

Gambaran Resiliensi Ibu dalam Menghadapi Tantangan-tantangan Pengasuhan Anak Disabilitas Netra = Overview of Mother Resilience in Facing the Challenges of Caring for Children with Visual Impairment

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Abstrak

Skripsi ini membahas tentang gambaran tantangan-tantangan yang dihadapi oleh ibu dalam proses pengasuhan anak disabilitas netra dan resiliensi ibu dalam menghadapi tantangan-tantangan tersebut beserta faktor pendukungnya. Pendekatan yang dilakukan dalam penelitian ini yaitu pendekatan kualitatif dengan jenis penelitian studi kasus. Teknik pengumpulan data dalam penelitian ini yaitu studi literatur dan wawancara mendalam. Penelitian ini dilaksanakan selama 16 bulan dimulai dari bulan September 2019 hingga Desember 2020. Berdasarkan waktu tersebut, penelitian ini dilakukan sebelum dan selama masa pandemi COVID-19. Oleh sebab penelitian dilaksanakan sebelum dan selama pandemi COVID-19 maka berdampak pada kegiatan pengumpulan data pada penelitian ini, khususnya pada kegiatan wawancara mendalam. Kegiatan wawancara mendalam dilakukan melalui dua cara yaitu secara tatap muka langsung (sebelum pandemi COVID-19) dan melalui telepon (semasa pandemi COVID-19). Informan dalam penelitian ini terdiri dari informan utama yaitu ibu dengan anak disabilitas netra dan informan pendukung yaitu suami dari informan utama. Informan diperoleh melalui metode purposive sampling dimana setiap informan merupakan orangtua murid di SLB-A Tan Miyat Bekasi. Hasil dari penelitian ini menjelaskan bahwa ibu menjumpai tantangan-tantangan dalam aspek psikologis, fisik, finansial, dan sosial. Dalam menghadapi tantangan-tantangan tersebut ibu menggunakan kemampuan resiliensi diantaranya emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, dan reaching out. Kemampuan resiliensi ibu dipengaruhi oleh faktor pendukung seperti spiritualitas, emosi positif, harga diri, dan dukungan sosial

.....This study discusses the description of the challenges faced by mothers in the process of caring for children with visual impairment and the resilience of mothers in facing these challenges and their supporting factors. The approach taken in this research is a qualitative approach with case study research. Data collection techniques in this research are literature study and in-depth interviews. This research was conducted for 16 months starting from September 2019 to December 2020. Based on that time, this research was conducted before and during the COVID-19 pandemic. Because the research was carried out before and during the COVID-19 pandemic, it had an impact on data collection activities in this study, especially in in-depth interviews. In-depth interviews were carried out in two ways: face-to-face (before the COVID-19 pandemic) and by telephone (during the COVID-19 pandemic). The informants in this study consisted of main informants: mothers of children with visual impairment, and supporting informants: the husbands of the main informants. Informants were obtained through the purposive sampling method where each informant was the parent of the student at SLB-A Tan Miyat Bekasi. The results of this study explain that mothers face challenges in psychological, physical, financial, and social aspects. In facing these challenges, mothers use resilience abilities including emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. Mother's resilience ability is influenced by supporting factors such as spirituality, positive emotions, self-esteem, and social support