

PERAN KEBERSYUKURAN TERHADAP *SUBJECTIVE WELL BEING* ORANG TUA DENGAN ANAK BERKEBUTUHAN KHUSUS

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ABSTRAK

Memiliki anak berkebutuhan khusus akan berpengaruh pada *subjective well being* orang tua, tidak ada yang lebih terkena dampak dari hadirnya seorang anak berkebutuhan khusus daripada keluarganya sendiri. Kebersyukuran dapat dilihat sebagai faktor yang memiliki nilai positif bagi *subjective well being*. Penelitian ini dilakukan dengan metode kuantitatif untuk membuktikan apakah tingkat kebersyukuran akan memengaruhi *subjective well being* orang tua dengan anak berkebutuhan khusus di SLB Kasih Angelia, Bitung, Sulawesi Utara, Indonesia. Alat ukur yang digunakan dalam penelitian ini yaitu skala yang dikembangkan dari konsep kebersyukuran Watkins dkk dan skala *Satisfaction With Life Scale* juga *Positive and Negative Affect Schedule* yang mengacu pada teori Diener. Hasil penelitian terhadap 148 partisipan menunjukkan bahwa kebersyukuran berperan sangat signifikan terhadap *subjective well being* orang tua dengan anak berkebutuhan khusus.

Kata kunci: *subjective well being*, kebersyukuran, anak berkebutuhan khusus, orang tua

***THE ROLE OF GRATITUDE IN SUBJECTIVE WELL BEING OF
PARENTS WITH DISABLED CHILDREN***

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ABSTRACT

Having a child with disabilities may affect subjective well being of the parents. Family are the one that gets affected from a child with disabilities. Gratitude can be seen as an internal factor that possesses a positive value towards the subjective well being. This research is conducted by employing quantitative method to discover whether the level of gratitude can affect the subjective well being of parents with a child with disabilities in SLB Kasih Angelia, Bitung, North Sulawesi, Indonesia. The parameters used in this research is gratitude scale from Watkins, et. al. and Satisfaction With Life Scale and Positive and Negative Affect Schedule which refer to theory by Diener. The result with 148 participants shows that gratitude plays a crucial role toward the subjective well being of the parents of children with disabilities.

Keywords: *subjective well being, gratitudes, children with disabilities, parents*