

HUBUNGAN PERSEPSI ANAK SEBAGAI *LEAST FAVORITE CHILD* DENGAN KERENTANAN TERHADAP SAKIT RINGAN BERULANG PADA SISWA SDN SUSUKAN 09 PAGI

Chatarina Marshella Widyahapsari

Abstrak

Faktor psikososial dalam keluarga, seperti persepsi ketidakadilan dalam pengasuhan, diduga memengaruhi kesehatan fisik anak melalui mekanisme stres kronis. Namun, hubungan spesifik antara persepsi sebagai *least favorite child* (LFC) dan kerentanan sakit ringan berulang masih terbatas diteliti, terutama di Indonesia. Penelitian ini bertujuan untuk menganalisis hubungan antara persepsi anak sebagai LFC dengan kerentanan terhadap sakit ringan berulang pada siswa sekolah dasar. Penelitian menggunakan desain kuantitatif *cross-sectional* dengan metode survei korelasional. Sampel sebanyak 122 siswa kelas 4-6 SDN Susukan 09 Pagi dipilih dengan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Sibling Inventory of Differential Experience – Revised* (SIDE-R) untuk mengukur persepsi LFC dan Kuesioner Status Kerentanan Sakit Ringan Berulang untuk menilai kerentanan sakit ringan berulang. Hasil uji korelasi Spearman menunjukkan adanya hubungan yang signifikan, kuat, dan positif antara persepsi LFC dengan kerentanan sakit ringan berulang dengan nilai $r = 0,720$ dan $p < 0,001$. Terdapat hubungan yang signifikan antara persepsi anak sebagai *least favorite child* dengan peningkatan kerentanan terhadap sakit ringan berulang. Semakin tinggi persepsi ketidakadilan dalam pengasuhan, semakin tinggi kerentanan sakit yang dialami anak.

Kata Kunci: *Least Favorite Child*, Persepsi Ketidakadilan, Sakit Ringan Berulang, Pengasuhan Diferensial.

THE RELATIONSHIP BETWEEN CHILDREN'S PERCEPTION OF BEING THE LEAST FAVORITE CHILD AND SUSCEPTIBILITY TO RECURRENT MINOR ILLNESSES AMONG STUDENTS OF SDN SUSUKAN 09 PAGI

Chatarina Marshella Widyahapsari

Abstract

Psychosocial factors within the family, such as perceived inequality in parenting, are suspected to affect children's physical health through chronic stress mechanisms. However, the specific relationship between the perception of being the *least favorite child* (LFC) and susceptibility to recurrent minor illnesses remains understudied, particularly in Indonesia. This study aimed to analyze the relationship between children's perception as the LFC and their susceptibility to recurrent minor illnesses among elementary school students. This research employed a quantitative cross-sectional design with a correlational survey method. A sample of 122 students from grades 4-6 at SDN Susukan 09 Pagi was selected using purposive sampling. Data were collected using the Sibling Inventory of Differential Experience – Revised (SIDE-R) questionnaire to measure LFC perception and the Questionnaire on Recurrent Minor Illness Susceptibility Status to assess the frequency of recurrent minor illnesses. Data analysis used descriptive statistics and the Spearman correlation test. Spearman's correlation test results revealed a significant, strong, and positive relationship between LFC perception and susceptibility to recurrent minor illnesses, with values of $r = 0.720$ and $p < 0.001$. There is a significant relationship between children's perception of being the *least favorite child* and increased susceptibility to recurrent minor illnesses. The higher the perception of injustice in parenting, the higher the frequency of illness experienced by the child.

Keywords: *Least Favorite Child*, Perceived Injustice, Recurrent Minor Illness, Differential Parenting