



The Relationship of Parenting Patterns to the Level of Personal Hygiene Independence Children Aged 4-6 Years in Pandemic

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Abstract

One of the things that has an impact on kids' independence is parenting. Future child development, particularly in terms of personal cleanliness, will greatly benefit from this freedom. Personal hygiene independence should be instilled in children from a young age since it will improve the next generation's quality of life and shield them from various illnesses, particularly in light of the current epidemic. Children's immune systems are still developing, making them more susceptible to a wide range of infections. Skin disorders, viral infections, gastrointestinal disorders, and even diseases that render some body parts inoperable are among the illnesses connected to children's personal hygiene (Amanatillah, 2019). Therefore, parents need to be educated to focus more on their kids' personal cleanliness. This study was conducted at Al Khoiriyah Kindergarten Klareyan during a pandemic to examine the association between parenting styles and the degree of personal hygiene independence of children aged 4-6 years. The method employed in this study is a cross sectional method, which uses data from research variables gathered at a certain point in time. 30 respondents who were selected using the total sampling method made up the sample for this investigation. The result of this study a significant positive and unidirectional relationship between parenting styles and children's level of independence in personal hygiene during a pandemic at Al Khoiriyah Kindergarten in Klareyan, with a significance value of 0.009 0.05 and a Pearson correlation value of 0.470, indicating a moderate degree of relationship between the two variables. The findings of the correlation coefficient test show that parenting generally has a very excellent category of 77%, with the most authoritarian parenting style having a moderately authoritarian category of 80% and the least authoritarian parenting style having a moderate category of 63%. The average category for the child's independence in maintaining personal hygiene throughout the pandemic was 67%. Additionally, the indicators of toilet training, skin and hair cleanliness, dental and oral hygiene, and the use of appropriate health protocols fall under the extremely high category of indicators of children's independence in terms of personal hygiene during the pandemic.

How to cite

INTRODUCTION

According to Soelaeman (1994: 5-10), the family is a collection of individuals who reside together in a single location and possess an inner connection that enables mutual influence, concern, and submission (in Shochib, 2014). However, there are disparities in parenting and how to educate children due to varied backgrounds, experiences, education, and parental busyness (Apra & Tobing, 2019).

The way parents interact with their children, guide, educate, and support them in day-to-day activities in the hopes that they will succeed in life is known as parenting, or simply parenting (Fitriyani, 2015). This is comparable to the idea advanced by (Tridhonanto, 2014: 5) that parenting is an interaction between parents and children in which parents support children by altering behavior, knowledge, and beliefs that are seen to be most suitable for children. Parents for their children's independence, ability to grow and develop in a healthy and optimal way, self-assurance, curiosity, friendliness, and success orientation.

Diana Baumrind is the creator of one of the most well-known theories about parenting practices. Authoritarian, permissive, and democratic parenting are the three main parenting philosophies that Baumrind found to be most effective in promoting early childhood development. Authoritarian parents make an effort to mold, regulate, and assess their children's behavior and attitudes in accordance with predefined behavioral standards. Parents that are permissive let their kids manage their own activities without interfering. While democratic parents encourage their children verbally and explain their policies to their kids. Although this dad imposes his own viewpoint as an adult, he still assists the youngster in realizing his or her own potential (Baumrind 1966 in Malsawmchhungi & Lalengzama 2017).

Given that parenting styles have an impact on kids' levels of independence, this parenting style makes it simpler for parents to foster development in their kids, including the aspect of independence. This is consistent with earlier research by (Sunarty, 2016), which found a strong and positive association between the two. The type of parenting style has a high correlation in enhancing the independence of children. This independence is one quality that each person develops, and there are many different types of independence depending on each person's level of growth and learning (Sunarty, 2016). Azzeti (2011: 91-92) defines independence as an attitude

or behavior that makes it difficult to rely on others to complete one's tasks. This independence is crucial because it shapes kids' personalities and helps them become self-assured and independent (Umairoh & Ichsan, 2018).

Parents can help educate children by serving as role models, offering guidance, and serving as constant reminders, especially when it comes to maintaining personal cleanliness or living a clean, healthy lifestyle (Rompas et al., 2018). Early childhood health issues are sometimes caused by poor personal cleanliness. This issue calls for care on a technical level as well as knowledge, information, and monitoring of healthy living practices. Children should begin living a clean and healthy lifestyle as soon as possible since the habits they pick up will have an impact on how they behave when it comes to their health (Meliyana & Septiana, 2018).

There are five different sorts of arrangements in PHBS (Clean and Healthy Lifestyle), including PHBS in the Household, PHBS in Schools, PHBS in Health Facilities, PHBS in Public Places, and PHBS in the Workplace, according to Health Promotion Data from the Indonesian Ministry of Health. One of the most important PHBS is the one that focuses on maintaining a clean and healthy home environment. The most significant variable that can influence a person's degree of personal hygiene is PHBS.

Poor PHBS implementation can worsen people's health to the point that it can lead to various diseases. Early infancy suffers from a weakened immune system, which increases their risk of contracting illnesses like respiratory infections, skin conditions, diarrhea, intestinal worms, and anemia (Triasmari & Kusuma, 2019). Children who don't understand the necessity of keeping their PHBS are more likely to become infected by the virus, so it is the responsibility of parents to educate their children about the importance of doing so and to give them examples of how to do so. Increased knowledge about PHBS and illness risk can lower the incidence of the risk factors themselves (Amanatillah, 2019). Anies (2015) asserts that a number of illnesses, such as diarrhea, ARI, cough, skin conditions, and toothaches, are connected to poor personal cleanliness. Upper tract infections (ARI) and digestive tract disorders are the most prevalent health problems among children, according to Indonesian Child Profile Data in 2020. (diarrhea). According to the Ministry of Women's Empowerment and Child Protection of the Republic of Indonesia (2020), ARI and diarrhea are the primary causes of infant and young child death and morbidity in low-

and middle-income nations.

A clean, comfortable, safe, and healthy district or city for residents to live in is a requirement of the Joint Regulation of the Ministers of Home Affairs Number 34 of 2005 and the Minister of Health Number 1138 of 2005 concerning the Implementation of a Healthy Regency/City (KKS). This is accomplished through the implementation of the and activities that have been integrated through agreements with the community and local government. According to the Health Profile Data for 2020, Central Java Province has an extremely low KKS implementation rate of 5.7%, which is much below the range of 100%. Central Java Province, with a total of 6.01% slum households, is in the 9th lowest position in the provinces' proportion of slum households in 2020 (Ministry of Health of the Republic of Indonesia, 2021).

One of the regencies in the province of Central Java is Pemalang. The number of healthy residences in Pemalang Regency has declined from 2019 by a percentage of 76.24% to 72.26%, according to the Health Profile Data of Pemalang Regency in 2020. This is also consistent with the decrease in households' participation in Clean and Healthy Life Behaviors (PHBS) in Pemalang Regency. According to the Health Promotion Program Data 2020, 72.08% of households in Pemalang Regency implemented PHBS in 2020, which is a lower percentage than the coverage rate of 73.63% in 2019. (Pemalang Health Office, 2020).

It is the responsibility of both the teacher at school and the parents at home to help children develop a clean and healthy lifestyle. More consideration needs to be given to developing good living habits, particularly in the midst of a Covid-19 pandemic like this one. In 2020, the Covid-19 epidemic, which originated in Wuhan, China, startled the entire world. The Big Indonesian Dictionary (KBBI) defines a pandemic as a widespread epidemic. Meanwhile, the COVID-19 illness is referred to as the 2019 new coronavirus by experts from the Institute of Virology in Wuhan (nCoV-2019). The corona virus is also referred to by the US Centers for Disease Control and Prevention (CDC) as the 2019 novel Corona Virus (2019-nCoV), but the disease has previously been recognized as coronavirus disease-19 (COVID-19) (Parwanto, 2020).

According to the WHO, the COVID-19 virus is a global pandemic with more than 121,000 infected cases worldwide, which is evidence that it is an extremely hazardous virus. Because it assaults the body's respiratory system as well as

other organs, the corona virus is also known as a dangerous virus because it can harm a variety of human systems. According to data from the Indonesian Ministry of Health, positive incidences of Covid-19 in Indonesia's kid age group are rising by 11–12%, according to data from the Indonesian Pediatrician Association (IDAI). Indonesia has the largest number of Covid-19 cases in children worldwide. According to the statistics gathered by IDAI in Indonesia, there are only 113,000 cases of Covid-19 in children every week, which is significantly less than the 210,000–230,000 cases that should exist given the prevalence of 11%–12%. As a result, 100,000 cases are unreported. According to the Covid-19 Handling Task Force's National Data Update and Analysis of Covid-19 Cases in Children as of June 24, 2020, there were 250,000 cases (or 12.6% of all instances), with 12.6% of those cases being in children. The age groups with the highest death rates are those between 0 and 2 years (0.81%), 16 to 18 years (0.22%), and 3-6 years (0.19%), respectively.

One of the institutions impacted by COVID-19 is the Al Khoiriyah Kindergarten in Klareyan. Even if they are not perfect, pre-school-aged children should be able to brush their own teeth without being told to, bathe by themselves, clean their ears, urinate and poop in the toilet, comb their own hair without assistance, and wash their hands with soap (Yulianti et al., 2019). According to the findings of observations done at the Al Khoiriyah Kindergarten in Klareyan, parents and teachers continue to have an impact on how well children between the ages of 4-6 practice good personal hygiene. Many students disregard health precautions during classroom activities, such as failing to use face shields or masks, washing their hands improperly in six stages as recommended by the WHO, having long, unclean nails, and not taking a shower before class. school, wetting the bed in class, and the untidy appearance and attire. In fact, some kids choose not to wear their uniforms on the designated day.

In addition to the individual's own personal hygiene needs, the school must support students by providing the necessary resources to develop their independence in this area while they are in school. This is in line with the theory put forth by Triasmari & Kusuma (2019), who claim that a number of factors, including children's knowledge of personal hygiene, attitudes toward practicing it, the role of teachers in schools, the role and support of parents, the availability of personal hygiene infrastructure, as well as access to health media, all have an impact on how well

children's personal hygiene is maintained. Researchers' observations show that Al Khoiriyah Kindergarten does a good job of providing facilities for personal hygiene, such as sinks, bathrooms, and toilets, shoe racks, banners promoting 6-step hand washing, and 5M health practices. The school still needs to do more to make use of its resources, including a sink that is rarely used by students to wash their hands, teachers who fail to instruct students on how to wash their hands properly (for example, by posting instructions on banners), and teachers who fail to emphasize the value of following health precautions like wearing a mask or face shield while at school, keeping a safe distance from friends, and not crowding when playing.

This research is the result of the author's work that refers to various literature references that are in accordance with the topic being studied. The research that underlies this research was previously conducted by Widayanti et al., with the title "The Relationship of Parenting Patterns to the Level of Personal Hygiene Independence of Pre-School Children". The differences between previous studies and this study lie in age inclusion criteria, research methods, sampling techniques, data analysis used, and research locations. If the previous study used the inclusion criteria for children aged 5-6 years, while this study used the inclusion criteria for children aged 4-6 years. The previous research method was a correlation study with the Spearman rank test, while this study used the Pearson product moment test. The sampling technique used in the previous study was purposive sampling, while this study used a total sampling technique.

The relationship between parenting styles and the degree of personal hygiene independence of children aged 4-6 years in a pandemic period at Al Khoiriyah Kindergarten Klareyan is the subject of the researcher's attention based on the aforementioned data. With the intention of conducting research at Al Khoiriyah Kindergarten Klareyan to examine the association between parenting styles and the degree of personal hygiene independence of children aged 4-6 years during a pandemic.

METHOD

An analytical survey approach is used in this kind of quantitative study. According to Sugiyono (2017), quantitative research techniques are those that have a positivist philosophical underpinning and are used to examine particular populations or samples. These techniques typi-

cally involve random sampling, data collection with research instruments, and quantitative or statistical data analysis by testing the predetermined hypothesis. Analytical surveys are studies that aim to understand the causes and mechanisms of health events. According to Setiadi (2007), this study uses a cross-sectional research design to examine the dynamics of the correlation between the dependent variable (parental care patterns) and the independent variable (personal hygiene independence during a pandemic), using an approach, observation, and data collection that is only done once at a time and for a brief period of time.

Data Collection Technique

Researchers utilize certain procedures called "data collection techniques" to gather data. For this study, a questionnaire was employed as a data gathering tool. Researcher carried out data collection. When the sample was chosen, respondents were chosen. Based on the inclusion and exclusion criteria, the sample was chosen. The questionnaire's completion instructions were then provided by the researcher. How to complete the questionnaire on parenting and personal cleanliness each response to the questionnaire is completed by placing a checkmark (✓) or an (X) in the appropriate answer section.

Population and Sample

The population of this study consisted of all 30 students at Al Khoiriyah Kindergarten in Klareyan, Petarukan District, Pemalang Regency. Total sampling or saturation sampling is the sample strategy used in this investigation. The population can be utilized as a survey sample because it is less than 100 people (Sugiyono, 2013). As a result, 30 kids from the general population of kids in TK Al Khoiriyah Klareyan, Petarukan District, Pemalang Regency, ages 4 to 6, served as the study's sample.

Data Collection Procedure

Manual data collection was carried out by instructors at Al Khoiriyah Kindergarten who have worked with researchers. Later, Al Khoiriyah Kindergarten pupils will receive the questionnaire and be instructed to submit it with their parents' responses. In order to avoid kids from forgetting to give surveys to parents, the researcher also spoke with the students' guardians via the WhatsApp Group. If the questionnaire has been completed, the parents can gather all of the completed questionnaire forms and give them to the instructor. The teacher will then give the data

to the researcher to process.

RESULT AND DISCUSSION

Table 1. Characteristics of Respondents Based on Mother's Age, Mother's Last Education, Mother's Occupation, Child's Age, Child's Gender, Order born of Children in Kindergarten Al Khoiriyah Klareyan

No	Characteristics of Responden	Ampunt (Person)	Percentage (%)
1.	Mother's Age		
	25 – 27	3	10%
	28 – 30	5	17%
	31 – 33	7	23%
	34 – 36	5	17%
	37 – 39	3	10%
	40 – 42	4	13%
	43 – 45	3	10%
2.	Mother's Last Education		
	SD	15	50%
	SMP	12	40%
	SMA	1	3%
	S1	2	7%
3.	Mother's Occupation		
	House wife	26	87%
	Teacher	1	3%
	Trader	1	3%
	Entrepreneur	1	3%
	Private Sector Employee	1	3%
4.	Child's Age		
	4	3	10%
	5	10	33%
	6	17	57%
5.	Child's Gender		
	Male	15	50%
	Female	15	50%
6.	Child's Born		
	1	13	43%
	2	11	37%
	3	2	7%
	4	3	10%
	5	1	3%

According to the above table, the biggest number of moms was found to be aged 31–33

years, with 7 mothers (23%), followed by ages 28–30 and 34–36 years with 5 mothers (17%), 40–42 years with 4 mothers (13%), and 25–27 years and 43–45 years with 3 mothers (both 10%). In the meantime, if you look at the most recent education, elementary education has the most moms (15 mothers, or 50%), followed by junior high education (12 mothers, or 40%), high education (1 mother, or 3%), and S1 education (2 mothers, or 7%). When looking at motherhood from the perspective of occupation, housewives make up the majority with up to 26 moms (87%), followed by teachers, traders, entrepreneurs, and private employees with up to 1 mother (3%). The characteristics of children, such as their class, age, and gender, are also covered in this study. According to the children's ages, the biggest number was found at the age of 6 years, where there were 17 children (57%), followed by the ages of 5 years, where there were 10 children (33%), and 4 years, where there were 3 children (10%). According to the children's gender, there are 15 males (or 50% of the total population), which is equal to 15 girls (or 50% of the total population). According to the findings of the order of the children, the first child had the largest total with 13 children (43%), followed by the second child with 11 children (37%), the fourth child with 3 children (10%), the third child with 3 children (7%), and the fifth child with 1 kid (3%).

Table 2. Distribution of Parenting Parenting

Interval Class	Category	Frequency	percentage
118 – 144	Very High	5	17%
91 – 117	Sufficient	23	77%
64 – 90	Middle	2	7%
36 – 63	Low	0	0
		30	100%

According to the findings of these statistics, out of the 30 respondents who were mothers in Al Khoiriyah Kindergarten, 23 (77%) fell into the sufficient group for parenting. The very high group included up to 5 people (17%). Up to 2 people (7% of the lowest order) fall into the medium group. At addition, no one in Al Khoiriyah Kindergarten falls into a very low parenting category.

Table 3. Distribution of Children's Personal Hygiene Independence in a Pandemic Period

Interval Class	Category	Frequency	Percentage
X < 53	Low	2	7%
53 < X < 67	Middle	20	67%
≥ 67	High	8	27%
		30	100%

The level of personal hygiene independence for children aged 4-6 years during a pandemic at Al Khoiriyah Kindergarten Klareyan is mostly in the medium category, with a total of 20 persons (67%), according to the distribution of data on children during the pandemic.

The study's findings will clarify its goal, which was to examine the association between parenting styles and the degree of independence in personal hygiene among kids aged 4-6 at Al Khoiriyah Kindergarten in Klareyan during a pandemic. According to the research on respondent characteristics, as many as seven (23%) of the moms were in the 30-year age range. Parents typically spend greater attention to their kids at this age. By attending to each child's needs, parents aim to be the ideal role models for their kids. This is akin to the viewpoint put forth by Arsyad (2020), who believed that the closer in age parents and children are, the more familiar parents will get with their children's circumstances. Additionally, parents have a greater impact on how parents raise and teach their children the older they are.

The degree of education of parents is also impacted by the parenting style used with their kids. The path coefficient value of 0.148, which indicates that there is an influence, supports Baiti's (2020) research that there is a substantial relationship between education level and parenting styles. The nature of one's employment is another aspect that affects parenting. According to the study's findings, 26 mothers (or 87% of them) in TK Al Khoiriyah Klareyan were either housewives or did not work. This study is consistent with Julita's (2019) investigation, which discovered that 65 respondents' (66.3%) primary jobs were housewives. This enables parents who are at home alone to give their children more care and direct full independence compared to parents who are at work.

Based on statistical calculations using the Pearson product moment correlation hypothesis test, the findings revealed a relationship between parenting styles and the degree of personal hygiene independence of children ages 4-6 during a pandemic at Al Khoiriyah Kindergarten Klareyan,

with a significance value of 0.009 0.05. Additionally, the Pearson correlation value was discovered to be 0.470, indicating a moderate amount of association between parenting styles and the independence of children's personal hygiene. Thus, it can be inferred from the results of the aforementioned Pearson product moment correlation hypothesis test that parenting is, to a moderate extent, positively correlated with the independence of children aged 4-6 years in maintaining their own personal hygiene during a pandemic in Al Khoiriyah Kindergarten Klareyan.

This is consistent with data from this study by (Sunarty, 2016), which found a strong and favorable association between parenting styles and kids' independence. According to the data, parenting is generally considered to be in the "fairly good" category; the majority of parents (77%), or 23 people, use it. In contrast, 2 persons (7%) and 5 people (17%) respectively received the category of intermediate parenting.

Children aged 4-6 years at TK Al Khoiriyah Klareyan showed that the majority of the children were fairly independent, as many as 20 children (67%), according to the research's distribution table of the level of personal hygiene independence during the pandemic. While there are 8 children (27%) who are highly independent in terms of personal hygiene, there are only 2 children (7%) who fall into either category.

According to theory, the degree of independence is impacted by two aspects, including internal and external forces, according to Utami (2016) in Pratiwi (2019). Gender is one of the internal issues in question. While one of the parenting styles is the alleged external element. Based on the study's findings, table 4.2 shows that there were 15 respondents (or 50%) who identified as male and 15 respondents (or 50%) who identified as female. In terms of personal hygiene independence, boys and girls are equally independent. It can be inferred that there is no discernible difference in the independence of boys and girls' personal hygiene due to external variables alone, but also due to parental teaching. According to Utami (2016), in theory, girls generally have a stronger desire to break free from their parents' control, but in practice, girls' position is required to be more passive, in contrast to boys, who typically have an aggressive and expanding character. Girls therefore depend on things longer than boys do.

While the parenting style can be found to be influenced by outside variables. This is consistent with the idea advanced by Dewi (2017) in Fatriansari & Afriyani (2019), according to which parenting has an impact on how independently

school-aged kids practice personal hygiene. According to Lestari's (2019) research findings, there is a substantial correlation between parenting and a child's level of independence (X2 value: 11.335), suggesting that the two are related. According to Utami's (2016) hypothesis, parents' caring of their children plays a crucial part in helping youngsters develop their sense of independence.

CONCLUDING

With a significance value of 0.009 0.05 and a Pearson correlation value of 0.470, which indicates a moderate degree of correlation between the two variables, it can be concluded from the data and findings of research that there is a positive and unidirectional relationship between parenting styles and the level of personal hygiene independence of children aged 4-6 years during a pandemic at Al Khoiriyah Kindergarten Klareyan.

The findings of the correlation coefficient test show that parenting generally has a very excellent category of 77%, with the most authoritarian parenting style having a moderately authoritarian category of 80% and the least authoritarian parenting style having a moderate category of 63%. The average category for children between the ages of 4-6 years during a pandemic at Al Khoiriyah Kindergarten, Klareyan, is 67%. Markers of toilet training, skin and hair hygiene, dental and oral hygiene, and the use of appropriate health protocols are among the most significant indicators of children's independence in personal hygiene throughout the pandemic.

Suggestion

It is anticipated that advice for parents will be able to foster a more positive outlook when it comes to learning and adopting suitable parenting practices for kids. For schools, it is expected that they will be able to enhance and provide sufficient facilities for kids to develop their potential for independence, especially in personal hygiene, and that they will be able to offer guidance regarding the significance of instilling a self-reliant attitude toward personal hygiene in kids. Teachers have a responsibility to teach students about personal cleanliness in the classroom and set a positive example for them. Future academics will hopefully be able to investigate more elements that influence children's independence and offer fresh perspectives on existing questions.

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