

HUBUNGAN STRATEGI KOPING DENGAN TINGKAT STRES IBU TERHADAP PENERIMAAN ANAK AUTIS DI KABUPATEN BANTUL

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INTISARI

Latar Belakang: Autis merupakan gangguan yang bersifat kompleks, mencakup aspek interaksi sosial, komunikasi, aktivitas dan keterbatasan minat yang sulit dipahami. Kondisi inilah yang dapat menyebabkan stres bagi ibu yang mempunyai anak autis sehingga memerlukan pemecahan sebagai upaya untuk beradaptasi dengan masalah-masalah yang muncul. Ibu dengan mekanisme koping yang negatif dalam menghadapi anak autis cenderung menunjukkan kurangnya kasih sayang dan perhatian kepada anaknya. Padahal, ibu adalah figure terdekat anak yang memberikan pengasuhan terhadap dirinya.

Tujuan Penelitian: Diketahui hubungan strategi koping dengan tingkat stres ibu terhadap penerimaan anak autis di Kabupaten Bantul.

Metode Penelitian: Jenis penelitian adalah kuantitatif dengan pendekatan *Cross-sectional*. Sampel diambil dengan teknik *stratified random sampling* sebanyak 32 ibu dengan anak autis. Instrumen penelitian adalah kuesioner tingkat stres dan kuesioner *scale cope*. Analisa data yang digunakan adalah analisa univariat dan bivariat dengan uji *Chi Square*, dengan tingkat kemaknaan $p < 0,05$.

Hasil: Ada hubungan strategi koping dengan tingkat stres ibu terhadap penerimaan anak autis di Kabupaten Bantul. Hasil perhitungan uji statistic diperoleh *p-value* $0,010 < 0,05$. Strategi koping ibu sebagian besar menggunakan strategi *Problem Focused Coping* (PFC) sebanyak 56,3% dan tingkat stres ibu sebagian besar adalah tingkat stres sedang sebanyak 21,9%.

Kesimpulan: Strategi koping berkaitan erat dengan munculnya stres pada ibu dengan anak autis. Perawat dapat berperan dalam upaya pencegahan dan penanganan kejadian stres melalui pemberian edukasi, konseling serta memfasilitasi kelompok pendukung bagi ibu, bekerjasama dengan pihak sekolah dan pihak lain yang berkaitan.

Kata Kunci : Strategi Koping, Stres, Autis

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The Correlation between Coping Strategy and Maternal Stress Level in Response to Children with Autism in Bantul

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ABSTRACT

Background : Autism is a complex disorder including aspects of social interaction, communication, activities, and interest incapability which are difficult to comprehend. This condition may lead to maternal stress for mothers who have children with autism so that a solution is necessary for mothers to adapt with the emerging problems. Mothers with negative coping mechanism to deal with children with autism tend to show lack of attention and love to their children whereas mothers are the closest figures who provide care for the children.

Objective : This identify The Correlation between Maternal Coping Strategy and Maternal Stress Level in Response to Children with Autism in Bantul.

Method : This was a quantitative study with cross sectional approach. Samples in thia study were selected through stratified random sampling technique with respondents of 32 mothers who had children with autism. Study instruments were questionnaires about stress level and scale cope. Data analysis applied univariate and bivariate analysis with chi-square test and significance level of $p < 0,05$.

Result : There was a Correlation between Maternal Coping Strategy and Maternal Stress Level in Response to Children with Autism in Bantul. The result of statistical test figured out p value of $0,010 < 0,05$. The majority of Maternal coping strategy applied Problem Focused Coping (PFC) strategy as many as 56,3% and maternal stress level was mostly in moderate stress level as many as 21,9%.

Conclusion : Coping strategy is closely related to the emerging maternal stress in response to children with autism. Nurses may take part in preventive effort and management for maternal stress through providing education, counseling, and facilities for supporting groups for mothers, initiating corporation with schools and other correlated parties.

Keywords : Coping Strategy, Stress, Autism

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