

Peran moderasi supportive dyadic coping terhadap hubungan antara kepuasan pernikahan dan parenting stress pada orang tua dari anak dengan spektrum autisme = The Moderating role of supportive dyadic coping on the relationship between marital satisfaction and parenting stress in parents with a child with autism spectrum

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Abstrak

Kepuasan pernikahan yang rendah pada orang tua dari anak dengan spektrum autisme dapat menimbulkan dampak negatif terhadap individu maupun keluarga. Orang tua sering ditemukan mengalami *parenting stress* dalam mengasuh anak dengan spektrum autisme. *Parenting stress* yang berkepanjangan dapat memprediksi rendahnya kepuasan pernikahan orang tua. Akan tetapi, *supportive dyadic coping* diduga dapat mengurangi stres yang dirasakan orang tua, sehingga kepuasan pernikahan dapat tetap terjaga. Penelitian ini bertujuan untuk melihat hubungan antara kepuasan pernikahan dan *parenting stress* serta efek moderasi dari *supportive dyadic coping* terhadap hubungan antara kepuasan pernikahan dan *parenting stress* pada orang tua dari anak dengan spektrum autisme di Indonesia. Penelitian ini dilakukan kepada 134 partisipan di Jabodetabek, Lampung, dan Bali.

Hasil penelitian menunjukkan terdapat hubungan negatif yang signifikan antara kepuasan pernikahan dan *parenting stress* serta tidak ditemukan efek moderasi dari *supportive dyadic coping* terhadap hubungan antara kepuasan pernikahan dan *parenting stress*.

.....Low marriage satisfaction in parents of children with the autism spectrum can have a negative impact on individuals and families. Parents are often encountered experiencing parenting stress in caring for children with the autism spectrum. Prolonged parenting stress can predict low satisfaction of marriages. However, supportive dyadic coping is thought to reduce parenting stress, so that marital satisfaction can be maintained.

This study aims to look at the relationship between marital satisfaction and parenting stress and the moderating effects of supportive dyadic coping on the relationship between marital satisfaction and parenting stress in parents of children with autism spectrum in Indonesia. This research was conducted on 134 participants in Jabodetabek, Lampung, and Bali.

The results showed that there was a significant negative relationship between marital satisfaction and parenting stress and no moderating effect of supportive dyadic coping on the relationship between marital satisfaction and parenting stress was found.