

**GAMBARAN POLA ASUH DAN STRATEGI KOPING
ORANGTUA DARI ANAK DENGAN GANGGUAN PSIKOTIK**

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Latar Belakang: Anak dengan gangguan psikotik lebih mungkin mengalami perilaku antisosial dan lebih banyak gejala depresi dan kecemasan. Adanya gangguan psikotik pada anak dapat mempersulit orang tua dalam menjalankan perannya sebagai orang tua. Penelitian ini bermaksud untuk mengetahui gambaran pola asuh dan strategi koping orang tua dari anak dengan gangguan psikotik.

Metode : Penelitian eksploratif bersifat kualitatif. Pengambilan sampel menggunakan *purposive sampling*. Penelitian dilakukan di RSUP Dr. Kariadi dan RSJD Aminogondohutomo Semarang Provinsi Jawa Tengah. Analisa data dilakukan dengan pendekatan studi kasus.

Hasil : Dari enam sampel pasangan orangtua hampir keseluruhan ibu menunjukkan pola asuh otoriter, sedangkan pola asuh ayah beragam. Tiga orang tua menggunakan koping berfokus masalah dan sisanya koping berfokus emosi. Beberapa faktor yang mempengaruhi strategi koping berfokus emosi seperti tingkat pendidikan akhir SMA/ sederajat, pekerjaan di sektor non formal seperti montir, IRT, seniman, tidak bekerja dan adanya permasalahan ekonomi didalam keluarga, sedangkan usia yang sedikit lebih tua, pendidikan akhir sarjana, pekerjaan pada sektor formal (wiraswasta dan PNS) lebih menggunakan strategi koping berfokus masalah.

Kesimpulan : Pola asuh otoriter penelitian ini digambarkan dengan ketegasan berlebihan, banyak aturan sesuai harapan dan keinginan orangtua disertai kekerasan fisik. Strategi koping berfokus emosi selalu mengaitkan kondisinya dengan agama.

Kata kunci : Pola asuh, Strategi koping, Anak psikotik

**OVERVIEW OF PARENTING AND COPING STRATEGIES
PARENTS OF CHILDREN WITH PSYCHOTIC DISORDERS**

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Background: Children with psychotic disorders are more likely to experience antisocial behavior and more symptoms of depression and anxiety. The presence of psychotic disorders in children can make it difficult for parents to fulfill their role as parents. This study aims to determine the description of parenting pattern and coping strategies of parents of children with psychotic disorders.

Methods: exploratory research of a qualitative nature. Sampling using purposive sampling. The research was conducted at Dr.Kariadi General Hospital and Aminogondohutomo Mental Hospital Semarang, Central Java Province. Data analysis was done with a case study approach.

Results: The six parent pair samples, almost all mothers exhibited authoritarian parenting, while father's parenting pattern varied. Three parents used problem focused coping and the rest emotion focused coping. Some factors that influence emotion focused coping strategies such as the final education level of SMA/ equivalent, work in the non formal sector such as mechanics, housewives, not working, and the existence of economic problems in the family, while slightly older age, final education, work in the formal sector (self-employed and civil servants) use more problem focused coping strategies.

Conclusion: Authoritarian parenting in this study is described by excessive assertiveness, many rules according to the expectations and desires of parent accompanied by physical violence. Emotion focused coping strategies always relate their condition to religion

Keywords: Parenting, Coping strategies, Psychotic children