

**PENGALAMAN PENGASUHAN IBU DENGAN  
ANAK *DOWN SYNDROME* DI YAYASAN POTADS  
(PERSATUAN ORANG TUA ANAK DENGAN *DOWN SYNDROME*)  
(Studi Kualitatif dengan Pendekatan *Interpretative Phenomenological  
Analysis*)**

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**ABSTRAK**

Kasus kelahiran anak *Down syndrome* turut berpengaruh pada tumbuh kembang anak dan pengasuhan yang dilakukan oleh ibu. Pengasuhan merupakan suatu bentuk interaksi antara orang tua dan anak untuk mencapai perkembangan anak dalam jangka waktu yang lama. Penelitian ini adalah penelitian fenomenologis yang bertujuan untuk memahami pengalaman pengasuhan ibu dengan anak *Down syndrome* di yayasan POTADS. Pemilihan partisipan dilakukan dengan teknik *purposive sampling* dengan kriteria merupakan ibu dari anak *Down syndrome* di yayasan POTADS, berusia 30-45 tahun, dan berdomisili di Boyolali. Pengumpulan data dalam penelitian dilakukan dengan menggunakan wawancara semi terstruktur, sedangkan analisis data menggunakan *Interpretative Phenomenological Analysis* (IPA). Penelitian menghasilkan tiga tema induk. (1) Proses penerimaan anak dengan empat tema superordinat yaitu reaksi psikologis, tanggapan negatif orang sekitar, faktor penerimaan diri, dan dukungan kelompok sosial. (2) Proses menjalani pengasuhan anak dengan empat tema superordinat yaitu optimalisasi pengasuhan, problematika emosional, strategi pengasuhan, dan reaksi positif pengasuhan. (3) Penguat dalam menghadapi masalah dengan tiga tema superordinat yaitu dukungan sosial, keyakinan diri, dan strategi menghadapi masalah. Terdapat satu tema khusus yang hanya muncul pada partisipan LR, yaitu kesiapan mental. Berdasarkan hasil penelitian dapat disimpulkan bahwa pengasuhan anak *Down syndrome* memunculkan *stress* pengasuhan yang disebabkan oleh kondisi pribadi ibu dan karakteristik anak. Kelima partisipan dapat melakukan pengasuhan secara optimal karena adanya dukungan berbagai pihak seperti pasangan, keluarga, teman, dan lingkungan yang berupa penerimaan serta bantuan dalam pengasuhan. Terdapat temuan penelitian bahwa religiusitas seperti rasa syukur dan sikap bertawakal turut berperan penting dalam pengasuhan ibu dengan anak *Down syndrome*. Temuan-temuan tersebut berkaitan dengan dinamika pelaksanaan pengasuhan yang dilakukan ibu terhadap anak *Down syndrome*.

**Kata kunci** : pengasuhan, ibu, *Down syndrome*

**MOTHER'S PARENTING EXPERIENCE WITH  
CHILDREN DOWN SYNDROME AT POTADS FOUNDATION  
(ASSOCIATION OF PARENTS OF CHILDREN WITH  
DOWN SYNDROME)  
(Qualitative Study with Interpretative Phenomenological Analysis  
Approach)**

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**ABSTRACT**

The case of the birth of a child with Down syndrome also influences the growth and development of the child and the care that is carried out by the mother. Parenting is a form of interaction between parents and children to achieve child development over a long period of time. This research is a phenomenological research that aims to understand the parenting experience of mothers with children with Down syndrome at the POTADS foundation. The selection of participants was carried out using a purposive sampling technique with the criteria being mothers of children with Down syndrome at the POTADS foundation, aged 30-45 years, and domiciled in Boyolali. Data collection in this study was carried out using semi-structured interviews, while data analysis used Interpretative Phenomenological Analysis (IPA). The research produced three main themes. (1) The process of accepting children with four superordinate themes, namely psychological reactions, negative responses from people around, self-acceptance factors, and social group support. (2) The process of caring for children with four superordinate themes, namely parenting optimization, emotional problems, parenting strategies, and positive parenting reactions. (3) Reinforcement in dealing with problems with three superordinate themes, namely social support, self-confidence, and strategies for dealing with problems. There is one special theme that only appears in LR participants, namely mental readiness. Based on the results of the study it can be concluded that parenting of children with Down syndrome raises parenting stress caused by the personal condition of the mother and the characteristics of the child. The five participants were able to provide optimal care because of the support from various parties such as partners, family, friends, and the environment in the form of acceptance and assistance in parenting. There are research findings that religiosity such as gratitude and trustworthiness play an important role in parenting mothers with children with Down syndrome. These findings are related to the dynamics of implementing care by mothers for children with Down syndrome.

**Keywords:** parenting, mother, Down syndrome