

## **MODEL STRES PENGASUHAN PADA IBU YANG MEMILIKI ANAK DENGAN GANGGUAN SPEKTRUM AUTIS**

**NURUSSAKINAH DAULAY**

### **ABSTRAK**

Penelitian ini bertujuan untuk : 1) Menguji model teoritis stres pengasuhan pada ibu yang memiliki anak dengan gangguan spektrum autis; 2) Mengetahui kontribusi masing-masing variabel, yaitu dukungan sosial, kepribadian tangguh, persepsi perilaku maladaptif anak, dan *sense of competence* pengasuhan terhadap stres pengasuhan ibu. Partisipan penelitian berjumlah 267 ibu kandung yang memiliki anak dengan gangguan spektrum autis, dan tersebar di beberapa sekolah autis, sekolah luar biasa, pusat layanan autis, dan tempat terapi tumbuh kembang anak di Yogyakarta, Solo, Magelang, Sragen, Semarang, dan Blitar. Teknik analisis data menggunakan SEM (*Structural Equation Modelling*) dengan bantuan *software* Lisrel 8.8. Hasil penelitian ini menunjukkan: 1) Model teoritik yang diajukan dalam penelitian ini didukung data empirik; 2) Berdasarkan pengujian model struktural, diperoleh data bahwa: a) terdapat pengaruh signifikan dukungan sosial ( $\gamma = 0,21$ ) dan ketangguhan ( $\gamma = 0,61$ ) terhadap *sense of competence* pengasuhan; b) terdapat pengaruh signifikan persepsi perilaku maladaptif anak terhadap stres pengasuhan sebesar  $\gamma = 0,34$ ; c) terdapat pengaruh signifikan *sense of competence* pengasuhan terhadap stres pengasuhan sebesar  $\beta = -0,58$ ; d) terdapat pengaruh tidak signifikan dukungan sosial ( $\gamma = -0,02$ ) dan ketangguhan ( $\gamma = -0,11$ ) terhadap stres pengasuhan; e) terdapat pengaruh tidak signifikan persepsi perilaku maladaptif anak terhadap *sense of competence* pengasuhan sebesar  $\gamma = -0,07$ ; 3) Peran *sense of competence* pengasuhan terbukti sebagai variabel mediator.

Kata Kunci: stres pengasuhan, gangguan spektrum autis, dukungan sosial, kepribadian tangguh, maladaptif anak, dan *sense of competence*.

## **PARENTING STRESS MODEL IN MOTHER OF CHILDREN WITH AUTISM SPECTRUM DISORDERS**

**NURUSSAKINAH DAULAY**

### **ABSTRACT**

This study aimed to 1) Examine a theoretical model of parenting stress in mothers of children with autism spectrum disorders; 2) Knowing the contribution of each variable, namely social support, hardiness, perceptions of maladaptive behavior of children, and sense of competence to parenting stress. The participants of this study amounted to 267 biological mothers who had children with autism spectrum disorder with a minimum education level of junior high school and direct child care that is not entrusted his child in a special autism boarding school children. They are distributed in several autism schools, special schools, autistic service centers, and child growth therapy centers in Yogyakarta, Solo, Magelang, Sragen, Semarang, and Blitar. Data were analyzed by SEM (Structural Equation Modeling). The results showed that: 1) Theoretical model proposed in this study supported empirical data; 2) Based on the structural model testing, data were obtained that: a) there were significant effect of social support ( $\gamma = 0.21$ ) and hardiness ( $\gamma = 0.61$ ) on the parenting sense of competence; b) there was a significant effect of maladaptive behavior of children on parenting stress ( $\gamma = 0.34$ ); c) there was a significant effect of sense of competence on parenting stress ( $\beta = -0.58$ ); d) there were no significant effect of social support ( $\gamma = -0.02$ ) and hardiness ( $\gamma = -0.11$ ) on parenting stress; e) there was no significant effect of maladaptive behavior of children on the sense of competence ( $\gamma = -0.07$ ); 3) The role of parenting sense of competence is proven to be a mediator variable.

**Keywords:** parenting stress, autism spectrum disorder, social support, hardiness, maladaptive behavior, and sense of competence.