

## INTISARI

**Pendahuluan:** Orang tua yang memiliki anak disabilitas intelektual pasti akan mengalami berbagai tantangan yang berbeda dibandingkan dengan yang memiliki anak normal. Pengasuhan orang tua yang optimal pada anak disabilitas intelektual dapat dicapai apabila orang tua mampu menghadapi tekanan, mampu menghadapi masalah, serta menjadi individu yang kuat dan optimis. Hal tersebut merupakan karakteristik individu yang memiliki resiliensi atau ketahanan. Salah satu faktor protektif atau faktor pendukung yang dapat mengubah, mengurangi atau meningkatkan respon individu terhadap pengaruh lingkungan yang memberi kecenderungan untuk mengalami perkembangan maladaptif adalah keluarga yang stabil dan memberikan dukungan yang ditandai adanya pertalian diantara anggota keluarga.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui hubungan kualitas relasi orang tua-anak dengan resiliensi orang tua anak disabilitas intelektual.

**Metode:** Penelitian *cross sectional* ini dilakukan pada bulan Juni - Juli 2015 di SLB N 1 Bantul kota Yogyakarta sedangkan uji coba instrumen dilakukan pada 20 orang tua yang memiliki anak disabilitas intelektual di SLB Darma Bhakti Piyungan, Yogyakarta. Populasi dalam penelitian ini adalah semua orang tua dengan anak disabilitas intelektual di SLB N 1 Bantul dari tingkat TKLB sampai SMALB. Sampel yang diperoleh sebanyak 60 responden.

**Hasil:** Berdasarkan hasil analisis data dari uji *Chi square* didapatkan hasil  $P = 0,427$  terlihat bahwa hubungan antara kualitas relasi orang tua-anak dengan resiliensi secara statistik tidak signifikan. Disimpulkan bahwa tidak ada korelasi antara kualitas relasi ortu-anak dengan resiliensi orang tua anak disabilitas intelektual.

**Analisis dan Diskusi:** Penulis menyarankan hendaknya variabel resiliensi tidak langsung dihubungkan dengan variabel kualitas relasi melainkan ada juga variabel lain yang menyertainya seperti dukungan sosial dan lainnya.

**Kata Kunci:** Kualitas Relasi, Resiliensi, Tuna Grahita

## ABSTRACT

**Background:** Parents with intellectual disability children surely have experienced many challenges which were different from parents who had normal children. Optimum parenting could be reached if parents could facing pressures, facing problems, and become strong and optimistic individual. These criteria were individual characteristics that showed resilience or endurance. One of protective factors or supporting factors which could change, decrease, or increase individual response to environmental changes which gave tendency to experience maladaptive development was family which was stable and always gave support which was marked with affiliation between family members.

**Objective:** to know the correlation between of parents-children relationship quality with resilience of parents with intellectual disability children.

**Method:** This cross-sectional research was held between June to July 2015 in Bantul 1<sup>st</sup> State Extraordinary School, Yogyakarta, meanwhile instrument testing was done in 20 parents who had mentally disabled children in Darma Bakti Extraordinary School, Piyungan, Yogyakarta. Population in this research was all the parents with mentally disabled children in Bantul 1<sup>st</sup> State Extraordinary School, from extraordinary elementary school to extraordinary high school. Samples in this research were 60 respondents based on the inclusion criteria.

**Result:** Based on the data analysis result from chi square test, with  $p$ -value = 0.427, which means that the affiliation of parents-children relationship quality with resilience statistically not significant. It was concluded that there was no correlation between quality with resilience of parents with intellectual disability children.

**Analysis and Discussion:** Researcher suggested that resilience variable shouldn't be directly affiliated with relationship quality variable. There were also many variables that could affect the result, such as social support, etc.

**Keywords:** Quality of Relationships, resilience, intellectual disability.