

**Pengaruh terapi kelompok suportif terhadap beban dan tingkat ansietas keluarga dalam merawat anak tunagrahita di Sekolah Luar Biasa Kabupaten Banyumas = The effect of supportive group therapy toward the burden and family anxiety levels in the care of mentally retarded children at SLB in Kabupaten Banyumas**

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Abstrak

Masalah psikososial ansietas muncul sebagai reaksi dari stres akibat meningkatnya beban dalam merawat anak tunagrahita. Tujuan penelitian ini adalah untuk menganalisis pengaruh terapi kelompok suportif terhadap perubahan beban dan tingkat ansietas keluarga dalam merawat anak tunagrahita di SLB Kabupaten Banyumas. Desain penelitian quasi experimental, pre-post test with control group. Tempat penelitian di SLB C Yakut dan SLB Kuncup Mas Banyumas. Sampel penelitian adalah seluruh keluarga anak tunagrahita yang memenuhi kriteria inklusi. Hasil penelitian menunjukkan ada perbedaan beban dan tingkat ansietas keluarga sebelum dan setelah mendapatkan terapi kelompok suportif. Rekomendasi penelitian ini adalah perlunya dibentuk parent support group di SLB, beranggotakan keluarga yang memiliki anak tunagrahita.

*Anxiety as a psychosocial problems was emerged as stimulated by burden of taking care of mentally retarded children. The purpose of this study was to analyze the effect of supportive group therapy toward the burden and family anxiety level in the care of children at SLB Kabupaten Banyumas. The research used quasi-experimental pre-post test with control group design. The research site took place at SLB C Yakut and SLB Kuncup Mas Banyumas. The sample research was the entire family of mentally retarded children who met the inclusion criteria. Results showed that there was a significant difference in family burden and anxiety levels before and after getting a supportive group therapy on the group. Recommendations of this study is the need to establish a parent support group in special schools, family members who have mental retarded children.*