

ABSTRAK

Penelitian ini bertujuan untuk mengidentifikasi faktor-faktor yang mempengaruhi *subjective well-being* ibu yang merawat anak hiperaktif. Permasalahan yang dihadapi dalam penelitian ini adalah penurunan *well-being* ibu dalam situasi merawat anak hiperaktif. Subjek penelitian melibatkan ibu yang merawat anak dengan gangguan hiperaktif dengan berbagai latar belakang sosial dan ekonomi. Subjek yang diteliti berjumlah tiga orang. Data dikumpulkan melalui wawancara dan observasi yang mencakup pertanyaan tentang aspek-aspek *subjective well-being* seperti kepuasan hidup, emosi positif, emosi negatif, lalu dukungan sosial, pengetahuan, manajemen waktu, kondisi fisik, perilaku anak, tingkat stres, kepribadian, strategi coping, dan optimisme ibu. Hasil penelitian ini mengungkapkan bahwa kurangnya dukungan sosial dari keluarga dan lingkungan, pengetahuan yang rendah tentang gangguan hiperaktif, masalah manajemen waktu, serta kondisi fisik ibu, semua berkontribusi negatif terhadap *subjective well-being* ibu. Perilaku hiperaktif anak dan tingkat kesulitan yang tinggi juga memengaruhi *well-being* ibu. Penolakan terhadap gejala anak dan masalah internal ibu, seperti kecemasan dan depresi, juga memiliki dampak negatif. Namun, penelitian ini juga menemukan bahwa kepribadian yang tahan terhadap kesulitan, penggunaan *strategi coping* yang efektif, hubungan positif dengan anak hiperaktif, dan sikap optimis ibu dapat meningkatkan *subjective well-being* ibu. Temuan ini menekankan pentingnya memberikan dukungan sosial, informasi yang tepat, dan pelatihan dalam manajemen stres dan *strategi coping* kepada ibu yang merawat anak hiperaktif.

Kata kunci: anak hiperaktif, faktor subjective well-being, subjective well-being .

ABSTRACT

This study aimed to identify the factors that influence subjective well-being of mothers caring for hyperactive children. The problem faced in this study is the decrease in maternal well-being in the situation of caring for hyperactive children. The subjects of the study involved mothers caring for children with hyperactivity disorders in various social and economic backgrounds. The researched subjects are three people. Data were collected through interviews and observations that included questions about subjective well-being aspects such as life satisfaction, positive affects, negative affects, social support, knowledge, time management, physical condition, child behavior, stress levels, personality, coping strategies, and maternal optimism. The results of this study revealed that lack of social support from family and environment, low knowledge of hyperactivity disorder, time management problems, as well as the mother's physical condition, all contribute negatively to maternal subjective well-being. The child's hyperactive behavior and high levels of difficulty also affect the mother's well-being. Denial of the child's symptoms and the mother's internal problems, such as anxiety and depression, also have a negative impact. However, the study also found that a personality that is resilient to adversity, the use of effective coping strategies, a positive relationship with a hyperactive child, and an optimistic attitude of the mother can improve maternal subjective well-being . These findings emphasize the importance of providing social support, appropriate information, and training in stress management and coping strategies to mothers caring for hyperactive children.

Keywords: hyperactive child, subjective well-being, subjective well-being factors.