

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
FAKULTAS ILMU KESEHATAN

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Aris Dwi Kurniawan

The Correlation Between Social Support and Resilience Among Mothers of Children with Special Needs at SLB Negeri Jember

xiv + 74 hal + 14 tabel + 3 gambar + 11 lampiran

Abstrak

Pendahuluan: Ibu yang memiliki anak berkebutuhan khusus (ABK) sering mengalami tekanan psikologis dan sosial yang memengaruhi kemampuan mereka dalam mengasuh anak. Resiliensi menjadi faktor penting untuk menghadapi tekanan tersebut, dan dukungan sosial diduga memiliki peran dalam membentuk ketahanan psikologis ibu. **Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional dan metode *cross-sectional*. Sampel terdiri dari 65 ibu yang memiliki anak berkebutuhan khusus di SLB Negeri Jember, yang dipilih menggunakan teknik stratified random sampling. Data dikumpulkan melalui kuesioner dengan hasil uji validitas skala dukungan sosial 0,374-0,743 dan untuk skala resiliensi 0,349-0,751 dan dianalisis menggunakan uji Spearman Rank. **Hasil:** Hasil uji Spearman menunjukkan nilai $p = 0,000$ dan koefisien korelasi sebesar 0,432 yang menunjukkan adanya hubungan yang signifikan antara dukungan sosial dan resiliensi. **Analisis:** Dukungan sosial berperan dalam memperkuat mekanisme koping ibu untuk menghadapi tekanan pengasuhan. **Pembahasan:** Berdasarkan hasil penelitian, dapat disimpulkan bahwa dukungan sosial berperan penting dalam meningkatkan resiliensi ibu yang memiliki anak berkebutuhan khusus. Dukungan dari lingkungan sekitar membantu ibu dalam mengelola tekanan psikologis dan memperkuat kemampuan adaptif mereka. Oleh karena itu, penting bagi sekolah, tenaga kesehatan, dan masyarakat untuk terus menyediakan dukungan berkelanjutan agar ibu dapat menjalankan perannya dengan lebih baik.

Kata kunci : Dukungan Sosial, Resiliensi, Ibu, Anak Berkebutuhan Khusus

ABSTRACT

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Aris Dwi Kurniawan

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xiv + 74 pages + 14 tables + 3 figures + 11 attachments

Abstract

Introduction: Mothers of children with special needs (CSN) frequently experience psychological and social stressors that may affect their parenting capacity. Resilience is a key factor in managing such pressures, and social support is believed to play a role in shaping their psychological endurance. **Methods:** This study used a quantitative approach with a correlational design and a cross-sectional method. The sample consisted of 65 mothers of children with special needs at SLB Negeri Jember, selected through stratified random sampling. Data were collected using questionnaires, with the validity test results for the social support scale ranging from 0.374 to 0.743 and for the resilience scale ranging from 0.349 to 0.751. The data were analyzed using the Spearman Rank tes. **Result:** The Spearman test showed a p-value of 0.000 and a correlation coefficient of 0.432, indicating a significant relationship between social support and resilience. **Analysis:** Social support played a role in strengthening the mothers' coping mechanisms in dealing with parenting stress. **Discussion:** Based on the results, it was concluded that social support played an important role in increasing the resilience of mothers who had children with special needs. Support from the surrounding environment helped mothers manage psychological pressure and enhance their adaptive capacity. Therefore, it was essential for schools, healthcare providers, and communities to continuously provide sustainable support to enable mothers to perform their roles more effectively.

Keyword : Social support, resilience, mothers, children with special needs