

ABSTRAK

Hubungan Ikatan Orngtua-Anak dan Kesepian yang dialami Mahasiswa Baru Perantau serta Tinjauannya menurut Islam

Atmosfer pergaulan dan tuntutan akademik Perguruan Tinggi yang berbeda dibandingkan dengan Sekolah Menengah merupakan suatu tekanan tersendiri yang dapat terasa lebih besar bagi mahasiswa baru perantau, khususnya ketika harus tinggal terpisah dari orangtua. Kondisi ini rentan memicu kesepian yang dapat menimbulkan tekanan psikologis, disfungsi biologis, masalah perilaku, seperti menyakiti diri atau bahkan bunuh diri. Tujuan penelitian ini adalah mengetahui hubungan ikatan orangtua-anak dengan rasa kesepian pada mahasiswa baru perantau serta tinjauannya dalam Islam. Penelitian ini berupa penelitian kuantitatif korelasional dengan subjek sebanyak 129 mahasiswa baru perantau. Alat ukur yang digunakan adalah *Parental Bonding Instrument* (PBI) dan *UCLA Loneliness Scale (Version 3)*. Hasil penelitian didapatkan bahwa terdapat hubungan antara kepedulian orangtua, baik ayah ($r_s = -.31, p = .00$) maupun ibu ($r_s = -.20, p = .02$), dan kesepian yang dirasakan mahasiswa baru perantau. Dalam perspektif Islam, orangtua bertanggung jawab mendidik keluarganya untuk taat kepada Allah SWT. yang dapat ditunjukkan melalui kepedulian yang diberikan orangtua kepada anak. Anak yang taat akan selalu mengingat dan merasa bahwa Allah SWT selalu bersamanya sehingga ketika anak jauh dari orangtua, anak mampu terhindar dari kesepian.

Kata kunci: kepedulian, kesepian, mahasiswa, orangtua, proteksi

ABSTRACT

The Relationship between Parent-Child Bonds and the Loneliness Experienced by New Overseas Students and Its Overview according to Islam

The social atmosphere and academic demands of higher education, which are different from those of middle school, are a distinct pressure that can be felt greater for new migrant students, especially when they have to live separately from their parents. This condition is prone to trigger loneliness which can cause psychological stress, biological dysfunction, behavioural problems, such as self-harm or even suicide. The bonds with parties that can be relied on by the interaction perceived by children with the style as parents of parents. The purpose of this study was to look at the relationship between parent-child and loneliness in new migrant students and to see its review in Islam. This research is a quantitative correlational study with 129 new foreign students as subjects. The measuring instrument used is the Parental Bonding Instrument (PBI) and the UCLA Loneliness Scale (Version 3). The results showed that there was a relationship between parental care, both father ($r_s = -.31, p = .00$) and mother ($r_s = -.20, p = .02$), and the loneliness felt by new overseas students. From an Islamic perspective, parents are responsible for educating families to obey Allah SWT. which can be demonstrated through the care that parents give to their children. Obedient children will always remember and think that Allah SWT. always with him so that when the child is far from the parent, the child can avoid loneliness.

Key words: care, loneliness, college student, parents, protection