

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara strategi *coping* dengan stres pengasuhan orang tua yang memiliki anak berkebutuhan khusus. Hipotesis penelitian ini adalah 1) Ada hubungan negatif antara strategi *problem focused coping* dengan stres pengasuhan pada orang tua yang memiliki anak berkebutuhan khusus, 2) Ada hubungan positif antara strategi *emotion focused coping* dengan stres pengasuhan pada orang tua yang memiliki anak berkebutuhan khusus. Subjek dalam penelitian ini adalah 61 subjek orang tua yang memiliki anak berkebutuhan khusus. Metode pengumpulan data dalam penelitian ini menggunakan Skala Strategi Coping dan Skala Stres Pengasuhan. Teknik analisis data yang digunakan adalah korelasi *product moment*. Berdasarkan hasil analisis data pada bentuk strategi *problem focused coping* diperoleh koefisien korelasi (r) sebesar $r_{xy} = -0,269$ dan $p = 0,036$ ($p < 0,050$), selanjutnya hasil analisis data pada bentuk strategi *emotion focused coping* diperoleh koefisien korelasi (r) sebesar $r_{xy} = -0,255$ dan $p = 0,047$ ($p < 0,050$). Hasil tersebut menunjukkan bahwa terdapat hubungan negatif antara strategi *problem focused coping* dengan stres pengasuhan, sehingga hipotesis diterima. Adapun hipotesis pada bentuk strategi *emotion focused coping* ada hubungan negatif antara strategi *emotion focused coping* dengan stres pengasuhan, sehingga hipotesis ditolak. Koefisien determinasi (R^2) pada strategi *problem focused coping* sebesar 0,072 sehingga dapat dikatakan bahwa variabel strategi coping pada bentuk *problem focused coping* memiliki kontribusi 7,2% terhadap stres pengasuhan orang tua yang memiliki anak berkebutuhan khusus.

Kata Kunci: *Strategi coping, stres pengasuhan, orang tua, anak berkebutuhan khusus*

Abstract

This study aims to determine the relationship between coping strategy and the stress of parenting parents who have children with special needs. The research hypotheses are 1) There is a negative relationship between strategy problem focused coping with parenting stress in parents who have children with special needs, 2) There is a positive relationship between strategy emotion focused coping with parenting stress in parents who have children with special needs.[1] [2] The subjects in this study were 61 subjects whose parents had children with special needs. The data collection method in this study used the Coping Strategy Scale and the Parenting Stress Scale. The data analysis technique used is correlation product moment. Based on the results of data analysis on the form of a strategy problem focused coping obtained a correlation coefficient (r) of $r_{xy} = -0.269$ and $p = 0.036$ ($p < 0.050$), then the results of data analysis on the form of strategy emotion focused coping obtained a correlation coefficient (r) of $r_{xy} = -0.255$ and $p = 0.047$ ($p < 0.050$). These results indicate that there is a negative relationship between strategy problem focused coping with parenting stress, so the hypothesis is accepted. The hypothesis on the form of strategy emotion focused coping there is a negative relationship between strategy emotion focused coping with parenting stress, so the hypothesis is rejected. The coefficient of determination (R^2) on strategy problem focused coping of 0.072 so that it can be said that the coping strategy variable is in form problem focused coping has a 7.2% contribution to parenting stress for parents who have children with special needs.

Keywords: *Coping strategies, parenting stress, parents, children with special needs*