

# Hubungan antara caregiver strain dan psychological well-being pada ibu sebagai caregiver dari anak dengan autism spectrum disorders = The correlation between caregiver strain and psychological well-being among mother as caregiver of autism spectrum disorders children

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## Abstrak

Penelitian ini dilakukan untuk mengetahui hubungan antara caregiver strain dan psychological well-being pada ibu sebagai caregiver dari anak dengan autism spectrum disorder. Penelitian dilakukan pada 37 orang ibu yang menjadi caregiver dan berdomisili di daerah Jabodetabek. Caregiver strain diukur dengan menggunakan alat ukur the modified caregiver strain index (Thornton dan Travis, 2003) dan psychological well-being diukur dengan menggunakan Ryff's psychological well-being scale (Ryff, 1995).

Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara caregiver strain dan psychological well-being ( $r = -0,412$ ;  $p = 0,011$ , signifikan pada L.o.S 0,05). Untuk penelitian selanjutnya dilakukan kontrol terhadap usia caregiver dan carerecipient sehingga hasil penelitian tidak terlalu beragam.

*This study aims to find the correlation between caregiver strain and psychological well-being among mothers as caregivers of autism spectrum disorder children. The participant of this study were 37 mothers as caregiver of autism spectrum disorder children and lived in Jabodetabek. Caregiver strain was measured using the modified caregiver strain index (Thornton and Travis, 2003) and psychological well-being was measured using Ryff's psychological wellbeing scale (Ryff, 1995).*

The result of this study showed that there is a significant negative relationship between caregiver strain and psychological well-being ( $r = -0,412$ ;  $p = 0,011$ , significant at L.o.S 0,05). Futher study should be conducted to control caregiver's and care-recipient's age so the results are not too diverse.