

ABSTRAK

Osana Natania. (2026). Resiliensi Orang Tua Anak Berkebutuhan Khusus (ABK) dalam Menghadapi Tantangan Pengasuhan: Perspektif *Strength Based Parenting*. Skripsi. Program Studi Bimbingan dan Konseling. Universitas Mercu Buana Yogyakarta.

Pengasuhan anak berkebutuhan khusus (ABK) menghadirkan berbagai tantangan emosional, sosial, dan praktis yang menuntut orang tua untuk terus beradaptasi. Kondisi tersebut membutuhkan kemampuan orang tua untuk bertahan dan menyesuaikan diri dalam menghadapi berbagai tuntutan pengasuhan. Resiliensi menjadi kemampuan penting bagi orang tua dalam menghadapi tantangan tersebut, sedangkan *strength based parenting* menekankan pengenalan dan pemanfaatan kekuatan anak dalam proses pengasuhan. Penelitian ini bertujuan untuk mengetahui bagaimana resiliensi orang tua ABK terbentuk, dipertahankan, dan diwujudkan dalam menghadapi tantangan pengasuhan serta bagaimana *strength based parenting* mendukung dan memperkuat resiliensi orang tua.

Penelitian ini menggunakan pendekatan kualitatif dengan metode studi kasus. Subjek penelitian berjumlah tiga orang tua yang memiliki anak berkebutuhan khusus dan dipilih menggunakan teknik *purposive sampling*. Teknik pengumpulan data dilakukan melalui wawancara mendalam dan observasi. Keabsahan data dilakukan melalui triangulasi sumber. Analisis data dilakukan melalui tahapan reduksi data, penyajian data, dan penarikan kesimpulan.

Hasil penelitian menunjukkan bahwa resiliensi orang tua terbentuk melalui proses adaptasi yang dinamis sejak menerima kondisi anak hingga menghadapi berbagai tuntutan pengasuhan. Resiliensi dipertahankan melalui kemampuan mengelola emosi, mempertahankan optimisme, meyakini kemampuan diri, memahami kebutuhan anak, mengambil makna positif dari pengalaman pengasuhan, serta menentukan penanganan yang sesuai. Resiliensi diwujudkan melalui kemampuan orang tua untuk terus beradaptasi, konsisten mendampingi anak, dan mendukung perkembangan anak sesuai kondisi dan potensinya. Pendekatan *strength based parenting* berperan dalam mendukung dan memperkuat resiliensi orang tua melalui kemampuan mengenali kekuatan anak (*strength knowledge*) dan membantu anak menggunakan kekuatan tersebut (*strength use*). Berdasarkan hasil penelitian, dapat disimpulkan bahwa resiliensi orang tua ABK terbentuk dan dipertahankan melalui proses adaptasi dan pengelolaan diri, serta diperkuat oleh penerapan *strength based parenting* dalam pengasuhan.

Kata kunci: *Resiliensi, Orang Tua Anak Berkebutuhan Khusus, Strength Based Parenting*.

ABSTRACT

Osana Natania. (2026). *The Resilience of Parents of Children with Special Needs in Coping with Parenting Challenges: A Strength Based Parenting Perspective. Thesis. Guidance and Counseling Program. Mercu Buana Yogyakarta University.*

Raising children with special needs presents various emotional, social, and practical challenges that require parents to continually adapt. These circumstances demand that parents have the ability to persevere and adjust in the face of various parenting demands. Resilience is a crucial skill for parents in addressing these challenges, while strength based parenting emphasizes identifying and leveraging a child's strengths in the parenting process. This study aims to determine how the resilience of parents of children with special needs is formed, maintained, and manifested in the face of parenting challenges, as well as how strength based parenting supports and reinforces parental resilience.

This study employed a qualitative approach using the case study method. The research subjects consisted of three parents of children with special needs, who were selected using purposive sampling. Data collection was conducted through in-depth interviews and observation. Data validity was ensured through source triangulation. Data analysis was conducted through the stages of data reduction, data presentation, and drawing conclusions.

Research findings indicate that parental resilience is shaped through a dynamic process of adaptation, beginning with accepting their child's condition and extending to coping with various parenting demands. Resilience is sustained through the ability to manage emotions, maintain optimism, believe in one's own capabilities, understand the child's needs, derive positive meaning from parenting experiences, and determine appropriate responses. Resilience is manifested through parents' ability to continuously adapt, consistently guide their children, and support their children's development in accordance with their individual circumstances and potential. The strength based parenting approach plays a role in supporting and strengthening parental resilience through the ability to recognize a child's strengths (strength knowledge) and help the child utilize those strengths (strength use). Based on the research findings, it can be concluded that the resilience of parents of children with special needs is developed and maintained through processes of adaptation and self management, and is strengthened by the application of strength based parenting in child rearing.

Keywords: Resilience, Parents of Children with Special Needs, Strength Based Parenting.