2022).

There are post-eruption problems ranging from environmental conduciveness issues to physical and psychological problems that influence the type of parenting applied by parents and determine the level of anxiety in children (Rahiem & Husna, 2020; Sumarni et al., 2019; Thoyibah et al., 2019). According to research conducted by Sahithya & Raman (2021), the parenting style applied by parents influences children's anxiety levels. Democratic parenting is associated with low levels of anxiety in children because it prioritizes warmth and openness. Apart from that, the democratic parenting style encourages parents to enter the child's world so that it is easy to approach children, and children will feel more comfortable expressing their feelings when they feel close to their parents (Nuriyah et al., 2021). Meanwhile, permissive (indifferent) parenting and authoritarian parenting (strict control & punishment) cause an increase in the incidence of anxiety in children.

This research was conducted to identify the relationship between parenting style and the level of anxiety of school-age children after the eruption. The parenting style applied by parents is related to fulfilling the child's basic needs (Syifauzakhia, 2020). The basic needs of children after an eruption that are not met cause children to experience anxiety which can affect the child's growth and development at a later stage. The conclusion of this research is to determine the relationship between parenting style and the level of anxiety of school-age children after the eruption, which is hoped can be used as a reference in determining strategies for dealing with related problems.

METHOD

This research uses a non-experimental quantitative design with a cross-sectional approach. The cross-sectional approach is a data collection method that is only carried out once at one point in time (point time approach) (Abduh et al., 2022). The population of this study was school-age children aged 8-12 years and their parents who lived in the Huntara Lumajang and were affected by the Mount Semeru eruption disaster. The sampling technique uses non-probability sampling, a purposive sampling type. Determining the sample size using the G*Power 3.1.9.7 application with a standard effect size of 0.30; α error probability 0.05; power (1- β error probability) 0.80 and a minimum sample of 84 was obtained. The research was conducted in January 2024. Data were collected from the PSDQ (Parental Styles and Dimensions Questionnaire) questionnaire for the parenting style variable with a validity test of 0.80 and a reliability 0.712 in Wulandari

(2019) research. The child anxiety variable uses the Z-SAS (Zung-Self Anxiety Rate Scale) questionnaire with a validity test of > 0.444 and a reliability test of 0.887 in Muliani et al. (2020).

Univariate analysis in this study was carried out to determine the characteristics of child and parent respondents, which included gender, age, length of stay in shelters, occupation, and parental education. Meanwhile, bivariate analysis was used to determine the correlation between parental parenting styles (nominal) and children's anxiety levels (ordinal) after the eruption of Mount Semeru in the Huntara Lumajang using the Contingency Coefficient test.

RESULTS

Respondent Characteristics

Table 1. Characteristics of Child Respondents

Characteristics	Frequency	Percentage
Gender		
Male	44	52.38
Female	40	47.62
Age (years)		
8	22	26.19
9	17	20.24
10	13	15.48
11	21	25.00
12	11	13.10
Live in the shelter		
> 3 months	84	100
Total	84	100

Table 1 shows more male respondents with a frequency of 44 children (52.38%). All school-age respondents had lived in shelters for more than 3 months, and the majority were 22 children aged 8 years (26.19%) and 21 children aged 11 years (25.00%).

Table 2. Characteristics of Parent Respondents

Characteristics	Frequency	Percentage
Gender		
Male	9	10.71
Female	75	89.29
Age		
19-40 years old	68	81.00
41-65 years old	16	19.00
Job		
Housewife	69	82.14
Farmer	5	5.95
Farm worker	1	1.19
Government employees	0	0.00
Sand-miner	3	3.57
Other	6	7.14
Last Education		
SD	81	96.43
SMP	2	2.38
SMA	1	1.19
D3/S1/S2	0	0.00
Total	84	100.0

Table 2 shows that the age of most parent respondents was 19-40 years, namely 68 people (81.00%). Most female parents (mothers) in shelters work as housewives, 69 (32.14%). The jobs of the 6 parent respondents who fall into other categories include laundry business, shop business, brick business, traditional herbal medicine business, plywood

business, and employees. The majority of parent respondents who live in shelters are elementary school graduates, numbering 81 people (96.43%) out of a total of 84 respondents.

Description Anxiety Level of School-Age Children After the Eruption Disaster

Table 3. Description of Anxiety Level of School-Age Children After the Eruption Disaster

Variable	Frequency	Percentage
Anxiety Level		
Mild	70	83.33
Moderate	12	14.29
Severe	2	2.38
Panic	0	0
Total	84	100

Table 3 shows that the most dominant level of anxiety experienced by school-age children after the eruption in the Lumajang Shelter was mild anxiety, 70 (83.33%) of the total 84 respondents.

Description of Parenting Style After the Eruption

Table 4. Description of Parenting Style After the Eruption

Variable	Frequency	Percentage
Parenting Style		
Democratic/ authoritative	73	86.90
Authoritarian	8	9.52
Permissive	3	3.57
Total	84	100.0

The presentation of Table 4 shows that the dominant parenting style applied by parents to children living in shelters as survivors of the eruption disaster is a democratic parenting pattern of 73 parents (86.90%) of the total 84 respondents, which is then followed by an authoritarian parenting style of 8 respondent and the remaining 3 respondents applied a permissive parenting style.

Relationship of Parenting Style with Anxiety Levels in School-Age Children After Eruption

Table 5. Relationship of Parenting Style with Anxiety Levels in School-Age Children After Eruption

Parenting Style	Anxiety Data					p-value
	Mild	Moderate	Severe	Panic	Total	
Democratic	65 (77.38%)	6 (7.14%)	2 (2.38%)	0 (0.00%)	73 (86.91%)	0.002*
Authoritarian	4 (4.76%)	4 (4.76%)	0 (0.00%)	0 (0.00%)	8 (9.52%)	
Permissive	1 (1.19%)	2 (2.38%)	0 (0.00%)	0 (0.00%)	3 (3.57%)	
Total	70 (83.33%)	12 (14.29%)	2 (2.38%)	0 (0.00%)	84 (100.0%)	

*Note: p-value < a (a=0.05)

The contingency coefficient has a p-value of 0.002, meaning a relationship exists between variables. Sugiyono's (2013) correlation degree guidelines show that the level of relationship/correlation between the parenting style variable and the level of anxiety of school-age children after the eruption is in the moderate/sufficient category with a value of 0.414 (Mustafa, 2023).

The presentation in Table 5 shows that democratic parenting patterns were widely applied by parent respondents after the eruption at Huntara Lumajang. The presentation in Table 5 above shows that most parents who implemented a democratic parenting style after the eruption had a mild level of anxiety in 65 children (77.38%) of the 73 parent respondents who applied a democratic parenting style. The number of child respondents who received authoritarian parenting was 8 children (9.52%), with 4 children (4.76%) experiencing mild anxiety and the other 4 children (4.76%)

experiencing moderate anxiety. Permissive parenting, Table 5 shows that of the 3 parents (3.57%) who apply permissive parenting, 2 of their children experience moderate anxiety, 2 (2.38%), and 1 other child experiences anxiety.

DISCUSSION

Description Anxiety Level of School Age Children After the Eruption Disaster

Apart from causing environmental and material damage, disasters can also cause death and cause health problems, both physical and psychological (Salamor et al., 2020). The results of the study showed that the psychological problem of anxiety in child respondents was dominant at the mild anxiety level for 70 children (83.33%). Anxiety experienced by school-age children is indicated by several clinical manifestations in the form of feelings of restlessness, tantrums, difficulty concentrating, fear, and experiencing disturbed sleep patterns (Sumarni et al., 2019). Anxiety can also cause a decline in physical health, making children susceptible to disease.

The results of this study are in accordance with previous research, which examined the picture of anxiety at Huntara Lumajang with the results that the majority of respondents experienced mild levels of anxiety (Sari, 2023). The majority of child respondents experienced anxiety, namely at the age of 8 years; 17 children experienced mild anxiety, and 5 children experienced moderate anxiety. Febrianti (2023) shows that school-age children are vulnerable to experiencing psychological health problems because they are not able to deal with problems adaptively and tend to still depend on their parents. The eruption of Mount Semeru, which made children survivors of the various events they experienced, is one of the stressors that can cause anxiety in children. Implementing parenting styles that are not appropriate to the child's condition can add stress to the child, causing increased anxiety.

School-age children are in the industrial phase with optimal growth both physically, cognitively, mentally and emotionally. This phase is a golden period for children to learn and explore many things (Tinambunan et al., 2021). Disaster events require school-age children to adapt to the environment, so this becomes a challenge for children and parents. Stress from disaster events that are not handled properly and the implementation of an inappropriate parenting style can cause psychological problems such as anxiety. School-age children who experience long-term anxiety can experience disruption to cognitive abilities, learning achievement, socialization abilities, and the growth and development process at a later stage (Sumirta et al., 2019). Based on the research results and theoretical review above, it can be concluded that post-eruption anxiety is a psychological problem that needs to be managed so that the child's growth and development process is not hampered and can be achieved according to the phase.

Description of Parenting Style After the Eruption

The dominant parenting style applied by parents to school-age children at Huntara Lumajang after the eruption was a democratic parenting pattern with 73 parents (86.90%) out of a total of 84 respondents. Authoritarian parenting was applied by 8 parents and permissive parenting by 3 parents. Democratic parenting style is a form of parenting that prioritizes family warmth and openness between family members. Authoritarian parenting style is interpreted as setting rules that apply to children and parents who tend to control children strictly. Parents apply a permissive parenting style by pampering children and giving them complete freedom (Sahithya & Raman, 2021a). The form of parenting style that is applied certainly must be distinct from various factors that influence it. Education, age, and socioeconomics are several factors that can influence the type of parenting applied by parents (Fatmawati et al., 2021; Kurniyawan et al., 2023).

The research results show that the majority of parent's education at Huntara Lumajang is that of completing elementary school (96.43%). Research conducted by Simamora et al. (2021) shows that parent's latest education influences their daily roles and behavior in becoming parents. Apart from that, parents who are of productive age (adults) tend to apply a democratic parenting style (Lenawati & Dwihestie, 2023). Parents who are in early adulthood and middle adulthood already have broad insight and also have high enthusiasm for caring for children. It can be concluded that when parents have low education, it is not necessarily the case that the parenting style applied is inappropriate because other factors can influence the type of parenting style applied, such as age, socioeconomics, and technological advances that make parenting related matters easier for anyone to access.

Every family and parent certainly have their own considerations in choosing the right parenting style for their children. Some factors influence parents in choosing to apply parenting styles to children, such as parents adapting to the child's condition, temperament, and nature (Sahithya & Raman, 2021). For example, parents who apply a democratic parenting style because it allows their children to be advised and directed well. Parents who apply an authoritarian parenting style are associated with children who are hyperactive and require other methods so that children can receive direction from parents so that it is not uncommon for parents to use threats or seem a bit forceful to discipline children (Kuppens & Ceulemans, 2019; Sahithya & Raman, 2021). Parents who choose to apply a permissive parenting style or

tend to spoil their children are associated with mental weakness in their children so that their children cannot be guided by other parenting styles. Thus, all types of parenting styles are good if applied in the right situation according to the child's condition (Garcia et al., 2019).

The complexity of post-eruption problems, including environmental conduciveness and physical and psychological problems, means that the type of parenting applied influences the level of anxiety in children (Rahiem & Husna, 2020; Sumarni et al., 2019; Thoyibah et al., 2019). Apart from that, the application of parenting style to school-age children after the eruption also has an impact on the growth and development process. This is because the type of parenting style applied can influence and shape the child's personality (Lenawati & Dwihestie, 2023). Parent's busy lives which make them less likely to interact with their children can affect the fulfillment of children's basic needs (Sumarni et al., 2019; Syifauzakia, 2020). Children's basic needs after an eruption that are not met can add to stressors that cause children to experience anxiety (Padila et al., 2019). Based on the results of the research and literature review, it can be concluded that democratic parenting style can be applied in post-disaster conditions so that it is hoped that it will be able to encourage the growth and development process according to age and meet children's needs. basic needs so as to minimize anxiety stressors in children after the eruption.

Relationship of Parenting Style with Anxiety Levels in School-Age Children after Eruption

The majority of parents at Huntara Lumajang after the eruption applied democratic parenting rather than other types of parenting style. The application of parenting style influence children's anxiety levels. The majority of parents who applied a democratic parenting style after the eruption had mild anxiety, namely 65 children out of 73 parent respondents who applied a democratic parenting style. The remaining 6 children who received a democratic parenting style experienced moderate anxiety and 2 other children experienced severe anxiety. 8 child respondents received an authoritarian parenting style, 4 of whom experienced moderate anxiety and 4 others experienced mild anxiety. This shows that parents who implemented an authoritarian parenting style after the eruption caused 50% of their children to experience increased anxiety. The same is true with the permissive parenting style; of the 3 parents who apply permissive parenting, 2 of their children experience moderate anxiety, while 1 other child experiences mild anxiety.

The existence of post-eruption problems, whether environmental conduciveness, physical or psychological problems, means that the type of parenting applied by parents determines the level of anxiety in children (Rahiem & Husna, 2020; Sumarni et al., 2019; Thoyibah et al., 2019). Mild anxiety in children is often associated with the implementation of a democratic parenting style, as is the case with the results of this study which show that the majority of parents with a democratic parenting style have children with mild anxiety. However, it does not rule out the possibility that democratic parenting can also cause moderate or severe anxiety.

Each parent has their own considerations in choosing their child's parenting style. Some factors influence parents in choosing to apply parenting styles to children, such as parents adapting to the child's condition and temperament (Sahithya & Raman, 2021). Research results from parents who apply an authoritarian parenting style cause 50% of children to experience moderate anxiety and 50% mild anxiety. Furthermore, 3 parents who implemented a permissive parenting style caused 2 children to experience moderate anxiety and 1 child to experience mild anxiety. Thus, it can be concluded that parenting style is one of the factors causing children's anxiety, however, the effect of increasing anxiety will be different for each child even though the parenting style applied is the same (Gorostiaga et al., 2019). This can be caused by the different temperament or mental conditions of each child.

This research shows that there is a relationship between parenting style and children's anxiety levels after the eruption. Research from Apra & Tobing (2019) states that democratic parenting style shows low levels of anxiety in school-age children, while authoritarian and permissive parenting style causes conditions of increased anxiety in school-age children. Based on the facts from research results and literature theory that have been studied, researchers believe that the majority of parents who apply democratic parenting show that the anxiety experienced by children is in the mild category. However, it does not rule out the possibility that there are children who experience moderate or severe anxiety. This can happen because the etiology that causes anxiety in children is internal and external factors, where parenting style are one of the external factors related to children's anxiety. Moderate or severe anxiety experienced by children when their parents apply a democratic parenting style may be caused by internal factors within the child such as poor mental condition, a more severe experience of being a survivor and could also occur due to other external factors such as a new environment closer to Semeru. So, it becomes an additional stressor for children.

CONCLUSION

There were 44 male and 40 female child respondents living in Huntara Lumajang for >3 months, and the dominant age was 8 years. There were 9 male and 75 female parent respondents; the dominant age of the respondents was early adulthood, and the majority were elementary school graduates and housewives. The level of anxiety among school-age children after the eruption in shelters was 83.33% mild anxiety, 14.29% moderate anxiety, and 2.38% severe anxiety. The percentage of application of democratic parenting was 86.90%, authoritarian parenting was 9.52%, and permissive parenting was 3.57%. There is a relationship between parenting styles and the level of anxiety of school-age children after the eruption ($p=0.002$), the correlation level is moderate (0.414).

The limitation of this research is that the Huntara Lumajang consists of blocks A to P, but respondents are only sometimes taken in every block. The absence of secondary data is also why respondents are only sometimes available in some blocks.

Suggestions for health services can provide early detection and early management so that children's anxiety levels do not increase, of course, by paying attention to factors that trigger anxiety, such as parenting patterns from parents. For the community, it is hoped that the research results will provide an overview of the type of parenting style and the level of anxiety of children after the eruption so that parents can choose and implement appropriate parenting styles according to their children's post-eruption conditions. For educational institutions and future researchers, this research can be used as a reference, and it is hoped that it can improve research with intervention methods to minimize moderate and severe anxiety experienced by children.

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