

PENGALAMAN IBU DENGAN ANAK *AUTISM SPECTRUM DISORDER* DALAM MEMBANGUN HARAPAN

Yulia Kurniawati, Ika Febrian Kristiana

Fakultas Psikologi, Universitas Diponegoro
Jalan Prof. Soedarto, SH., Tembalang, Semarang, Indonesia 50275

yuliakurnia32@gmail.com

Abstrak

Tujuan dari penelitian ini adalah untuk mengetahui bagaimana pengalaman ibu yang mengasuh anak dengan *Autism Spectrum Disorder* (ASD) dalam membangun harapan. Partisipan dipilih menggunakan teknik *purposive sampling*, kemudian didapatkan tiga partisipan yang memenuhi kriteria. Pengumpulan data menggunakan wawancara semi terstruktur dan dianalisis menggunakan *Descriptive Phenomenological Analysis* (DPA). Pada penelitian ini ditemukan enam sintesis tema, yaitu: (1) dinamika psikologis pasca diagnosis, (2) respon keluarga dan lingkungan, (3) penerimaan kondisi anak, (4) harapan ibu, (5) motivasi untuk mencapai harapan, (6) upaya terwujudnya harapan, dan tiga tema unik, yaitu (1) keyakinan akan potensi anak, (2) upaya menjadi orang tua yang berdaya, (3) *self-esteem* positif. Selain itu, dalam penelitian ini ditemukan tiga fase yang menjelaskan proses ibu dalam membangun harapan, dimana ketiga fase ini menjadi jawaban atas pertanyaan penelitian, yaitu: fase pra diagnosa, fase pasca diagnosa, dan tindakan lanjutan. Hasil penelitian dapat diimplementasikan untuk membantu ibu dalam membangun harapan di tengah ketidakpastian selama mengasuh anak ASD, dengan memperkuat penerimaan kondisi anak dan dukungan sosial.

Kata kunci: pengalaman ibu; harapan; *Autism Spectrum Disorder* (ASD)

THE LIVED EXPERIENCES OF MOTHERS OF CHILDREN WITH AUTISM SPECTRUM DISORDER IN NURTURING HOPE

Yulia Kurniawati, Ika Febrian Kristiana

Faculty of Psychology, Diponegoro University
Prof Soedarto, SH. Street, Tembalang, Semarang, Indonesia 50275

yuliakurnia32@gmail.com

Abstract

The aim of this research is to know about how the experiences of mothers who parenting children with Autism Spectrum Disorder (ASD) in nurturing hope. The participants were selected using purposive sampling technique, and then three participants were found that fulfilled the characteristics. Data were collected using semi-structured interview and analyzed using Descriptive Phenomenological Analysis (DPA). In this research found six themes: (1) post diagnosis psychological dynamic, (2) the family and community's responses, (3) the acceptance of child's condition, (4) mother's hope, (5) the motivation to achieve hope, (6) the efforts to realize hope, and three unique themes: (1) believe in child's potential, (2) the efforts to be an empower parents, (3) positive self-esteem. Beside that, in this research found three phases that explain the mother's process in nurturing hope, where these three phases become an answer for the research question: pre-diagnosis phase, post-diagnosis phase, and follow-up action. The findings of the research can be implemented for helping mothers in nurturing hope in the midst of uncertainty during parenting children with ASD, by strengthen the acceptance of child's condition and social support.

Keywords: mother's experience; hope; Autism Spectrum Disorder (ASD)