

**GAMBARAN KOPING ORANG TUA DALAM MENGHADAPI
STRES YANG MEMILIKI ANAK BERKEBUTUHAN
KHUSUS DI SLB ABC ARGASARI LESTARI
KOTA TASIKMALAYA**

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Gambaran Koping Orang Tua Dalam Menghadapi Stres Yang Memiliki Anak Berkebutuhan Khusus di SLB ABC Argasari Lestari Kota Tasikmalaya

xiv + 49 halaman + 8 tabel + 1 bagan + 14 lampiran

ABSTRAK

Latar Belakang : Orang tua yang memiliki anak berkebutuhan khusus memiliki tanggung jawab dan tekanan psikologis yang lebih besar dalam mengasuh dan perawatan anak sehingga dapat menyebabkan *parenting stress*. Pemilihan strategi koping sangat penting dalam menentukan perkembangan anak. **Tujuan Penelitian:** Mengetahui tingkat stress orang tua dalam menghadapi anak berkebutuhan khusus dan mengetahui strategi koping yang digunakan orang tua dalam menghadapi anak berkebutuhan khusus di SLB ABC Argasari Lestari Tasikmalaya. **Metode Penelitian :** Rancangan penelitian ini berjenis deskriptif kuantitatif. Jumlah sampel 50 responden dengan teknik sampling *purposive sampling*. Teknik pengumpulan data menggunakan kuesioner *Depression Anxiety Stress Scales* (DASS 42) dan *Ways of Coping Questionnaire* (WCQ). **Hasil Penelitian :** Tingkat stress orang tua yang peneliti dapatkan, yaitu normal sebanyak 12 orang (24,0%), stress ringan 23 orang (46,0%), stress sedang 14 orang (28,0%), stress berat 1 orang (2,0%), dan stress sangat berat tidak ada. Koping yang digunakan orang tua dalam menghadapi stress yaitu koping berfokus pada masalah sebanyak 42 orang (84,0%), koping berfokus pada emosi 6 orang (12,0%), koping berfokus pada masalah dan emosi 2 orang (4,0%). **Kesimpulan :** Tingkat stress orang tua yang memiliki anak berkebutuhan khusus di SLB ABC Argasari Lestari Tasikmalaya mengalami stress ringan dan menggunakan koping berfokus pada masalah dalam menghadapi stress.

Kata Kunci : Anak Berkebutuhan Khusus, Orang Tua, Tingkat Stres, Strategi Koping
Daftar Pustaka : 41 buah (2015 – 2021)

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Overview of Coping Parents in Facing Stress Who Have Children with Special Needs at SLB ABC Argasari Lestari Tasikmalaya City

xiv + 49 pages + 8 tables + 1 chart + 14 attachments

ABSTRACT

Background : Parents who have children with special needs have greater psychological responsibility and pressure in parenting and caring for children so that it can cause parenting stress. The selection of coping strategies is very important in determining the development of a child. **Research Objectives :** Knowing the level of stress of parents in dealing with children with special needs and knowing the coping strategies used by parents in dealing with children with special needs at SLB ABC Argasari Lestari Tasikmalaya. **Research Methods :** This research design is of a quantitative descriptive type. The total sample of 50 respondents with purposive sampling technique. The data collection technique used the Depression Anxiety Stress Scales (DASS 42) questionnaire and the Ways of Coping Questionnaire (WCQ). **Research Results :** The level of parental stress that the study obtained, which was normal as many as 12 people (24.0%), mild stress 23 people (46.0%), moderate stress 14 people (28.0%), severe stress 1 person (2.0%), and very heavy stress was absent. Coping used by parents in dealing with stress, namely coping focuses on problems as many as 42 people (84.0%), coping focuses on emotions 6 people (12.0%), coping focuses on problems and emotions 2 people (4.0%). **Conclusion :** The stress level of parents who have children with special needs at SLB ABC Argasari Lestari Tasikmalaya experience mild stress and using coping focuses on problems in dealing with stress.

Keywords : Children with Special Needs, Parents, Stress Levels, Coping Strategies
Bibliography : 41 pieces (2015 – 2021)