

# The Effect of Maternal Attachment on Independence and Self-Confidence of 4-5 Years Old Children from the Aspect of Mother's Occupation Status

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## ABSTRACT

This study was conducted to determine the effect of maternal attachment on independence and self-confidence of 4-5 years old children from the aspect of Mother's Occupation Status. This research was quantitative research. The population and sample in this study were working and non-working mothers who had children aged 4-5 years in Kradenan Village, Grobogan Regency, totalling 92 people consisting of 27 working mothers and 65 non-working mothers. The sample collection technique in this study was a saturated sample, where all populations were used as research samples. The data analysis technique in this study used descriptive and regression statistical analysis using the SPSS 23 program. The results of this study found that maternal attachment affected the independence of 4-5 years old children; maternal attachment affected the self-confidence of 4-5 years old children; maternal attachment affected the children's independence by controlling the status of mother's occupation; maternal attachment affected children's self-confidence by controlling the status of mother's occupation.

**Keywords:** Maternal Attachment, Children Independence, Children Self-confidence, Mother's Occupation Status

## INTRODUCTION

According to Steinberg (1995: 285) independence is the ability of individuals to behave independently and be able to take responsibility for completing well. Supported by Hurlock (2008: 150) that independence is the attitude, habits and ability of children to do their own activities. Independence is not formed spontaneously, but there are several factors that influence it, including physical conditions, psychology, family environment, school and society (Lestari, 2019). In line with Sari and Amelia (2019) that parents have a very significant role in shaping children's independence. Parents must provide opportunities for children to do various activities by themselves to become brave and unyielding individuals.

In addition to independence, self-confidence is also very important for children. A person's self-confidence is their belief in the potential in carrying out something without other people's influence (Ayu and Muhi, 2022). Self-confidence is individual's mental state in giving confidence in their ability to take action according to their wishes (Rohma, 2018). According to Bandura (1977) self-confidence is the

person's belief to behave and get the expected results. The development of children's self-confidence is impacted by various factors, including the role of the family in parenting such as spoiling children, saying harsh words, yelling and forbidding (Mulyani et al., 2021). Schools also have a significant role in stimulating children's self-confidence such as saying negative things, criticising children and categorising children's abilities (Sari and Frischa, 2018). In addition, children's self-confidence is also influenced by the attachment that is formed with parents, especially mothers (Cottingham and Erickson, 2020).

Attachment is an emotional bond between children and mother, involving comfort, pleasure and security in daily activities. Attachment is non-verbal communication between the child and the closest person, especially the mother (Wardani and Aulia, 2023). Fatimah (2019) stated that attachment is a psychological relationship between children and mothers. From these opinions, the conclusion that attachment is a deep bond that develops through a variety of activities between mothers and children.

Maternal attachment is very influential on child development. Well established attachment between children and mothers fosters a sense of security, comfort and children feel supported to explore new things. Conversely, if children do not get good attachment, they will lack confidence in interacting with others (Kusdemawati, 2021). This is supported by Sari et al (2020) that the established attachment between parents and children is able to affect children's self-confidence because parents are always responsive when children need their assistance.

Nowadays, the mother's role is not only caring for children but also working outside the home. Working mothers have a dual role, as a child carer and helping to earn a living (Fitri, 2017). The status of working mothers will certainly have an influence on the children's growth and development by having little time to gather with children

(Geofanny, 2016). Meanwhile, non-working mothers have more time with the family so they know the process of child growth and development as a whole (Herawati and Widiantoro, 2020). However, the time mothers spend with their children does not guarantee the formation of quality attachment. Most of the time mothers spend with their children is only to fulfil their childcare obligations (Qomariah, 2019). This is result of mother's ignorance regarding good care for children. The role of mothers in parenting should be to guide and direct children to be able to reach the maximum stage of development. From these opinions, it can be concluded that the status of mother's occupation can have a good or bad effect on children development, depending on the habits of parents applied to the children.

Based on a survey conducted by researchers in Kradenan Village, Kradenan District, Grobogan Regency, Central Java. The researcher found that children are cared for by both working and non-working mothers. Mothers who work in Kradenan Village including factory workers, teachers, private employees and merchants. In addition, there are also some children who are cared for by non-working mothers. However, most children who are cared for by their mothers have very close attachments, whether their mothers work or not. The time mothers spend with their children does not guarantee the quality attachments. This certainly has an impact on 4-5 years old children in Kradenan Village, Grobogan Regency who do not have good independence and self-confidence. In the aspect of independence, children are still dependent on their mothers in daily activities such as not being able to prepare school equipment, children are not yet able to store items according to their place, shoes are still used by mothers. In addition, in the aspect of self-confidence, many children are still shy and afraid to interact with others, have not courage to argue and do not want to be left by their mothers.

The existence of such conditions is an interesting phenomenon related to maternal attachment to the independence and self-confidence of 4-5 years old children. This research is significant to find out whether the maternal attachment to children affects children's independence and self-confidence in terms of the mother's occupation status. This research will be useful for parents, especially mothers, to evaluate and improve attachment to children so they are able to be independent and confident in carrying out daily activities.

## METHODS

This study applied quantitative methods with a comparative causal design to determine the cause and effect between variables (Philip Adu and D. Anthony Miles, 2024: 55). In the causal comparative research design, the researcher attempted to see the effect of maternal attachment on the independence and self-confidence of 4-5 years old children in terms of the mother's occupation status in Kradenan Village, Grobogan Regency, Central Java. This study was conducted in five early childhood education institutions in Kradenan Village, Grobogan Regency, Central Java. The data source in this study was carried out using saturated sample technique by using all the

population as a research sample. The sample totalled 92 respondents consisting of 27 working mothers and 65 non-working mothers. In the questionnaire, the researcher provided five choices to respondents; always, often, rarely, rarely and never. Furthermore, data were collected using questionnaires to ascertain the impact of maternal attachment on independence and self-confidence of 4-5 years old children in terms of mother's occupation status. Questionnaires on maternal attachment and mother's occupation status was filled out by mothers who have 4-5 years old children in Kradenan Village, Grobogan Regency. Meanwhile, the questionnaire of children's independence and self-confidence was filled in by the teachers. Data processing and data analysis techniques using the SPSS 23 program.

## RESULT

### A. Descriptive Statistic Analysis

#### 1. Description of Respondent Characteristics

The respondent characteristics in this study were categorized based on occupation status, type and length of work. The characteristic data obtained can be seen in the diagram below:

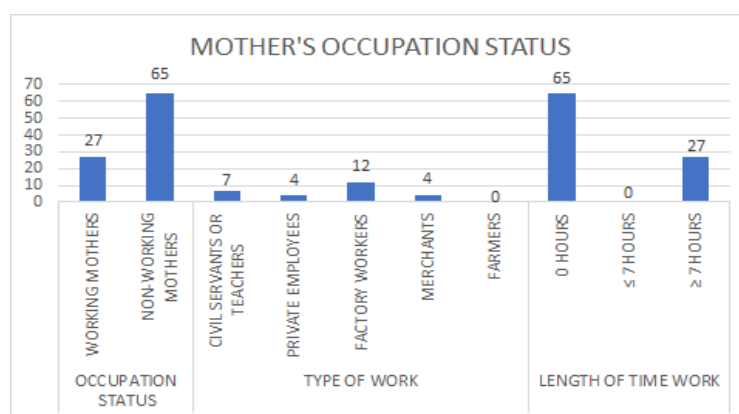


Figure 1. Respondent Characteristics

The figure above shows that 92 respondents consisted of 27 people working and 65 people not working, as many as 7 people worked as civil servants or teachers, 4 private employees, 12 factory workers, 4 merchants and 0 farmers. In the length of

time work 0 hours for mothers who do not work or housewives only as many as 65 people,  $\leq 7$  hours none, and  $\geq 7$  hours as many as 27 people. So, it can be concluded that the majority of respondents in this study were housewives and did not work. In

respondents who work, most of the length of work was more than 7 hours a day.

## 2. Descriptive Analysis of Maternal Attachment

In the maternal attachment variable, there were 16 question items used to determine maternal attachment with a total of 92 mothers. This questionnaire consisted of 5

alternative answers; always, often, rarely, rarely and never. In each variable, the average value of the answer score was obtained. The average value obtained was adjusted to the mean range score that has been calculated. The results of the respondents' answers can be seen in the table below:

**Table 1. Descriptive Results of Maternal Attachment**

Variable	Mother's Occupation Status	Number of Item	Number of Respondents	Min Score	Max Score	Mean	Category
Maternal Attachment	Working Mothers	16	27	1	5	3,76	Good
	Non-working Mothers	16	65	1	5	3,5	Good

The final result of the recapitulation of the respondent's value of the working mother attachment variable obtained a mean score of 3.76 in the good category. While the results of the respondents' value of the attachment variable of non-working mothers in Kradenan Village obtained an average mean score of 3.50 in the good category. This showed that the attachment provided by working and non-working mothers to their children was good.

## 3. Descriptive Analysis of Children's Independence

In the children's independence variable, there were 21 question items to determine the independence of 4-5 years old children as many as 92 people. There were 5 alternative answers; always, often, rarely, very rarely and never. Each variable obtained the average score. The results can be seen in the table below:

**Table 2. Descriptive Analysis of Children's Independence**

Variable	Mother's Occupation Status	Number of Item	Number of Respondents	Min Score	Max Score	Mean	Category
Children's Independence	Working Mothers	21	27	3	5	4,45	Good
	Non-working Mothers	21	65	2	5	4,33	Good

The final result of the recapitulation of the value of the respondents on the children's independence variable who had working mothers obtained a mean score of 4.45 in the very good category. For mothers who did not work, the mean value of 4.33 was in the good category. This showed that the independence of 4-5 years old children who had working and non-working mothers in Kradenan Village, Grobogan Regency was good.

## 4. Descriptive Analysis of Children's Self-Confidence

For the variable of self-confidence, there were 23 question items used to determine the self-confidence of 4-5 years old children as many as 92 people. There were 5 alternative answers; 5 always, 4 often, 3 rarely, 2 very rarely and 1 never. In each variable, the average answer score was obtained.

**Table 3. Descriptive Analysis of Children's Self-Confidence**

Variable	Mother's Occupation Status	Number of Item	Number of Respondents	Min Score	Max Score	Mean	Category
Children's Self-Confidence	Working Mothers	21	27	2	5	4,00	Good
	Non-working Mothers	21	65	2	5	3,93	Good

The final result of the recapitulation on the respondent's value of the children's self-confidence variable who had a working mother obtained a mean score of 4.00 in the good category. For mothers who did not work, the mean value of 3.93 was in the good category. This showed that the self-

confidence of 4-5 years old children who had working and non-working mothers in Kradenan Village, Grobogan Regency was good.

**A. Assumption Test**  
**1. Normality Test**

**Table 4. Results of Normality Test**

One-Sample Kolmogorov-Smirnov Test						
		Maternal Attachment	Children's Independence	Children's Self-Confidence	Mother's Occupation Status	
N		92	92	92	92	
Normal Parameters <sup>a,b</sup>	Mean	,0000000	,0000000	92,03	91,0761	
	Std. Deviation	3,12676830	4,73574138	5,130	1,29401	
Most Extreme Differences	Absolute	,074	,076	,088	,091	
	Positive	,074	,036	,065	,045	
	Negative	-,059	-,076	-,088	-,091	
Test Statistic		,074	,076	,088	,091	
Asymp. Sig. (2-tailed)		.200 <sup>c</sup>	.200 <sup>c</sup>	.075 <sup>c</sup>	.055 <sup>c</sup>	
a. Test distribution is Normal.						
b. Calculated from data.						
c. Lilliefors Significance Correction.						
d. This is a lower bound of the true significance.						

Based on the table above, it can be seen that the significance value of *Asymp. Sig. (2-tailed)* on the attachment variable is  $0.200 > 0.05$ ; the independence variable is  $0.075 > 0.05$ ; the self-confidence variable is  $0.200 >$

$0.05$  and the status of mother's occupation variable is  $0.055 > 0.05$ . Thus, each variable was normally distributed.

**2. Linearity Test**

**Table 5. Linearity Test Results of Maternal Attachment with Children's Independence and Self-Confidence**

ANOVA Table							
			Sum of Squares	Df	Mean Square	F	Sig.
Children's Independence * Maternal Attachment	Between Groups	(Combined)	605,04	14	43,217	1,944	0,034
		Linearity	245,562	1	245,562	11,048	0,001
		Deviation from Linearity	359,478	13	27,652	1,244	0,266
	Within Groups		1711,438	77	22,226		
	Total		2316,478	91			
Children's Self-Confidence * Maternal Attachment	Between Groups	(Combined)	283,969	14	20,284	1,696	0,074
		Linearity	125,7	1	125,7	10,509	0,002
		Deviation from Linearity	158,269	13	12,175	1,018	0,443
	Within Groups		921,02	77	11,961		
	Total		1204,989	91			

Based on the *Anova* table above, a deviation from linearity is  $0.266 \geq 0.05$ ; it is concluded that the relationship between the variable attachment and the independence is

linear. Meanwhile, the significance value of the second deviation from linearity obtained a value of  $0.443 \geq 0.05$ ; then the correlation

between maternal attachment and the self- confidence was linear.

**Table 6. Linearity Test Results of Maternal Attachment with Independence and Mother's Occupation Status**

ANOVA Table							
			Sum of Squares	Df	Mean Square	F	Sig.
Children's Independence * Mother's Occupation Status	Between Groups	(Combined)	296,757	18	16,487	17,876	0
		Linearity	279,464	1	279,464	303,023	0
		Deviation from Linearity	17,293	17	1,017	1,103	0,368
	Within Groups		67,325	73	0,922		
	Total		364,082	91			

Based on the Anova table above, it can be seen that the significance value in the deviation from linearity is  $0.368 \geq 0.05$ ; it can be concluded that there was a linear

relationship between maternal attachment and child independence and mother's occupation status.

**Table 7. Linearity Test Results of Maternal Attachment with Children's Self-Confidence and Mother's Occupation Status**

ANOVA Table							
			Sum of Squares	Df	Mean Square	F	Sig.
Children's Self-Confidence * Mother's Occupation Status	Between Groups	(Combined)	123,978	18	6,888	17,705	0
		Linearity	116,79	1	116,79	300,217	0
		Deviation from Linearity	7,189	17	0,423	1,087	0,383
	Within Groups		28,398	73	0,389		
	Total		152,377	91			

Based on the Anova table above, it can be seen that the significance value in the deviation from linearity is  $0.383 \geq 0.05$ ; it can be concluded that there was a linear relationship between maternal attachment

and children's self-confidence and mother's occupation status.

## B. Hypothesis Test

### 1. The Effect of Maternal Attachment on the Independence of 4-5 Years Old Children

**Table 8. Test Results of the Effect of Maternal Attachment on the Independence of 4-5 Years Old Children**

Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	56,44	10,957		5,151	0
	Maternal Attachment	0,493	0,151	0,326	3,267	0,002

a. Dependent Variable: Children's Independence

Based on the results in the table above, the significance value of attachment is  $0.002 < 0.05$ . Meanwhile, the  $t_{\text{count}}$  value of attachment is 3.267 with a  $t_{\text{table}}$  value of 1.987. Thus, it showed that the value of  $t_{\text{count}} > t_{\text{table}}$  ( $3.267 > 1.987$ ) and the *sig* value of  $0.002 < 0.05$ . Moreover, for the constant

value (*unstandardized  $\beta$* ) on the attachment variable of 0.493. This showed that the hypothesis was accepted, because statistically maternal attachment had a positive and significant effect on the independence of 4-5 years old children. If mother provided good attachment, the better

the children's independence will be. On the other hand, if the mother provides poor attachment, the children's independence will also be low.

## 2. The Effect of Maternal Attachment on Self-Confidence of 4-5 Years Old Children

**Table 9. Test Results of the Effect of Maternal Attachment on Self-Confidence of 4-5 Years Old Children**

Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	65,429	7,91		8,272	0
	Maternal Attachment	0,353	0,109	0,323	3,238	0,002

a. Dependent Variable: Children's Self-Confidence

Based on the results in the table above, the significance value of attachment is 0.002 < 0.05. Meanwhile, the  $t_{\text{count}}$  value of attachment was 3.238 with a  $t_{\text{table}}$  value was 1.987. Thus, it showed that the  $t_{\text{count}} > t_{\text{table}}$  value (3.238 > 1.987) and the *sig* value of 0.002 < 0.05. Then for the constant value (*unstandardized  $\beta$* ) on the attachment variable of 0.353. This showed that the hypothesis was accepted because statistically maternal attachment had a positive and

significant effect on the self-confidence of 4-5 years old children. If mother provided good attachment, the better the children's self-confidence will be. On the other hand, if the mother provides poor attachment, the children's confidence will also be low.

## 3. The Effect of Maternal Attachment on Independence of 4-5 Years Old Children by Controlling Mother's Occupation Status

**Table 10. Test Results of the Effect of Maternal Attachment on the Independence of 4-5 Years-Old Children by Controlling Mother's Occupation Status**

Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	56,809	10,794		5,263	0
	Maternal Attachment	0,419	0,153	0,277	2,734	0,008
	Mother's Occupation Status	2,166	1,116	0,197	1,94	0,056

a. Dependent Variable: Children's Independence

Based on the results in the table above, the significance value of attachment is 0.008 < 0.05. Meanwhile, the  $t_{\text{count}}$  value of attachment was 2.734 with a  $t_{\text{table}}$  value was 1.987. Thus, it showed that the  $t_{\text{count}} > t_{\text{table}}$  value (2.734 > 1.987) and the *sig* value of 0.008 < 0.05. This showed that the hypothesis was accepted, because statistically maternal attachment had a positive and significant influence on the independence of 4-5 years old children by controlling the mother's occupation status.

For the mother's occupation status, the  $t_{\text{count}}$  value <  $t_{\text{table}}$  (1.940 < 1.987) and *sig* value 0.56 > 0.05. This showed that the hypothesis was rejected, means that the mother's occupation status did not affect children's independence.

## 4. The Effect of Maternal Attachment on the Self-Confidence of 4-5 Years Old Children by Controlling the Status of Mother's Occupation

**Table 11. Test Results of the Effect of Maternal Attachment on Self-Confidence of 4-5 Years Old Children by Controlling the Status of Mother's Occupation**

Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	65,625	7,867		8,341	0
	Maternal Attachment	0,314	0,112	0,287	2,805	0,006
	Mother's Occupation Status	1,15	0,814	0,145	1,414	0,161

a. Dependent Variable: Children's Self Confidence

Based on the results in the table above, the significance value of attachment is 0.006 < 0.05. Meanwhile, the  $t_{\text{count}}$  value of attachment is 2.805 with a  $t_{\text{table}}$  value of 1.987. Thus, it showed that the value of  $t_{\text{count}} > t_{\text{table}}$  (2.805 > 1.987) and the *sig* value of 0.006 < 0.05. This showed that the hypothesis was accepted, because statistically maternal attachment had a positive and significant influence on the self-confidence of 4-5 years old children by controlling the status of mother's occupation. For the aspect of mother's occupation, the value of  $t_{\text{count}} < t_{\text{table}}$  (1.414 < 1.987) and *sig* value of 0.161 > 0.05. This showed that the hypothesis was rejected, that the status of mother's occupation did not affect the self-confidence of 4-5 years old children.

## DISCUSSION

### A. The Effect of Maternal Attachment on the Independence of 4-5 Years Old Children

Attachment provided by mothers affects the independence of 4-5 years old children in Kradenan Village, Grobogan Regency. Attachment between mother and children will provide a sense of security, comfort and protection in interacting with the surrounding environment (Kusdemawati, 2021). When it comes to establishing children's independence, attachment is crucial (Santrock, 2011). A child's ability to carry out various activities independently is known as independence. Children's independence is adjusted to the ability to think, act and take responsibility according to their stage of development (Hasanah, 2015). Based on the results of hypothesis

testing, the  $t_{\text{count}} > t_{\text{table}}$  (3.267 > 1.987) and *sig* value of 0.002 < 0.05 means that maternal attachment affects the independence of 4-5 years old children in Kradenan Village, Grobogan Regency.

### B. The Effect of Maternal Attachment on the Self-Confidence of 4-5 Years Old Children

Attachment provided by mothers affected the self-confidence of 4-5 years old children in Kradenan Village, Grobogan Regency. Mothers as the children's closest figure must be able to provide affection and a sense of comfort for the children. If a mother provides good attachment to the children, the children will also have good character development, one of them is self-confidence (Safari and Aryesha, 2021). Self-confidence is a children's belief in his or her ability to conduct various activities that he or she likes and has responsibility (Mamlu'ah, 2019). Children are considered to be confident if they have an attitude of daring to argue, have independent and creative curiosity (Achmad, 2017). Based on the results of hypothesis testing, the value of  $t_{\text{count}} > t_{\text{table}}$  (3.238 > 1.987) and *sig* value of 0.002 < 0.05 means that maternal attachment affects the self-confidence of 4-5-years-old children in Kradenan Village, Grobogan Regency.

### C. The Effect of Maternal Attachment on the Independence of 4-5 Years Old Children by Controlling the Status of Mother's Occupation

Based on the results of hypothesis testing, it showed that maternal attachment had an influence on the independence of 4-5 years old children. The test results showing that



the value of  $t_{\text{count}} > t_{\text{table}}$  ( $2.734 > 1.987$ ) and sig value of  $0.008 < 0.05$ . This showed that the hypothesis was accepted, because statistically maternal attachment had an influence on children's independence by controlling the status of mother's occupation. However, for the status of mother's occupation, the value of  $t_{\text{count}} < t_{\text{table}}$  ( $1.940 < 1.987$ ) and sig value of  $0.56 > 0.05$ . This showed that the hypothesis was rejected, that the status of mother's occupation did not affect children's independence. It can be concluded that maternal attachment affects children's independence. Meanwhile, status of mother's occupation does not affect children's independence. Children who have working and non-working mothers both have good independence.

#### **D. The Effect of Maternal Attachment on Self-Confidence of 4-5 Years Old Children by Controlling the Status of Mother's Occupation**

Based on the results of hypothesis testing, it showed that maternal attachment had an influence on the self-confidence of 4-5 years old children. This interpretation was supported by the test results showing that the value of  $t_{\text{count}} > t_{\text{table}}$  ( $2.805 > 1.987$ ) and the sig value of  $0.006 < 0.05$ . This showed that the hypothesis was accepted, that maternal attachment had a positive and significant influence on children's self-confidence by controlling status of mother's occupation. Meanwhile, for the status of mother's occupation, the value of  $t_{\text{count}} < t_{\text{table}}$  ( $1.414 < 1.987$ ) and sig value of  $0.161 > 0.05$ . It showed that the hypothesis was rejected, that the status of mother's occupation did not affect children's self-confidence. It can be concluded that maternal attachment affects children's self-confidence. However, status of mother's occupation does not affect children's self-confidence. Children who have working or non-working mothers both have good self-confidence.

## **CONCLUSION**

1. Maternal attachment affects the independence of 4-5 years old children in Kradenan Village, Grobogan Regency.
2. Maternal attachment affects the self-confidence of 4-5 years old children in Kradenan Village, Grobogan Regency.
3. Maternal attachment affects the independence of 4-5 years old children by controlling the status of mother's occupation. Meanwhile, the status of mother's occupation does not affect children's independence in Kradenan Village, Kradenan District, Grobogan Regency.
4. Maternal attachment affects the confidence of 4-5 years old children old by controlling the status of mother's occupation. Meanwhile, the status of mother's occupation does not affect children's self-confidence in Kradenan Village, Kradenan District, Grobogan Regency.

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