



Spiritualitas pada Ibu yang Mempunyai Anak Down Syndrome

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ABSTRAK

Ibu yang mempunyai anak *down syndrome* mempunyai rutinitas ekstra dalam perawatan. Keberadaan anak *down syndrome* menyebabkan Ibu mengalami distres psikologis dan distres spiritual yang ditunjukkan dengan adanya afek negatif dan kemarahan akan takdir Tuhan. Namun, berbagai penelitian menunjukkan bahwa spiritualitas berperan dalam proses penerimaan orang tua selama perawatan ABK. Penelitian ini bertujuan untuk memahami dan mendeskripsikan proses terbentuknya spiritualitas pada Ibu yang mempunyai anak *down syndrome* selama proses perawatan. Metode penelitian menggunakan pendekatan kualitatif fenomenologi dengan analisis data *interpretative phenomenological analysis* (IPA). Pengumpulan data dilakukan dengan melakukan wawancara mendalam sebagai data primer pada responden dan *significant other*. Hasil penelitian menunjukkan proses terbentuknya spiritualitas Ibu yang mempunyai anak dengan *down syndrome* terjadi melalui tiga fase yaitu fase *disintegrating*, *reckoning*, dan *recreating*. Fase *disintegrating* ditandai dengan adanya perasaan menyalahkan takdir Tuhan yang memberikan anak *down syndrome*. Fase *reckoning* ditandai dengan perubahan persepsi terhadap takdir Tuhan. Fase *recreating* ditandai dengan kemauan membangun interaksi positif dengan sesama. Pada fase *reckoning* dan *recreating* dimensi spiritualitas keterhubungan dengan diri dan Tuhan memberikan peranan penting. Sedangkan, pada fase *recreating* dimensi keterhubungan dengan sesama memberikan peranan penting. Keenam responden penelitian mengalami proses terbentuknya spiritualitas yang beragam disetiap fase. Ada responden yang mengalami tiga fase sekaligus dan ada responden yang hanya merasakan dua fase terbentuknya spiritualitas. Keberagaman juga terlihat dari perbedaan pemaknaan responden disetiap fase spiritualitas serta keadaan spiritual yang dirasakan. Ada responden yang sudah berhasil mempertahankan keadaan spiritual dan ada yang masih membangun keadaan spiritual.

Kata kunci: *down syndrome, ibu, proses, spiritualitas.*



The Spirituality of Mothers of children with Down Syndrome

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ABSTRACT

Mothers who has child with special needed will have different routine. She will have complex routine in the terms of caring her children. The existence of down syndrome children causes the mother to have psychological distress and spiritual distress, which is indicated by the negative effects and anger towards divine Providence. However, based on research acceptance of down syndrome children condition can be increase because of spirituality. This research was aimed to understand and describe the shaped spirituality of mother who has down syndrome children during the treatment process. This research was using qualitative phenomenology with interpretative phenomenological analysis (IPA) as the analysis data. The data was collected by using deep interview as the primary data of respondent and significant other. The finding shows that there are 3 phase of spirituality formation of mothers who have children with down syndrome, namely; disintegrating, reckoning, and recreating. First phase is disintegrating, it is perceived by the feeling of blaming God's destiny that gives down syndrome children. Then, reckoning phase is marked by changing perception on divine Providence. The recreating phase is characterized by a willingness to build positive interactions with others. In the phase of reckoning and recreating, spirituality dimension are connecting with God and it plays an important role. While, the recreating phase also have an important role on connectedness dimension to others. The result shows that all six respondents experienced a process of formation of diverse spirituality in each phase. There are respondents who experience three phases at once and there are respondents who only feel two phases of the formation of spirituality. Diversity can also be seen from the difference in the meanings of respondents in each phases of spirituality and the perceived spiritual condition. There are respondents who have succeeded in maintaining a spiritual condition and there are still developed spiritual condition.

Keywords: *down syndrome, mother, process, spirituality.*