

Hubungan Supportive Dyadic Coping dan Stres Pengasuhan pada Orang Tua dengan Anak Autism Spectrum Disorder = The Relationship between Supportive Dyadic Coping and Parenting Stress in Parents with Autism Spectrum Disorder Children

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Abstrak

Orang tua dari anak dengan ASD mengalami stres pengasuhan yang lebih tinggi daripada anak tanpa ASD. Jika tidak diatasi dengan baik, maka stres pengasuhan bisa berdampak bagi penurunan kualitas pengasuhan, serta berkaitan dengan hubungan pasangan. Oleh karena itu, diperlukan strategi coping untuk menghadapi stres pengasuhan pada orang tua dari anak dengan ASD. Dyadic coping dapat digunakan untuk menghadapi stres pengasuhan dalam mengasuh anak dengan ASD. Dyadic coping terdiri dari positive dan negative dyadic coping. Positive dyadic coping terdiri dari supportive, delegated, dan common dyadic coping. Peneliti berfokus pada supportive dyadic coping karena menampilkan dukungan yang diberikan dan didapatkan pasangan dalam menghadapi stres pengasuhan. Tujuan penelitian adalah melihat hubungan antara supportive dyadic coping dan stres pengasuhan pada orang tua dengan anak ASD. Partisipan penelitian berjumlah 82 ayah atau ibu dari anak dengan ASD di Indonesia. Alat ukur yang digunakan adalah subskala supportive dyadic coping (by partner dan by self) dari Dyadic Coping Inventory (DCI) dan Parenting Stress Index-Short Form (PSI-SF). Hasil penelitian menampilkan terdapat hubungan negatif yang signifikan antara supportive dyadic coping dan stres pengasuhan pada orang tua dengan anak ASD ($r=-.261$, $N=82$, $p<.01$, one-tailed). Artinya, semakin tinggi supportive dyadic coping, maka semakin rendah stres pengasuhan orang tua dengan anak ASD.

..... Parents of ASD children experience higher parenting stress than those without ASD children. If it doesn't dealt properly, there is a chance that parenting stress has an impact on the quality of parenting and couple's relationship. Therefore, coping strategies are needed to deal with parenting stress for parents of ASD children. Dyadic coping can be used to deal with parenting stress in rearing ASD children. Dyadic coping consists of positive and negative dyadic coping. Positive dyadic coping consists of supportive, delegated, and common dyadic coping. This study focused on supportive dyadic coping because it displays the support by self and partner in dealing with parenting stress. The purpose of this study was to assess the relationship between supportive dyadic coping and parenting stress in parents of ASD children. There are 82 fathers or mothers of ASD children in Indonesia that participated in this study. The measurement tools used in this study were the supportive dyadic coping subscales (by partner and by self) of the Dyadic Coping Inventory (DCI) and the Parenting Stress Index-Short Form (PSI-SF). The results showed that there was a significant negative relationship between supportive dyadic coping and parenting stress in parents of ASD children ($r=-.261$, $N=82$, $p<.01$, one-tailed). That is, the higher the supportive dyadic coping, the lower the parenting stress of parents of ASD children.