



HUBUNGAN RESILIENSI DAN *SELF EFFICACY* DENGAN STRES PENGASUHAN ORANG TUA YANG MEMILIKI ANAK DISABILITAS SELAMA PANDEMI COVID-19

*Florisma Arista Riti Tegu*¹, *Sri Hartini*², *Uki Noviana*³

Mahasiswa Magister Keperawatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada¹

Departemen Keperawatan Anak dan Maternitas, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada²

Departemen Keperawatan Jiwa dan Komunitas, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada³

INTISARI

Latar belakang: Stres pengasuhan orang tua meningkat selama pandemi Covid-19. Orang tua dengan anak disabilitas intelektual mengalami stres pengasuhan yang tinggi selama pandemi. Resiliensi dan *self-efficacy* dapat menjadi faktor yang mempengaruhi stres pengasuhan orang tua, namun masih terbatas penelitian yang melihat hubungan resiliensi dan *self-efficacy* dengan stres pengasuhan orang tua yang memiliki anak disabilitas pada masa pandemi.

Tujuan: Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara resiliensi dan *self-efficacy* dengan stres orang tua yang memiliki anak disabilitas selama pandemi Covid-19.

Metode: Penelitian ini menggunakan desain *cross sectional*. Penelitian ini menggunakan teknik *consecutive sampling* pada 156 responden orang tua yang memiliki anak disabilitas intelektual usia 5-19 tahun di 4 SLB di Yogyakarta. Instrumen yang digunakan antara lain, *Parental stress scale* (PSS), *Connor-Davidson Resilience Scale-25* (CD-RISC-25), *Self-efficacy for Parenting Tasks Index* (SEPTI) yang dimodifikasi, dan kuesioner skrining yaitu *General Health Questionnaire-12* (GHQ-12). Analisis bivariat menggunakan uji *Spearman* dan *Independent T-test*. Analisis regresi linier untuk mengetahui faktor yang paling dominan mempengaruhi stres pengasuhan orang tua yang memiliki anak disabilitas intelektual.

Hasil: Sebagian besar orang tua (51,3%) mengalami stres pengasuhan yang tinggi dengan resiliensi (51,9%) dan *self-efficacy* (55,8%) rendah. Terdapat Hubungan yang signifikan ($p < 0,05$) antara resiliensi dan *self-efficacy* dengan stres pengasuhan orang tua yang berkorelasi negatif dengan nilai resiliensi ($r -0,21$) dan *self-efficacy* ($-0,242$). Resiliensi menjadi faktor paling dominan yang mempengaruhi stres pengasuhan ($\beta: -0,177$).

Kesimpulan: Resiliensi dan *self-efficacy* menjadi faktor yang mempengaruhi stres pengasuhan orang tua dengan anak disabilitas intelektual usia 5-19 tahun selama pandemi Covid-19.

Kata kunci: Pengasuhan, resiliensi, *Self-efficacy*, disabilitas intelektual, Covid-19, pandemi.

RELATIONSHIP BETWEEN RESILIENCE AND SELF-EFFICACY WITH PARENTING STRESS IN DISABILITY CHILDREN PARENTS DURING COVID-19 PANDEMIC

Florisma Arista Riti Tegu¹, Sri Hartini², Uki Noviana³

Master in Nursing Program, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada¹

Department of Pediatrics and Maternity Nursing, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada²

Department of Psychiatric and Community Nursing, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada³

ABSTRACT

Background: Parenting stress has increased during the Covid-19 pandemic. Parents of children with intellectual disabilities experience high parenting stress during the pandemic. Resilience and self-efficacy can be factors that influence parental stress, but there is still limited research looking at the relationship between resilience and self-efficacy with parenting stress of parents with children who have disabilities during the pandemic.

Objective: The aimed of this study was to determine the relationship between resilience and self-efficacy with the stress of parents who have children with disabilities during the Covid-19 pandemic.

Methods: This study used a cross-sectional design. This study used consecutive sampling of 156 respondents from parents who have children with intellectual disabilities aged 5-19 years of 4 Special Schools in Yogyakarta. The instruments used in this study included the Parental stress scale (PSS), Connor-Davidson Resilience Scale-25 (CD-RISC-25), the modified Self-efficacy for Parenting Tasks Index (SEPTI), and General Health Questionnaire-12 (GHQ-12) for screening. Bivariate analysis using Spearman test and Independent T-test. Linear regression analysis was used to determine the most dominant factors affecting parenting stress in parents of children with intellectual disabilities.

Results: Most parents (51.3%) experienced high parenting stress with low resilience (51.9%) and self-efficacy (55.8%). There is a significant relationship ($p < 0.05$) between resilience and self-efficacy with parenting stress which is negatively correlated with resilience values ($r -0.21$) and self-efficacy (-0.242). Resilience is the most dominant factor influencing parenting stress ($\beta: -0.177$).

Conclusion: Resilience and self-efficacy are factors that influence the parenting stress of children with intellectual disabilities aged 5-19 years during the Covid-19 pandemic.

Keywords: Parenting, Resilience, *Self-efficacy*, Intellectual Disability, Covid-19, Pandemic.