

# Hubungan antara psychological well-being dan harapan pada ibu dari anak dengan gangguan autisme = The relationship between psychological well-being and hope among mothers of children with autism

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## Abstrak

Penelitian ini membahas tentang hubungan antara psychological well-being dan harapan pada ibu dari anak dengan gangguan autisme. Responden penelitian ini merupakan 44 ibu dari anak dengan gangguan autisme. Dengan melakukan pengukuran menggunakan Ryff's Scales of Psychological Well-Being dan The Adult Trait Hope Scale, didapatkan hasil bahwa terdapat hubungan positif yang signifikan antara psychological well-being dan harapan pada ibu dari anak dengan gangguan autisme ( $r = .633$ ;  $n = 44$ ;  $p < 0,01$ , one-tailed). Artinya, semakin tinggi psychological well-being ibu, maka semakin tinggi pula harapan ibu terhadap masa depan anaknya yang mengalami gangguan autisme. Terdapat empat dari enam dimensi psychological well-being yang berkorelasi positif dan signifikan dengan harapan, yaitu self-acceptance, positive relation with others, autonomy, dan environmental mastery. Sedangkan kedua komponen harapan, agency dan pathways, berkorelasi positif dan signifikan dengan psychological well-being. Agar mendapat penjelasan yang lebih komprehensif mengenai psychological wellbeing dan harapan pada ibu dari anak dengan gangguan autisme, perlu dilakukan penelitian lanjutan menggunakan pendekatan kualitatif.

.....The focus of the study is to examine the relationship between psychological well-being and hope among mothers of children with autism. The respondents of this study were 44 Indonesian mothers of children with autism. Measured by Ryff's Scales of Psychological Well-Being and The Adult Trait Hope Scale, this study obtain a significant, positive relationship between psychological well-being and hope ( $r = .633$ ;  $n = 44$ ;  $p < 0,01$ , one-tailed). It indicates that the higher mothers' psychological well-being, the higher their hope to their child's future, and vice versa. Next, there are four out of six dimension of psychological wellbeing that have significant, positive relationship to hope, they are selfacceptance, positive relation with others, autonomy, and environmental mastery. On the other hand, both components of hope, agency and pathways, also have significant, positive relationship to psychological well-being. In order to obtain a more comprehensive explanation of the psychological well-being and hope in mothers of children with autism, further research needs to be done using a qualitative approach.