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HUBUNGAN ANTARA DUKUNGAN SOSIAL DENGAN PENERIMAAN DIRI PADA ORANG TUA DENGAN ANAK RETARDASI MENTAL DI SLB N UNGARAN

ABSTRAK

Latar Belakang : Orang tua yang mempunyai anak dengan retardasi mental cenderung akan memiliki rasa iri serta malu. Orang tua dengan anak retardasi mental sangat membutuhkan dukungan sosial baik yang berasal dari keluarga maupun lingkungan sekitar dengan tujuan untuk menguatkan perasaan mereka, sehingga orang tua dapat menerima dirinya dan anaknya dengan apa adanya. Tujuan penelitian ini adalah untuk mengetahui adanya hubungan antara dukungan sosial dengan penerimaan diri pada orangtua dengan anak retardasi mental.

Metode : Penelitian menggunakan desain deskriptif korelatif dengan pendekatan *cross sectional*. Teknik pengambilan sampling penelitian menggunakan *accidental sampling* dari populasi sebanyak 100 orangtua dan sampel penelitian berjumlah 80 orangtua dengan anak retardasi mental di SLB N Ungaran. Instrument yang digunakan adalah kuesioner dukungan sosial dan *Parental Acceptance-Rejection Questionnaire* (PARQ). Analisis data menggunakan uji *Correlation Coefficient Kendall's Tau* dengan nilai α (0,01).

Hasil : Orang tua dengan anak retardasi mental di SLB N Ungaran mayoritas mendapatkan dukungan sosial kategori tinggi (48,8%) mengalami penerimaan diri kategori tinggi (47,5%). Hasil uji *Correlation Coefficient Kendall's Tau* didapatkan *p-value* sebesar $0,000 < (\alpha = 0,01)$. Kriteria tingkat keeratan hubungan pada uji *Correlation Coefficient Kendall's Tau* didapatkan nilai sebesar 0,387, masuk pada kriteria cukup (0,26 s/d 0,50). Diperoleh hasil yang signifikan, kriteria keeratan tingkat cukup, dan arah positif sehingga semakin tinggi dukungan sosial yang diperoleh orangtua dengan anak retardasi mental maka penerimaan diri orangtua dengan anak retardasi mental juga akan tinggi.

Simpulan : Ada hubungan yang bermakna antara dukungan sosial dengan penerimaan diri pada orangtua dengan anak retardasi mental di SLB N Ungaran.

Kata Kunci : dukungan sosial, penerimaan diri, anak retardasi mental

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RELATIONSHIP BETWEEN SOCIAL SUPPORT AND SELF-ACCEPTANCE IN PARENTS WITH MENTALLY RETARDED CHILDREN AT SLB N UNGARAN

ABSTRACT

Background: Parents who have children with mental retardation tend to feel jealous and ashamed. Parents with mentally retarded children really need social support from both the family and the surrounding environment with the aim of strengthening their feelings, so that parents can accept themselves and their children as they are. The purpose of this study was to determine the relationship between social support and self-acceptance in parents with mentally retarded children.

Methods: This study used a correlative descriptive design with a cross sectional approach. The research sampling technique used accidental sampling from a population of 100 parents and a sample of 80 parents with mentally retarded children at SLB N Ungaran. The instruments used were the social support questionnaire and the Parental Acceptance-Rejection Questionnaire (PARQ). Data analysis used Kendall's Tau Correlation Coefficient test with a value of α (0.01).

Results: The majority of parents with mentally retarded children at SLB N Ungaran receive high category social support (48.8%) experiencing high category self-acceptance (47.5%). Kendall's Tau Correlation Coefficient test results obtained a p-value of $0.000 < (\alpha = 0.01)$. The criterion for the level of closeness of the relationship in the Kendall's Tau Correlation Coefficient test obtained a value of 0.387, entering the sufficient criteria (0.26 to 0.50). Significant results were obtained, the criteria for closeness were sufficient, and the direction was positive so that the higher the social support obtained by parents with mentally retarded children, the self-acceptance of parents with mentally retarded children would also be high.

Conclusion: There is a significant relationship between social support and self-acceptance in parents of mentally retarded children at SLB N Ungaran.

Keywords: social support, self-acceptance, children with mental retardation