



## ***Relationship Between Parenting Patterns and Personal Hygiene of Children in Bakti Islam Kindergarten, 50 Sungai Rumbai Timur District, Dharmasraya Regency, 2023***

**Puti Zalza Jandra Nabila<sup>1\*</sup>, Bustami<sup>2</sup>, Syafrizal<sup>3</sup>**

Alifah Health Science Collage, Indonesia<sup>1-3</sup>

[putizalzajandranabila@gmail.com](mailto:putizalzajandranabila@gmail.com)<sup>1</sup>

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### **Abstract**

According to data from the World Health Organization (WHO) in 2020, it was found that 5-7 million children in the world experienced delays in personal hygiene, around 15%-25% occurred at the age of 4-6 years, personal hygiene problems that occur in preschool children are often found in Sungai Rumbai District is 61.7% or 2,987 people. The aim of this research is to determine the relationship between parenting patterns and personal hygiene of children at Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency in 2023. The research method used is quantitative with a cross sectional design. The research was carried out in March-August 2023, data collection was carried out in 7-22 August 2023. The population in the study was 78 children of the Bakti Islam Kindergarten, while the sampling technique used a total sampling technique of 68 respondents. Data was collected through interviews using a questionnaire and the data was analyzed univariately and bivariately using the Chi square test. The research results showed that 44.1% had an authoritarian parenting style, and 52.9% had poor personal hygiene. There is a relationship between parenting patterns and personal hygiene in children at Islam Bakti 50 Kindergarten, Sungai Rumbai Timur District, Dharmasraya Regency in 2023 with a p-value of 0.000. Based on research results, there is a relationship between parenting styles and personal hygiene in kindergarten children. It is hoped that the school will provide a learning schedule to practice proper personal hygiene procedures in everyday life

**Keywords:** Preschool Age Children, Personal Hygiene, Parenting Patterns

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### **\*Corresponding author:**

Address : Alifah Health Science Collage

E-mail : [putizalzajandranabila@gmail.com](mailto:putizalzajandranabila@gmail.com)

## **INTRODUCTION**

Children are one of the nation's next generations, so children with good qualities are needed to achieve a good future for the nation. To get good quality children, it must be ensured that the child's growth and development is also good. Preschool children are in the age range of 4-6 years. At this time, the process of children's growth and development in various aspects is experiencing a rapid period in the development of

human life. The child's learning process as a form of treatment given to children must pay attention to the characteristics of each stage of the child's development. Because at a child's age there is a rapid and fundamental development process for later life (Aprilie, 2019).

Children are individuals who are vulnerable to developmental changes starting from infancy to adolescence. One of the stages of children's growth and development is preschool age (4-6 years), where the developmental tasks of

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preschool children include independence. Children's independence can be seen in various things such as socializing, studying, and living a clean and healthy lifestyle. Clean and healthy living behavior is closely related to a person's efforts or activities to maintain and improve their health, which includes eating a balanced menu, regular exercise, adequate rest, and personal hygiene (Zuliyanti, 2019).

According to data from the World Health Organization (WHO) in 2020, it was found that 5-7 million children in the world experienced delays in personal hygiene, around 15%-25% occurred at the age of 4-6 years. Based on ASIA data in 2020, around 2.5 million children are incapable of personal hygiene, 49.7% of children cannot be independent in personal hygiene. Of all incidents of personal hygiene problems, it was found that 80% of children were only able to toilet as much as 20% and around 15-20% of children experienced delays in toileting (WHO, 2020).

According to data from the Indonesian Ministry of Health (2021), the number of children under the age of 6 is estimated to be equivalent to 23,729,583 people. According to the Household Health Survey (SKRT), it is estimated that 75 million children aged 4-6 years have difficulty carrying out personal hygiene, including controlling urination (BAK) and defecation (BAB), at preschool age children should be able to carry out toileting properly. independent.

West Sumatra Province Health Profile in 2022, the coverage of early detection of growth and development of children under five at the provincial level is 71.11%, the achievement target is 90% or more. This must receive serious attention from the government because of the coverage strategy plan for Early Growth and Development Intervention Detection Stimulation (SDIDTK). ) West Sumatra in 2022 amounting to 90%. Data obtained shows that 68.5% of children aged 4-6 years experience delays in personal hygiene. Data obtained show that 82.4% of preschool aged children experience delays in toileting problems (West Sumatra Health Office, 2022).

Data from the West Sumetara Service states that in 2022 the target number will be 64,954 children under five and those who have been detected through early growth and development detection (DDTK) will be 58,458 (90%), and the number of failures will be 6726 children (10.4%). This detection uses the Developmental Pre-Screening Questionnaire (KPSP), namely gross movement, fine movement, language skills and socialization of independence. This coverage has reached the minimum service standard (SPM) target for West Sumatra 2022, namely 90%. The data obtained shows that the number of children who experience delays is found in Dharmasraya Regency with 76.2 or 4,654 people, Sijunjung Regency 68.4% or 4,341 people, Pesisir Regency 59.4 or 3,485 and Sijunjung Regency 52.4% or 3,215 (West Sumatra Health Office, 2022).

Based on data obtained from Dharmasraya Regency, it was found that the number of preschool age children was 5,568. Data detected through early growth and development detection (DDTK) showed that 76.2% of children experienced delays in personal hygiene. The incidence of personal hygiene problems that occur in preschool children is found in Sungai Rumbai District at 61.7% or 2,987 people (Dharmasraya District Health Office, 2022).

Forms of independent personal hygiene for children aged 4-6 years include bathing themselves, defecating and urinating (toilet training), brushing their own teeth, washing and wiping their own hands, combing their own hair, and dressing themselves. If children's personal hygiene is poor, this can cause various diseases in children, including diarrhea, worms, respiratory tract infections, eye and ear infections and skin diseases, as well as dental caries (Furkon, 2016).

Becoming independent must start from an early age or since the child is in kindergarten, if the child's independence is sought after the child grows up, that independence will become incomplete, while the child's independence is greatly influenced by the parenting style of the parents (Sunarty, 2015).

Many problems resulting from poor personal hygiene are influenced by several factors, namely the environment, parenting patterns and family support. At this age, parents no longer fully supervise the activities of their sons and daughters, so children begin to learn to adapt to their surroundings and tend to be more active in developing great curiosity and socializing with their peers. Because of this, children tend not to pay attention to their own hygiene. Low awareness and minimal knowledge about health in children of this age means that they still need supervision and guidance from those closest to them who have influence on their personal hygiene, for example parents, family and the environment (Aprilie, 2019).

The habits of parents, fathers or mothers in leading, nurturing and guiding children in the family. Nurturing means looking after him by caring for and educating him. Guiding by helping, training, and so on. The right parenting style will influence the child's independence in all areas, one of which is the child's personal hygiene independence (Djamarah, 2018).

Caring for and guiding children at home is an obligation for parents to shape their children as better individuals. All forms of interaction that occur between children and parents constitute a particular parenting pattern in the family which will influence the child's development (Permasih, 2014). Parenting patterns are divided into three types, namely permissive parenting, democratic parenting, and authoritarian parenting (Djamarah, 2018 ).

The health impact that often occurs in pre-school children due to the inability to maintain independence in personal hygiene is diarrhea. Diarrhea is a defecation disorder which is characterized by defecating more than 3 times a day with a liquid stool consistency, and can be accompanied by blood. The results of Basic Health Research state that diarrhea is the biggest cause of death for children and toddlers in Indonesia (Yulianti, 2019).

Based on the results of research conducted by Artiani (2022) entitled the

relationship between parenting patterns and the level of personal hygiene independence in preschool-aged children at the Step Sanak Maju Kindergarten, Gunung Terang Village. The research results showed that more than half of the respondents had a permissive parenting style, namely 67.8%, more than half of the respondents had poor personal hygiene independence, namely 66.7%. The results of the research show that there is a relationship between parenting styles and the level of personal hygiene independence with a p-value of 0.003 ( $p < 0.05$ ).

The results of research conducted by Yulianti, et al (2019) entitled the relationship between parenting patterns and the level of personal hygiene independence in preschool-aged children in Celegeh Hamlet, Barebali Village. The research results show that more than half, namely 59.7% of respondents, have a democratic parenting style and more than half, namely 64.3% of respondents, have a poor level of personal hygiene independence. The results of the research show that there is a relationship between parenting styles and the level of independence in personal hygiene, p-value of 0.012 ( $p < 0.05$ ).

The reason the researchers took research at the Bakti Sungai Rumbai Islamic Kindergarten was because East Sungai Rumbai District had one of the largest populations of preschool age children and one of the largest preschool age children was found at the Bakti 50 East River Rumbai Islam Kindergarten with 78 children.

Based on the results of an initial survey conducted by researchers in May 2023 with 10 children from TK Islam Bakti 50. The initial survey results showed that 7 children (70%) were unable to carry out skin care and bathing, children were also unable to carry out oral care, children were unable to eye, nose and ear care, hair care, foot and mouth care and children who cannot afford genitalia care. Respondents also said that children had a parenting style that did not force or demand their children to carry out personal hygiene themselves, children said that children still had help from their parents regarding personal hygiene. Meanwhile, 3 children (30%)

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said that they were able to do skin hygiene and bathe, children were able to do oral care, respondents were also able to do eye, nose and ear care, hair care and children were able to do foot and nail care. Children also say that children have parents who always tell children to do their own personal hygiene.

Based on the background description, researchers have conducted research on the relationship between parenting styles and personal hygiene of children at Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency in 2023.

## METHOD

This research discusses the relationship between parenting patterns and the personal hygiene of children at Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency in 2023. The independent variable in this research is parenting patterns, while the dependent variable is personal hygiene. This research is a quantitative research with a cross sectional approach. This research was conducted at the Bakti 50 Islamic Kindergarten, Sungai Sumbai Timur District, Dharmasraya Regency. The research started from March to August 2023, data collection was carried out on 7-22 August 2023. The population in this study was all 78 children of Bakti Islam Kindergarten, while sampling used the total population technique with a sample size of 68 respondents, data was collected through a questionnaire by conducting direct interviews with respondents. Data were analyzed univariately and bivariately with statistical tests using the Chi-Square test.

## RESULTS AND DISCUSSION

### 1. Analisis Univariat

#### a. Frequency Distribution of Parenting Patterns of Children at Bakti Islam Kindergarten in 50 Sungai Rumbai Timur Districts, Dharmasraya Regency

**Distribusi Frekuensi Pola Asuh Orang Tua Anak TK Islam Bakti 50 Kecamatan Sungai Rumbai Timur Kabupaten Dharmasraya**

No	Pola Asuh Orang Tua	f	%
1	Otoriter	30	44.1
2	Pemisif	26	38.2
3	Demokratis	12	17.6
<b>Jumlah</b>		<b>68</b>	<b>100</b>

Based on the research results, it can be seen that out of 68 respondents, 30 respondents (44.1%) had an authoritarian parenting style for children in Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency in 2023

#### b. Frequency Distribution of Personal Hygiene for Children at Bakti Islam Kindergarten in 50 Sungai Rumbai Timur Districts, Dharmasraya Regency

**Distribusi Frekuensi Personal Hygiene Anak TK Islam Bakti 50 Kecamatan Sungai Rumbai Timur Kabupaten Dharmasraya**

No	Personal Hygiene	f	%
1	Kurang Baik	36	52.9
2	Baik	32	47.1
<b>Jumlah</b>		<b>68</b>	<b>100</b>

Based on the research results, it can be seen that out of 68 respondents, 36 respondents (52.9%) found that personal hygiene was not good for the children of Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency in 2023.

### 2. Analisis Bivariat

#### a. The Relationship between Parenting Patterns and Personal Hygiene of Children in Bakti Islam Kindergarten 50 Sungai Rumbai Timur District, Dharmasraya Regency, 2023

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Hubungan Pola Asuh Orang Tua dengan *Personal Hygiene* Anak TK Islam Bakti 50 Kecamatan Sungai Rumbai Timur Kabupaten Dharmasraya Tahun 2023

Pola Asuh Orang Tua	<i>Personal Hygiene</i>				Jumlah		P-Value
	Kurang baik		Baik				
	f	%	f	%	f	%	
Otoriter	25	83.3	5	16.7	30	100	0,000
Permisif	6	23.1	20	76.9	26	100	
Demokratis	5	41.7	7	58.3	12	100	
<b>Jumlah</b>	36	52.9	32	47.1	68	100	

Based on the research results, it can be seen that the proportion of respondents who have poor personal hygiene with authoritarian parenting patterns (83.3%) compared to good personal hygiene with permissive parenting patterns (76.9%) in children at Islam Bakti 50 Kindergarten, Sungai Rumbai Timur District, Regency Dharmasraya in 2023.

Based on the results of the Chi-square test, the p-value was 0.000 ( $p < 0.05$ ), it can be concluded that there is a relationship between parenting patterns and personal hygiene in the children of Bakti 50 Islamic Kindergarten, Sungai Rumbai Timur District, Dharmasraya Regency in 2023.

## Discussion

### 1. Analisis Univariat

#### a. Frequency Distribution of Parenting Patterns of Children at Bakti Islam Kindergarten in 50 Sungai Rumbai Timur Districts, Dharmasraya Regency

Based on the research results, it can be seen that of the 68 respondents, 30 respondents (44.1%) had an authoritarian parenting style for the children of Bakti 50 Islamic Kindergarten, Sungai Rumbai Timur District, Dharmasraya Regency in 2023.

The results of this research are in line with research conducted by Puspan dini (2021) entitled the relationship between parenting patterns and the success of personal hygiene in toddler-aged children at Hati Suci Kindergarten, Jakarta. The research results showed that many children were found to be unable to carry out

personal hygiene, namely 61.8% of toddler-aged children at Hati Suci Kindergarten, Jakarta. The results of research conducted by Fenny (2022) entitled the relationship between parenting patterns and the success of personal hygiene in toddler-aged children at the Putra Fatahillah Islamic Kindergarten. The research results showed that more than half, namely 74.6% of respondents, were unable to carry out personal hygiene for toddler-aged children at Hati Suci Kindergarten, Jakarta.

Parenting style is the attitude of parents towards children in terms of interacting, guiding, developing and educating with the aim of children being able to live a life in accordance with good values in society. Meanwhile, according to Euis, parenting is a series of intensive interactions, parents direct children to have life skills. Parenting style is how parents treat children, educate, guide and discipline and protect children in reaching the process of maturity to efforts to establish norms expected by society in general (Sulasmi, 2017).

Authoritarian parenting is a parenting pattern that is full of restrictions and punishment (violence) by means of parents imposing or demanding the parents' own wishes without understanding and comprehending the child's feelings, so that parents with authoritarian parenting have full control in controlling their children.

The results of the questionnaire analysis showed that respondents who had authoritarian parenting were because their parents strongly agreed to give punishment if they didn't want to bathe, namely 32.4% and parents agreed to tell them to put on clothes and then I couldn't, parents scolded, namely 22.1%. Parents who have a democratic parenting style because parents really agree to discuss with my father about how to maintain personal hygiene, namely 20.6% and parents agree that I practice

defecation & urination is very important to train my habits in terms of defecation & urination, while parents who have a parenting style Permissive is because parents strongly agree that there is no need to hit children if the child is unable to carry out personal hygiene, namely 38.2% and respondents strongly disagree that if they are older, I can defecate & urinate in their place (toilet), namely 58.8%.

The researcher's assumption is that the results of the study show that many respondents have an authoritarian parenting style. Authoritarian parenting patterns applied to kindergarten children can make children afraid of their parents and children may not obey their parents' orders, because authoritarian parenting is harsh and does not follow or listen. his son's fault. Based on the characteristics of respondents, parental education is still relatively low so that knowledge about parental parenting is still lacking, as much as 58.8% at the high school level and 17.6% at the tertiary level.

#### **b. Frequency Distribution of Personal Hygiene for Children at Bakti Islam Kindergarten in 50 Sungai Rumbai Timur Districts, Dharmasraya Regency**

Based on the research results, it can be seen that out of 68 respondents, 36 respondents (52.9%) found that personal hygiene was not good in the children of Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency in 2023.

The results of this research are in line with research conducted by Puspandini (2021) entitled the relationship between parenting patterns and the success of personal hygiene in toddler-aged children at Hati Suci Kindergarten, Jakarta. The research results show that many children have an authoritarian parenting style, namely 56.9% of toddler-aged children at Hati Suci Kindergarten, Jakarta. The results of research conducted by Fenny (2022)

entitled the relationship between parenting patterns and the success of personal hygiene in toddler-aged children at the Putra Fatahillah Islamic Kindergarten. The research results show that more than half, namely 67.3% of respondents, have an authoritarian parenting style for toddler-aged children at Hati Suci Kindergarten, Jakarta..

According to Uliyah and Hidayat (2019), the types of personal hygiene are: Hand, foot and nail hygiene is a process of mechanically removing dirt from the skin of both hands using soap and clean water, thereby reducing the number of microorganisms that cause disease on the hands. Hair cleanliness can be maintained by washing your hair regularly at least once every 2-3 days or when your hair is dirty by using hair washing shampoo and clean water. Dental and oral hygiene Regularity in maintaining dental and oral hygiene must be practiced from childhood so that it will become a good habit into adulthood. Cleaning the eyes, nose and ears can be done while bathing but not too hard so as not to cause injury. Clean your skin by showering and wearing clean clothes. Genital hygiene cleans the genitalia to prevent infection or fungus from attaching to the genitalia.

The researcher's assumption is that the research results show that the respondents have poor personal hygiene. Personal hygiene in kindergarten children is still in the poor category because children still need help from their parents and children are not yet fully able to do it themselves. Based on the characteristics of respondents, it was found that most of the parents' jobs were traders, 26.5%, so parents were busier doing activities outside the home than paying attention to children's personal hygiene.

The results of the questionnaire analysis showed that respondents who had

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poor personal hygiene were because the respondents never showered twice a day, namely 51.5% sometimes cleaned their dirty noses periodically. Meanwhile, those who have good personal hygiene because they often rinse their mouths every time after eating and always clean their genitalia every time they urinate are 39.7%.

## 2. Analisis Bivariat

### a. The Relationship between Parenting Patterns and Personal Hygiene of Children in Bakti Islam Kindergarten 50 Sungai Rumbai Timur District, Dharmasraya Regency, 2023

Based on the research results, it can be seen that the proportion who have poor personal hygiene with authoritarian parenting patterns (83.3%), good personal hygiene with permissive parenting patterns (76.9%) and good personal hygiene with democratic parenting patterns (41.7% ) in children of Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency in 2023. Based on the results of the Chi-square test, the p-value was 0.000 ( $p < 0.05$ ), it can be concluded that there is a relationship between parental parenting and personal hygiene in children Bakti 50 Islamic Kindergarten, Sungai Rumbai Timur District, Dharmasraya Regency in 2023.

The results of this research are in line with research conducted by Puspandini (2021) showing that there is a relationship between parenting patterns and the success of personal hygiene with a p-value research result of 0.005 ( $p < 0.05$ ) in toddler-aged children at Hati Suci Kindergarten, Jakarta. The results of research conducted by Fenny (2022) show that there is a relationship between parenting patterns and the success of personal hygiene with a p-value research result of 0.012 ( $p < 0.05$ ) in toddler-aged children at Hati Suci Kindergarten, Jakarta.

Preschool children are those aged between three and six years. Preschool children are individuals who have various kinds of potential. This potential is stimulated and developed so that the child's personality develops optimally. Delayed potential development will result in problems. Kindergarten is a form of preschool education that provides early education programs for children aged 4 years until they enter primary education (Supartini, 2016).

Personal hygiene does not look at age, because disease-causing organisms can reproduce anywhere. Therefore, personal hygiene must be instilled from an early age so that children get used to doing it at home, school and at play until they grow up. Personal hygiene consists of: cleanliness of hands, feet and nails. Hair hygiene. Dental and oral hygiene. Clean eyes, nose and ears. Skin hygiene. Genitalia cleanliness (Widnyana, 2018).

There are several factors that influence parents' parenting patterns according to Soetjningsih (2017), namely: Young parents are more likely to apply a democratic and passive parenting style to their children. This is because younger parents are more able to be open and have good dialogue with their children. Middle to lower economic status families tend to be harsher on children and use more physical punishment. A high level of education and taking courses in parenting use more democratic parenting techniques compared to parents who do not receive education and training in parenting. At the age of the child, parents are more likely to be authoritarian towards children who are teenagers compared to young children, because in general small children are still obedient to their parents. The gender of the child tends to be protective of girls. Because girls are more easily influenced and protective.

Parenting patterns are a series of forms and procedures carried out by consistently looking after, caring for and educating their children which are manifested in the form of interactions between parents and their children. Parenting patterns consist of 3 types, namely permissive parenting, where parents provide parenting patterns with children so that children produce children who are disobedient, spoiled and less independent. Democratic parenting means that parents uphold openness, recognition of children and cooperation so that it will produce children who are independent and cooperative with other people. Authoritarian parenting is where parents have power, children who do not obey their parents will receive harsh punishment, resulting in fearful children (Sulasm, 2015).

The researcher's assumption is that there is a relationship between parenting patterns and personal hygiene in kindergarten children, because parenting patterns determine children's development, and parents who are authoritarian or permissive will usually experience delays in personal hygiene, because with authoritarian parenting the child becomes more afraid of parents and in a permissive parenting style parents don't care about the child's development.

Researchers also assume that there is a relationship between parenting patterns and personal hygiene because parenting patterns are a form of action given by parents to change or develop their children. Children's personal hygiene is possible because of the upbringing of parents who educate and train children to be able to practice personal hygiene. The success of personal hygiene in children is also due to children being taught by parents to carry out personal hygiene correctly, children always train themselves to carry out personal hygiene. There is a relationship

between parental parenting and personal hygiene success because the child can show that he can defecate and urinate on his own and the child is also able to change clothes.

## CONCLUSION

Based on the research results, it can be concluded as follows:

1. It was found that 44.1% of parents had an authoritarian parenting style for children at Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency
2. It was found that 52.9% of the personal hygiene was poor in the children of Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency
3. There is a relationship between parenting patterns and personal hygiene in children at Bakti Islam Kindergarten 50, Sungai Rumbai Timur District, Dharmasraya Regency.

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