



Pelatihan Strategi Coping Adaptif untuk Menurunkan Tingkat Stres Ibu yang Memiliki Anak dengan Gejala ADHD

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Abstract

Children with ADHD usually show disruptive behaviors. These behaviors are associated with increased parents' stress. The aim of this research was to examine the effect of The Adaptive Coping Strategy Training to decrease stress of mothers who have child with ADHD. Participants of this research were 10 mothers who have 3-8 years old child with ADHD. The pretest-posttest nonequivalent control group design was applied in this study. The Adaptif Coping Strategy Training with group approach was applied in 6 sessions and 2 weeks durations. The modified Parenting Stress Index was used to measure stress before and after the intervention. Quantitative analysis using Mann-Whitney U with gain score showed a significant difference of stress score between experiment group and control group with $z=-2,619$ and $p=0,009$ ($p<0,05$). Qualitative analysis was executed to data obtained from the observation, interviews during the training and homeworks. Result showed that The Adaptif Coping Strategy Training decreased stres of mothers who have a child with ADHD.

Keywords: mothers' stress, ADHD, Adaptif Coping Strategy Training.

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