

ABSTRAK

Orang tua dengan anak *down syndrome* memiliki peran dan tanggung jawab yang lebih besar untuk mengoptimalkan perkembangannya. Peran dan tanggung jawab tersebut mampu membuat orang tua dengan anak *down syndrome* mengalami *stres*. Salah satu faktor penyebab *parenting stress* yaitu rendahnya *parenting self-efficacy*. Sehingga, tujuan dari penelitian ini untuk mengetahui ada atau tidaknya hubungan antara *parenting self-efficacy* dan *parenting stress* pada orang tua dengan anak *down syndrome*. Subjek penelitian ini adalah 48 orang tua yang memiliki anak *down syndrome* usia 5-15 tahun dan bersekolah di SLB daerah Yogyakarta. Hipotesis pada penelitian ini yaitu terdapat korelasi negatif antara *parenting self-efficacy* dan *parenting stress* pada orang tua dengan anak *down syndrome*. Pengambilan data penelitian ini menggunakan skala *Parenting Stress-Index Short Form* (PSI-SF) dan skala *Self-Efficacy for Parenting Task Index* (SEPTI). Teknik analisis data yang digunakan adalah korelasi *Product Moment* oleh Pearson. Berdasarkan hasil analisis data pada *parenting self-efficacy* dan *parenting stress* diperoleh $(r_{xy}) = 0,282$ dengan $p = 0,026$ yang berarti terdapat korelasi positif antara *parenting self-efficacy* dan *parenting stress* pada orang tua dengan anak *down syndrome* sehingga hipotesis ditolak.

Kata kunci: *down syndrome, parenting self-efficacy, parenting stress*

ABSTRACT

Parents with children with down syndrome have a greater role and responsibility to optimize their development. These roles and responsibilities can make parents with down syndrome children experience stress. One of the factors causing parenting stress is low parenting self-efficacy. Thus, the purpose of this study was to determine whether or not there is a relationship between parenting self-efficacy and parenting stress in parents with children with down syndrome. The subjects of this study were 48 parents who have down syndrome children aged 5-15 years and attend special schools in the Yogyakarta area. The hypothesis in this study is that there is a negative correlation between parenting self-efficacy and parenting stress in parents with children with Down syndrome. Data collection in this study used the Parenting Stress-Index Short Form (PSI-SF) scale and the Self-Efficacy for Parenting Task Index (SEPTI) scale. The data analysis technique used is Product Moment correlation by Pearson. Based on the results of data analysis on parenting self-efficacy and parenting stress, it was obtained $(r_{xy}) = 0.282$ with $p = 0,026$, which means that there is a positive correlation between parenting self-efficacy and parenting stress in parents with children with down syndrome so that the hypothesis is rejected.

Keywords: *down syndrome, parenting self-efficacy, parenting stress*