

Abstrak

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Hubungan *Self-Efficacy* dengan Kemampuan *Coping* pada Orang Tua Anak Berkebutuhan Khusus (ABK) di SLB Negeri Jember, 2026

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Abstrak

Latar Belakang: Anak berkebutuhan khusus membutuhkan pengasuhan, pendampingan, dan perhatian yang lebih intensif dari orang tua. Kondisi tersebut dapat menimbulkan tekanan psikologis pada orang tua apabila orang tua tidak memiliki keyakinan diri dan kemampuan adaptasi yang baik. *Self-efficacy* merupakan keyakinan orang tua terhadap kemampuannya dalam menghadapi tuntutan pengasuhan. Kemampuan *coping* merupakan usaha orang tua dalam mengelola tekanan, menyesuaikan diri, dan menghadapi permasalahan selama proses pengasuhan. Penelitian ini dilakukan untuk mengetahui hubungan *self-efficacy* dengan kemampuan *coping* pada orang tua anak berkebutuhan khusus di SLB Negeri Jember. **Metode:** Penelitian ini menggunakan desain korelasional dengan pendekatan *cross sectional*. Populasi penelitian berjumlah 150 orang tua atau wali murid, dengan sampel 109 responden yang dipilih menggunakan teknik *simple random sampling*. Data dikumpulkan menggunakan kuesioner *self-efficacy* dan kuesioner kemampuan *coping*, kemudian dianalisis menggunakan uji *Spearman's rho*. **Hasil:** Hasil penelitian menunjukkan sebagian besar responden memiliki *self-efficacy* tinggi sebanyak 82 responden (75,2%) dan kemampuan *coping* tinggi sebanyak 75 responden (68,8%). **Analisis:** Hasil uji *Spearman's rho* menunjukkan *p-value* 0,000 ($p < 0,05$) dengan koefisien korelasi $r = 0,806$, yang berarti terdapat hubungan signifikan sangat kuat dan positif antara *self-efficacy* dengan kemampuan *coping*. **Diskusi:** Semakin tinggi *self-efficacy* orang tua, semakin tinggi kemampuan *coping* dalam menghadapi tuntutan pengasuhan secara adaptif. Dukungan sekolah melalui edukasi dan pertemuan rutin orang tua dapat mendukung peningkatan *self-efficacy* dan *coping*.

Kata Kunci: Anak Berkebutuhan Khusus, Kemampuan *Coping*, Orang Tua, *Self-Efficacy*

Daftar Pustaka: 41 (2020–2026)

Abstract

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The Relationship Between Self-Efficacy and Coping Skills Among Parents of Children with Special Needs (ABK) at the Jember State Special School, 2026

Kesalahan! Bookmark tidak ditentukan. + 133 pages + 16 tables + 18 appendices

Abstract

Background: Children with special needs require more intensive care, support, and attention from their parents. This situation can lead to psychological stress for parents if they lack self-confidence and good adaptive skills. Self-efficacy refers to parents' belief in their ability to cope with the demands of caregiving. Coping ability refers to parents' efforts to manage stress, adapt, and address challenges during the caregiving process. This study was conducted to examine the relationship between self-efficacy and coping ability among parents of children with special needs at the Jember State Special School. **Method:** This study employed a correlational design with a cross-sectional approach. The study population consisted of 150 parents or guardians, with a sample of 109 respondents selected using simple random sampling. Data were collected using self-efficacy and coping ability questionnaires and then analyzed using Spearman's rho test. **Results:** The results of the study indicate that the majority of respondents—82 respondents (75.2%)—exhibited high self-efficacy, and 75 respondents (68.8%) demonstrated high coping ability. **Analysis:** The results of the Spearman's rho test showed a p-value of 0.000 ($p < 0.05$) with a correlation coefficient of $r = 0.806$, indicating a very strong and positive significant relationship between self-efficacy and coping ability. **Discussion:** The higher the parents' self-efficacy, the higher their coping ability in dealing with parenting demands in an adaptive manner. School support through education and regular parent meetings can help improve self-efficacy and coping.

Keywords: Coping Ability, Children with Special Needs, Parents, Self-Efficacy

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