

## INTISARI

**Latar belakang:** Orang tua dari anak ADHD rentan mengalami stres pengasuhan karena beban pengasuhan yang tinggi, seperti tenaga dan perhatian pengasuhan yang lebih besar, beban ekonomi yang lebih besar, stigma negatif dan kurangnya penerimaan keluarga terhadap anak ADHD. Stres pengasuhan orang tua dapat menimbulkan masalah fisik dan psikologis bagi orang tua maupun anak mereka. Dampak stres pengasuhan menimbulkan gejala depresi, kecemasan, penurunan kualitas hidup orang tua, keluhan fisik, penelantaran anak, kekerasan pada anak dan pola pengasuhan negatif yang dapat memperberat gejala ADHD.

Beberapa penelitian telah menunjukkan bahwa pemberian edukasi kepada orang tua dapat meningkatkan pengetahuan orang tua terkait ADHD, meningkatkan pengetahuan orang tua dalam pengelolaan masalah emosi dan perilaku anak, meningkatkan kepatuhan pengobatan, dan mengurangi gejala ADHD. Sehingga dengan demikian, diharapkan dapat menurunkan stres pengasuhan orang tua.

**Tujuan penelitian:** Untuk menganalisis besar pengaruh intervensi edukasi terhadap penurunan stres pengasuhan orang tua yang mempunyai anak ADHD di RSJ. Prof. Dr. Soerojo Magelang

**Metode:** Merupakan penelitian eksperimental dengan *two group pre-post-test with control group design*. Subjek penelitian adalah orang tua (ibu) yang mempunyai anak ADHD yang memenuhi kriteria inklusi. Materi edukasi berdasarkan materi psikoedukasi yang telah diteliti dengan efektivitas sebesar 94,5%. Stres pengasuhan diukur dengan instrumen *Parental Stress Scale* (PSS). Menggunakan analisis *chi square*, dengan tingkat kemaknaan dinyatakan pada nilai  $p < 0,05$

**Hasil:** Responden penelitian sebanyak 40 subjek (20 subjek kelompok intervensi dan 20 subjek kelompok kontrol). Pada analisis multivariat didapatkan hasil intervensi edukasi berperan secara signifikan terhadap penurunan stres pengasuhan dengan nilai  $R^2 = 0,311$ ;  $p = 0,003$  dengan OR sebesar 9,333 (CI 95% 2,18 – 39,96).

**Kesimpulan:** Edukasi tentang ADHD secara bermakna berperan terhadap penurunan stres pengasuhan orang tua yang mempunyai anak ADHD di RSJ Prof. Dr. Soerojo Magelang sebesar 31,1%.

**Kata kunci:** edukasi-stres pengasuhan orang tua dari anak ADHD.

## ABSTRACT

**Background:** Parents of children with ADHD are prone to experiencing parenting stress because of the high burdens of parenting, such as greater parenting effort and attention, a greater economic burden, negative stigma, and a lack of family acceptance of children with ADHD. The stress of parenting can cause physical and psychological problems for both parents and their children. The impact of parenting stress causes symptoms of depression, anxiety, decreased quality of life for parents, physical complaints, neglect of children, violence against children, and negative parenting patterns, which can exacerbate the symptoms of ADHD. Several studies have shown that providing education to parents can increase parental knowledge regarding ADHD, increase parental knowledge in managing children's emotional and behavioral problems, increase medication adherence, and reduce ADHD symptoms. Thus, it is hoped that it can reduce the stress of parenting.

**Research objective:** To analyze the influence of educational interventions on reducing stress in parenting parents who have children with ADHD in RSJ. Prof. Dr. Soerojo Magelang

**Methods:** This is an experimental study with a two-group pre-post-test design and a control group. The research subjects were parents (mothers) who had children with ADHD who met the inclusion criteria. Educational materials based on psychoeducational materials that have been studied with an effectiveness of 94.5%. Parenting stress was measured using the Parental Stress Scale (PSS) instrument. Using chi-square analysis, the significance level is stated at  $p = 0.05$ .

**Results:** There were 40 research respondents (20 subjects in the intervention group and 20 subjects in the control group). In the multivariate analysis, it was found that the results of educational interventions played a significant role in reducing parenting stress, with a value of  $R^2 = 0.311$ ,  $p = 0.003$ , and an OR of 9.333 (CI 95% 2.18–39.96).

**Conclusion:** Education about ADHD significantly contributes to reducing parenting stress for parents who have children with ADHD, according to Prof. Dr. Soerojo Magelang, by 31.1%.

**Keywords:** education-stress parenting of children with ADHD