

HUBUNGAN *PSYCHOLOGICAL WELL BEING* DENGAN DEPRESI PADA IBU YANG MEMILIKI ANAK RETARDASI MENTAL DI SLB NEGERI I BANTUL

INTISARI

Latar belakang. Ibu dari anak retardasi mental cenderung lebih berisiko mengalami depresi. Salah satu konsep yang terkait dengan kesehatan mental dan kemampuan menghadapi depresi adalah *Psychological well being* (PWB). Kondisi *Psychological well being* yang kurang baik akan berpengaruh pada proses pengasuhan anak, sedang seorang ibu yang memiliki *psychological well being* yang tinggi akan menerima keadaan hidupnya, bersyukur atas apa yang ada dan memiliki kepuasan hidup ketika ia diberikan karunia berupa seorang anak meskipun memiliki keterbatasan mental. Dengan memahami tentang hubungan *Psychological well being* dengan depresi pada ibu yang memiliki anak RM, berdampak positif terhadap ibu sehingga berpengaruh terhadap pengasuhan yang baik terhadap anak RM.

Tujuan Untuk mengetahui hubungan antara *psychological well being* dengan depresi pada ibu yang mempunyai anak retardasi mental di SLB Negeri I Bantul.

Metode Penelitian ini merupakan penelitian analitik observasional (non-eksperimental) dengan rancangan *cross-sectional*. Subyek penelitian ini adalah ibu yang mempunyai anak retardasi mental di SLB Negeri I Bantul. *Psychological well being* dinilai dengan instrumen *Skala PWB* versi Indonesia. Depresi dinilai dengan instrumen BDI II versi Indonesia. Tingkat kemaknaan uji statistik dinyatakan pada $p < 0,05$.

Hasil: Jumlah responden 52. Hubungan antara PWB total ibu dengan depresi bermakna dengan nilai $p = 0,006$; OR = 5,133; CI = 1,53 – 17,28, CC = **0,354**. Dua Dimensi dari PWB yaitu penerimaan diri dan penguasaan lingkungan juga berhubungan secara bermakna dengan depresi dengan nilai berturut turut, p : 0,008; OR = 5; CI 95%: 1,45 – 17,27, CC = **0,342** dan $p = 0,012$; OR = 4,455; CI = 1,34 – 14,83, CC = **0,328**.

Kesimpulan: Terdapat hubungan yang bermakna antara *Psychological well being* dengan depresi pada ibu yang mempunyai anak retardasi mental di SLB Negeri I Bantul.

Kata kunci : *psychological well being* – depresi – ibu – anak retardasi mental

RELATIONSHIPS BETWEEN PSYCHOLOGICAL WELL BEING WITH DEPRESSION ON MOTHERS HAVING CHILDREN OF MENTAL RETARDATION IN SLB NEGERI I BANTUL

ABSTRACT

Background. Mothers of mentally retarded children tend to be more at risk of depression. One of the concepts related to mental health and the ability to deal with depression is Psychological well being (PWB). The poor condition of Psychological well being affects the parenting process, whereas a mother who has a high psychological well being will accept her life circumstances, be grateful for what is there and have the satisfaction of life when she is given the gift of a child despite her mental limitations. By understanding about the relationship of Psychological well being with depression in mothers who have children of RM, positive impact on mother so that influence to good care to child of RM.

Objective To determine the relationship between psychological well being with depression in mothers who have children mental retardation in SLB Negeri I Bantul.

Methods This was an observational (non-experimental) analytic study with cross-sectional design. The subjects of this study were mothers who had mentally retarded children in SLB Negeri I Bantul. Psychological well being is assessed by the Indonesian version of the PWB Scale instrument. Depression was assessed with the Indonesian version of the BDI II instrument. The significance level of the statistical test is expressed at $p < 0.05$.

Results: Number of respondents was 52. Relationship between total PWB of mothers with significant depression with p value= 0,006; OR= 5,133; CI= 1.53 - 17.28, CC= 0.354. Two Dimensions of PWB ie self-acceptance and environmental mastery are also significantly associated with depression with consecutive values, $p= 0.008$; OR= 5; 95% CI= 1.45 - 17.27, CC= 0.342 and $p= 0.012$; OR= 4,455; CI= 1.34 - 14.83, CC= 0.328.

Conclusion: There is a significant correlation between psychological well being with depression in mothers who have mentally retarded children in SLB Negeri I Bantul.

Keywords: psychological well being - depression - mother - child mental retardation