

HUBUNGAN ANTARA REGULASI EMOSI DENGAN STRES PENGASUHAN PADA IBU DENGAN ANAK DISABILITAS INTELEKTUAL DI KABUPATEN BLORA

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ABSTRAK

Stres pengasuhan merupakan suatu ketegangan dan kecemasan akibat ketidakmampuan orangtua dalam mengasuh anak, sehingga akan mempengaruhi proses pengasuhan. Kemampuan mengelola emosi negatif ketika mengalami stres pengasuhan dapat membantu proses pengasuhan anak berjalan dengan baik. Penelitian ini dilakukan dengan tujuan untuk mengetahui hubungan antara regulasi emosi dengan stres pengasuhan pada ibu dengan anak disabilitas intelektual di Kabupaten Blora. Sampel pada penelitian sebanyak 49 orangtua yang memiliki anak disabilitas intelektual. Sampel diambil dengan menggunakan metode *purposive sampling*. Pengumpulan data dilakukan dengan menggunakan dua skala Likert, yaitu skala regulasi emosi (16 aitem; $\alpha=0,838$) dan skala stres pengasuhan (14 aitem; $\alpha=0,872$). Hasil analisis data regresi linier sederhana menunjukkan bahwa adanya hubungan negatif antara variabel regulasi emosi dengan stres pengasuhan orangtua anak disabilitas intelektual di Kabupaten Blora ($r_{xy} = -0,438$; $p=0,002$). Semakin tinggi nilai regulasi emosi, maka akan semakin rendah stres pengasuhan dan sebaliknya, semakin rendah nilai regulasi emosi, maka nilai stres pengasuhan akan semakin rendah.

Kata Kunci: Regulasi Emosi, Stres Pengasuhan, Ibu dengan Anak Disabilitas intelektual

THE RELATIONSHIP BETWEEN EMOTIONAL REGULATION AND PARENTING STRESS ON MOTHERS WHIT CHILDREN WITH INTELLECTUAL DISABILITY IN BLORA REGENCY

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ABSTRAK

Parenting stress is a suspense and anxiety due to the incapability of parents to raise the children, so it will affect the parenting process. The ability to manage negative emotions when experiencing with parenting stress can help the parenting process goes well. This research was conducted in order for knowing the relationship between emotional regulation and parenting stress on mothers and children with intellectual disabilities in Blora Regency. The sample of this research were 49 parents which has children with intellectual disabilities. The samples is taken by using the purposive sampling method. Data collection was carried out using two Likert scales, that is the emotional regulation scale (16 aitem; $\alpha=0,838$) and parenting stress scale (14 aitem; $\alpha=0,872$). The results of simple linear regression data analysis show that there is a negative relationship between the variables of emotion regulation and the stress of parenting children with intellectual disability in Blora Regency ($r_{xy} = -0,438$; $p=0,002$). The higher value of emotion regulation, it will be lower of the parenting stress, otherwise the lower value of emotion regulation, then it will be lower the value of parenting stress.

Key Word: Emotional Regulation, Parenting Stress, Mothers and Children with Intellectual Disabilities