

INTISARI

HUBUNGAN STRATEGI KOPING DENGAN TINGKAT STRES IBU TERHADAP PENERIMAAN ANAK AUTIS DI SLB NEGERI SURAKARTA

Graziela Filipe Gama, Vitri Dyah Herawati, Anik Suwarni.

Latar Belakang : Strategi koping bertujuan untuk mengatasi situasi dan tuntutan yang dirasa menekan, menantang, membebani dan melebihi sumberdaya (*resources*) yang dimiliki. Strategi koping yang baik mampu untuk menanggulangi stres yang dihadapi. Seperti halnya strategi koping yang dilakukan ibu untuk mampu menangani tingkat stres ibu terhadap penerimaan anak autis.

Tujuan Penelitian: untuk mengetahui ada tidaknya hubungan strategi koping dengan tingkat stres ibu terhadap penerimaan anak autis di SLB Autis Negeri Surakarta.

Metode Penelitian : Penelitian ini merupakan penelitian kuantitatif, menggunakan metode deskriptif sederhana. Subyek penelitian adalah orang tua atau ibu dari siswa di SLB Autis Negeri Surakarta sebanyak 30 siswa dan seluruh siswa digunakan sebagai sampel penelitian diambil secara *total sampling*. Kuisisioner digunakan sebagai alat pengumpul data penelitian. Teknik analisa data menggunakan analisis korelasi *spearman rho*.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa strategi koping yang dilakukan ibu dengan anak autis mayoritas termasuk berhasil (73,3%). Tingkat stres ibu terhadap penerimaan anak autis mayoritas termasuk ringan (66,7%). Hasil analisis bivariat diperoleh nilai koefisien korelasi *spearman rho* sebesar 0,655 dengan *p value*= 0,000 < 0,05. Hal ini membuktikan bahwa ada hubungan antara strategi koping dengan tingkat stres ibu terhadap penerimaan anak autis dengan kekuatan hubungan antara kedua variabel termasuk kuat.

Simpulan : Ada hubungan antara strategi koping dengan tingkat stres ibu terhadap penerimaan anak autis di SLB Negeri Surakarta.

Kata kunci : strategi koping, tingkat stres, penerimaan anak autis.

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ABSTRACT

THE CORRELATION OF COPING STRATEGY WITH THE LEVELS OF MOTHER STRESS ON ACCEPTANCE OF CHILDREN AUTISM IN SLB NEGERI SURAKARTA

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Background: The coping strategy aims to overcome situations and demands of pressing, challenging, burdensome, and exceeds the available resources. A good coping strategy can cope with the stress faced, such as coping strategies that are used by mothers to handle the mother's stress level on acceptance of autistic children.

Objectives: To determine the correlation of coping strategies and the level of mother stress on the acceptance of children with autism in SLB Autism Negeri Surakarta.

Methods: This research was a quantitative study using a simple descriptive method. The research subjects were the mothers of 30 students at SLB Autism Negeri Surakarta. All students were used as the research sample and were taken by total sampling. The questionnaire was used as a research data collection tool. The data analysis technique used Spearman rho correlation analysis.

Results: The results show that the coping strategies carried out by mothers with autistic children were mostly successful (73.3%). The level of mother's stress on the acceptance of children with autism was mild (66.7%). The bivariate analysis results obtained the spearman rho correlation coefficient of 0.655 with $p\text{-value} = 0.000 < 0.05$. It indicates that there is a correlation between coping strategies and maternal stress levels on acceptance of autistic children with the strength of the correlation between the two variables is strong.

Conclusion: There is a correlation between coping strategies and the level of maternal stress on the acceptance of children with autism in SLB Negeri Surakarta.

Keywords: Coping Strategies, Stress Levels, Acceptance Of Children With Autism.

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