

HUBUNGAN ANTARA GANGGUAN EMOSI DENGAN KADAR HORMON MELATONIN PADA ANAK DI ERA PANDEMI COVID-19

ABSTRAK

Latar Belakang: Gangguan emosi memiliki dampak pada tahap perkembangan dan pematangan karakter anak. Pandemi COVID-19 menyebabkan kontak anak dengan teman sebaya berkurang dan dapat memengaruhi emosional anak. Penggunaan gadget yang berlebihan selama pembelajaran daring dapat menekan produksi hormon melatonin yang menyebabkan kurangnya durasi tidur pada anak sehingga dapat menyebabkan gangguan emosi pada anak.

Tujuan: Mengetahui hubungan antara gangguan emosi dengan kadar hormon melatonin pada anak usia 6-12 tahun di era pandemi COVID-19.

Metode: Penelitian ini menggunakan studi observasional analitik dengan rancangan *cross-sectional* pada 82 sampel yang berusia 6-12 tahun. Pengukuran gangguan emosi pada anak diukur dengan *Strength and Difficulties Questionnaire* (SDQ), gangguan tidur pada anak diukur dengan *Sleep Disturbance Scale for Children* (SDSC) dan pola asuh dikelompokkan menggunakan *Parenting Style and Dimension Questionnaire-Short Version* (PSDQ).

Hasil: Anak dengan gangguan emosi berjumlah 9 orang dari 82 sampel dan paling banyak berusia 11 tahun (36,6%). Data dianalisis menggunakan uji Kruskal-Wallis dengan $\alpha < 0,05$. Tidak didapatkan hubungan yang bermakna antara gangguan emosi dengan kadar hormon melatonin ($\alpha = 0,794$).

Kesimpulan: Tidak didapatkan hubungan yang signifikan antara gangguan emosi dengan kadar hormon melatonin pada anak di era pandemi COVID-19.

Kata Kunci: Gangguan emosi, hormon melatonin, pandemi COVID-19

THE RELATIONSHIP BETWEEN EMOTIONAL DISORDERS AND MELATONIN HORMONE LEVELS IN CHILDREN IN THE ERA OF THE COVID-19 PANDEMIC

ABSTRACT

Background: Emotional disorders have an impact on the stage of development and maturation of the children's character. The COVID-19 pandemic has reduced a children's contact with peers and can affect a children's emotionality. Excessive use of gadgets during online learning can suppress the production of the melatonin hormone which causes lack of sleep in children so that it can cause emotional disturbances in children.

Objective: This study aimed to determine the relationship between emotional disorders and melatonin hormone levels in children aged 6-12 years in the era of the COVID-19 pandemic.

Method: This study used an analytical observational study with a cross-sectional design in 82 samples aged 6-12 years. Measurement of emotional disorders in children was measured by the Strength and Difficulties Questionnaire (SDQ), sleep disorders in children were measured by the Sleep Disturbance Scale for Children (SDSC) and parenting patterns were grouped using the Parenting Style and Dimension Questionnaire-Short Version (PSDQ).

Results: There are 9 children with emotional disorders out of 82 samples and most of them are 11 years old (36.6%). Data are analyzed using the Kruskal-Wallis test with ($\alpha < 0.05$). There is no meaningful relationship between emotional disorders and melatonin hormone levels ($\alpha = 0.794$).

Conclusion: There is no significant relationship between emotional disorders and melatonin hormone levels in children in the era of the COVID-19 pandemic.

Keywords: Emotional disorders, melatonin hormone, COVID-19 pandemic