

Abstrak

Orang tua menghadapi serangkaian tugas dan tantangan yang lebih kompleks dalam memberikan pengasuhan terhadap anak berkebutuhan khusus, misalnya terkait dengan mengatur asupan nutrisi, kebutuhan sekolah, kemandirian, rekreasi, terapi dan obat-obatan. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dengan *parenting self-efficacy* pada orang tua yang memiliki anak berkebutuhan khusus di Klinik Tumbuh Kembang Griya Fisio Bunda Novy Yogyakarta. Hipotesis yang diajukan adalah terdapat hubungan positif antara dukungan sosial dengan *parenting self-efficacy* pada orang tua yang memiliki anak berkebutuhan khusus di Klinik Tumbuh Kembang Griya Fisio Bunda Novy Yogyakarta. Subjek penelitian ini berjumlah 60 orang tua yang memiliki anak berkebutuhan khusus di Klinik Tumbuh Kembang Griya Fisio Bunda Novy Yogyakarta. Cara pengambilan subjek menggunakan *non probability sampling*. Pengambilan data penelitian ini menggunakan Skala *Parenting Self-efficacy* dan Skala Dukungan Sosial. Data dianalisis menggunakan korelasi *product moment*. Berdasarkan hasil analisis, diperoleh korelasi antara dukungan sosial dengan *parenting self-efficacy* sebesar 0,512 dengan nilai $p < 0,050$. Hasil analisis tersebut menunjukkan bahwa hipotesis penelitian ini dapat diterima, yakni terdapat hubungan positif hubungan antara dukungan sosial dengan *parenting self-efficacy*. Semakin tinggi dukungan sosial maka semakin tinggi *parenting self-efficacy*. Sebaliknya, semakin rendah dukungan sosial maka semakin rendah *parenting self-efficacy*.

Kata kunci: Dukungan sosial, *Parenting self-efficacy*, *Parenting*

Abstract

Parents will face a more complex set of tasks and challenges in providing care for children with special needs, for example those related to managing nutritional intake, school needs, independence, recreation, therapy and drugs. This study aims to determine the relationship between social support with parenting self-efficacy in parents who have children with special needs in Klinik Tumbuh Kembang Griya Fisio Bunda Novy Yogyakarta. The hypothesis proposed is that there is a positive relationship between social support with parenting self-efficacy in parents who have children with special needs in Klinik Tumbuh Kembang Griya Fisio Bunda Novy Yogyakarta. Subjects in this study amounted to 60 parents who had children with special needs in Klinik Tumbuh Kembang Griya Fisio Bunda Novy Yogyakarta. How to retrieve the subject by using the non probability sampling. The data were collected using Social Support Scale and Parenting Self-efficacy Scale. Data were analyzed using product moment correlation. Based on the result of the analysis, obtained correlation between social support and parenting self-efficacy value of 0.512 with $p < 0.050$. The results of the analysis indicate that the research hypothesis is acceptable, namely that there is a positive relationship between social support and parenting self-efficacy. The higher the social support, the higher the parenting self-efficacy. Conversely, the lower the social support, the lower the parenting self-efficacy.

Key words: *Social support, Parenting self-efficacy, Parenting*