

Peran Spiritualitas Sebagai Moderator Antara *Self-Acceptance* dan Resiliensi Pada Orang Tua Dengan Anak Berkebutuhan Khusus (ABK)

Nadia Fairus Hafizhah¹, Subandi²

^{1,2}Fakultas Psikologi, Universitas Gadjah Mada

e-mail: ¹nadiafairushafizhah@mail.ugm.ac.id, ²subandi@ugm.ac.id

Abstrak.

Orang tua yang memiliki anak berkebutuhan khusus (ABK) menghadapi berbagai tantangan psikologis yang menuntut kemampuan resiliensi agar mampu beradaptasi secara positif. Self-acceptance diketahui berkontribusi terhadap resiliensi, namun peran spiritualitas sebagai moderator dalam hubungan tersebut masih belum banyak diteliti. Penelitian ini bertujuan menguji peran spiritualitas sebagai moderator antara self-acceptance dan resiliensi pada orang tua ABK. Penelitian menggunakan pendekatan kuantitatif dengan desain korelasional cross-sectional. Partisipan berjumlah 204 orang tua ABK berusia 21–60 tahun yang direkrut melalui komunitas orang tua ABK dan Sekolah Luar Biasa (SLB). Data dikumpulkan secara daring dan luring menggunakan *Berger's Self-Acceptance Scale*, *Brief Resilience Scale* (BRS), dan *Daily Spiritual Experience Scale* (DSES), kemudian dianalisis menggunakan PROCESS Macro Hayes Model 1. Hasil penelitian menunjukkan bahwa self-acceptance berpengaruh positif terhadap resiliensi ($\beta = 0,567$; $p < 0,001$), demikian pula spiritualitas ($\beta = 0,200$; $p = 0,008$). Efek interaksi self-acceptance dan spiritualitas juga signifikan ($\beta = 0,152$; $p = 0,006$), yang menunjukkan bahwa spiritualitas memperkuat hubungan positif antara self-acceptance dan resiliensi. Temuan ini mengindikasikan bahwa semakin tinggi spiritualitas, semakin kuat pengaruh self-acceptance terhadap resiliensi pada orang tua ABK. Hasil penelitian memberikan implikasi bahwa orang tua perlu untuk memaksimalkan sumber daya internal (*self-acceptance* dan spiritualitas) ketika sumber daya eksternal belum optimal.

Kata kunci: *self-acceptance, spiritualitas, resiliensi, anak berkebutuhan khusus, orang tua*

The Role of Spirituality as a Moderator Between Self-Acceptance and Resilience in Parents of Children with Special Needs (ABK)

Nadia Fairus Hafizhah¹, Subandi²

^{1,2}Fakultas Psikologi, Universitas Gadjah Mada

e-mail: ¹nadiafairushafizhah@mail.ugm.ac.id, ²subandi@ugm.ac.id

Abstract.

Parents of children with special needs experience substantial psychological challenges that require resilience to adapt effectively to caregiving demands. Although self-acceptance is recognized as an important predictor of resilience, the moderating role of spirituality in this relationship has received limited attention. This study examined whether spirituality moderates the relationship between self-acceptance and resilience among parents of children with special needs. A quantitative cross-sectional correlational design was employed involving 204 parents aged 21–60 years recruited through parent communities and special education schools. Data were collected through online and offline surveys using the *Berger's Self-Acceptance Scale*, *Brief Resilience Scale* (BRS), and *Daily Spiritual Experience Scale* (DSES). Data were analyzed using Hayes' PROCESS Macro Model 1. The results showed that self-acceptance positively predicted resilience ($\beta = 0.567, p < .001$), while spirituality also had a positive effect on resilience ($\beta = 0.200, p = .008$). Moreover, the interaction between self-acceptance and spirituality was significant ($\beta = 0.152, p = .006$), indicating that spirituality strengthened the positive relationship between self-acceptance and resilience. These findings suggest that higher spirituality enhances the beneficial effect of self-acceptance on resilience among parents of children with special needs. The research findings suggest that parents need to make the most of their internal resources (self-acceptance and spirituality) when external resources are not yet optimal.

Keywords: *self-acceptance, spirituality, resilience, children with special needs, parents*