

**DINAMIKA PSIKOLOGIS PENERIMAAN ORANGTUA DENGAN ANAK BERKEBUTUHAN KHUSUS (ABK): STUDI PADA AYAH DENGAN ANAK TUNA NETRA DAN IBU DENGAN ANAK CEREBRAL PALSY
“MEMBAWA ANAK KE TEMPAT UMUM SEBAGAI PENGUATAN INTERNAL”**

**Dwi Novita Sari & Nida UI Hasanat
Fakultas Psikologi, Universitas Gadjah Mada**

INTISARI

Catatan Persatuan Bangsa-Bangsa (PBB) menunjukkan terdapat 4,2 juta jiwa anak berkebutuhan khusus (ABK) di Indonesia, yaitu presentase 10% anak usia sekolah (5-14 tahun). Anak Berkebutuhan Khusus (ABK) adalah anak yang mengalami keterbatasan secara fisik, mental, intelektual, sosial atau emosional. Kelahiran anak dalam kondisi berkebutuhan khusus dapat memunculkan respon positif dan negatif dari orangtua. Respon negatif ditunjukkan dengan perasaan sedih, marah, kecewa, terkejut, tidak percaya dengan kenyataan, dan orangtua mengalami gejala batin. Salah satu respon positif yaitu penerimaan orangtua. Penerimaan orangtua terhadap kondisi anak berkebutuhan khusus ditunjukkan dengan perilaku merawat dan memahami anak. Data dikumpulkan dengan melakukan wawancara terhadap 2 orangtua yang memiliki anak berkebutuhan khusus.

Hasil dari penelitian ini yaitu, penerimaan merupakan sebuah proses. Kedua subjek menunjukkan respon negatif terlebih dahulu ketika mengetahui anak lahir dalam kondisi berkebutuhan khusus, akhirnya respon negatif yang ada disertai respon positif. Respon positif muncul karena adanya rasa bersyukur orangtua setelah melihat kondisi anak lain yang lebih parah. Kedua subjek tidak malu dengan kondisi anak, seringkali subjek membawa anak ke tempat umum, hal ini dilakukan sebagai penguatan internal untuk diri sendiri. Respon subjek mempengaruhi perilaku terhadap anak. Subjek penelitian menunjukkan perilaku memahami anak, memberikan yang terbaik untuk anak, menyembuhkan dan memantau kegiatan anak sehari-hari. Terdapat faktor pendorong dan faktor penghambat yang mempengaruhi perilaku orangtua terhadap anak. Faktor pendorong yang mempengaruhi perilaku orangtua yaitu adanya harapan-harapan untuk kesembuhan dan masa depan anak, adanya dukungan sosial dan agar tidak ada penyesalan bagi subjek di kemudian hari. Faktor penghambat perilaku orangtua terhadap anak yaitu perasaan gelisah akan masa depan anak, kesulitan mengontrol emosi anak, biaya pengobatan, kurangnya pengetahuan dan kesulitan melakukan komunikasi diadik dengan anak.

Kata kunci : Dinamika psikologis penerimaan, orangtua, anak berkebutuhan khusus (ABK), penguatan internal.

**THE PSYCHOLOGICAL DYNAMIC OF ACCEPTANCE OF PARENTS WITH
SPECIAL NEED CHILDREN: STUDY IN A FATHER WITH BLIND CHILD AND
A MOTHER WITH CEREBRAL PALSY CHILD
“TAKING CHILDREN TO PUBLIC PLACES FOR INTERNAL STRENGTH”**

**Dwi Novita Sari & Nida UI Hasanat
Faculty of Psychology, Gadjah Mada University**

ABSTRACT

United Nation’s report shows that there are 4.2 million children with special needs in Indonesia, which 10% of them is still at school. Children with special needs are children with physical, mental, intellectual, social, or emotional disadvantages. The birth of children with special needs can trigger positive and negative responses from their parents. Negative responses can be in the form of sadness, anger, disappointment, shock, not believing in reality, and unbalanced emotional condition. Parents’ acceptance of the condition of children with special needs can be detected from the behavior of the parents, such as nurturing and understanding the children. The data is collected by interviewing parents whose children have special needs.

The result of this research shows that acceptance is a process. At first both subjects show negative responses, knowing their children were born with special needs. Gradually, the negative responses are replaced with the positive ones. Positive responses come in to place because the two subjects feel grateful for what they have compared to other parents whose special needs children are more severe. At this point both subjects are not ashamed of their children’s conditions, sometimes, they go to public places with their children. This particular act serves an internal reinforcement for both subject. Parents’ responses affect their behavior towards their children. Subjects show some behaviors, such as understanding their children, putting their best effort in trying to cure the children’s conditions, and watching closely their children’s daily activities. There are some inhibiting and motivating factors that could affect the behavior of the parents. The motivating factors are the presence of hope towards children’s condition and future, social support, and intention to do the best for their children so there would be no regret in the future. The inhibiting factors are worry about the children’s future, difficulties in controlling their children’s emotions, medical bill, lack of knowledge, and difficulties in communicating mutually with their children.

Keywords: Psychological dynamic of acceptance, parents, special need children, internal streng