

## Hubungan antara caregiver strain dan caregiving self efficacy pada ibu selaku caregiver dari anak dengan retardasi mental = The relationship between caregiver strain and caregiving self efficacy among mothers as caregivers of mentally retarded child

Reza Lidia Sari, author

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### Abstrak

Penelitian ini dilakukan untuk mendapatkan gambaran mengenai hubungan antara caregiver strain dan caregiving self-efficacy pada ibu selaku caregiver dari anak dengan retardasi mental. Pengukuran caregiver strain menggunakan alat ukur modified caregiver strain index (Thornton & Travis, 2003) dan pengukuran caregiving self-efficacy menggunakan caregiver self-efficacy scale (Boothroyd, 1993). Partisipan berjumlah 40 orang ibu yang memiliki anak yang mengalami retardasi mental. Hasil penelitian menunjukkan terdapat hubungan negatif yang signifikan antara caregiver strain dan caregiving self-efficacy pada ibu selaku caregiver dari anak dengan retardasi mental ( $r = -0,360$ ;  $p = 0,023$ , signifikan pada L.o.S 0,05). Artinya, semakin tinggi caregiver strain yang dimiliki oleh ibu selaku caregiver dari anak dengan retardasi mental, maka semakin rendah caregiving self-efficacy yang dimilikinya. Untuk itu, disarankan agar ibu sebagai caregiver dari anak dengan retardasi mental mendapatkan intervensi untuk meningkatkan caregiving self-efficacy-nya.

.....This study was conducted to find the correlation between caregiver strain and caregiving self-efficacy among mothers as caregivers of mentally retarded child. Caregiver strain was measured using modified caregiver strain index (Thornton & Travis, 2003) and caregiving self-efficacy was measured using caregiver self-efficacy scale (Boothroyd, 1993). The participants of this study are 40 mothers who have mentally retarded child. The result of this study shows that there is a significant negative correlation between caregiver strain and caregiving self-efficacy ( $r = -0,360$ ;  $p = 0,023$ , significant at L.o.S 0,05). That is, the higher caregiver strain owned by mothers as caregivers of mentally retarded child, the lower caregiving self-efficacy of their. Therefore, the mothers as caregivers for mentally retarded child need to get intervention to increase their caregiving self-efficacy.