

**DINAMISASI *STRESS PARENTING*: MENGELOLA TANTANGAN DAN
DUKUNGAN DALAM PENGASUHAN ANAK DENGAN *AUTISM*
SPECTRUM DISORDER (ASD)**

SKRIPSI



FAKULTAS ILMU KESEHATAN

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FAKULTAS ILMU KESEHATAN

UNIVERSITAS MUHAMMADIYAH MALANG

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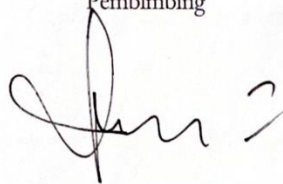
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Menyatakan dengan sebenarnya bahwa Tugas Akhir yang saya tulis ini benar-benar hasil karya saya sendiri, bukan merupakan pengambilalihan tulisan atau pikiran orang lain yang saya akui sebagai tulisan atau pikiran saya sendiri.

Apabila dikemudian hari dapat dibuktikan bahwa Tugas Akhir ini adalah hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.

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Yang Membuat Pernyataan,



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KATA PENGANTAR

Puji dan syukur saya panjatkan kehadiran Allah SWT, berkat rahmat dan bimbingan-Nya saya dapat menyelesaikan skripsi dengan judul “Dinamisasi *Stress Parenting*: Mengelola Tantangan Dan Dukungan Dalam Pengasuhan Anak Dengan Autism Spectrum Disorder (ASD)”. Skripsi ini merupakan salah satu syarat untuk memperoleh gelar sarjana keperawatan (S.Kep) pada Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang. Bersamaan ini perkenankanlah saya mengucapkan terimakasih yang sebesar-besarnya dengan hati yang tulus kepada :

1. Bapak Prof. Dr. Yoyok Bekti Prasetyo, M.Kep.Sp.Kom selaku Dekan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang, sekaligus dosen pembimbing I yang telah memberikan arahan selama proses penyusunan skripsi ini.
2. Bapak Edi Purwantoro, S. Kep., Ns., MNg selaku Ketua Program Studi Ilmu Keperawatan.
3. Bapak Zaqqi Ubaidillah, Ns., M.Kep., Sp.Kep.MB selaku dosen wali yang telah memberikan dukungan dan semangat kepada penulis
4. Bapak Prof. Dr. Yoyok Bekti Prasetyo, M.Kep.Sp.Kom selaku Dosen Pembimbing I yang telah memberikan kontribusi yang sangat besar selama penyusunan skripsi ini. Dengan segala kesibukan, masih dapat bersedia untuk membimbing dan memberikan arahan pada saya dalam penyusunan skripsi ini.
5. Ibu Dr. Tri Lestari Handayani, S.Kep, M.kep, Sp.Mat selaku penguji 1 yang telah membimbing dan memberikan arahan pada saya dalam penyusunan skripsi ini.

6. Bapak Muhammad Rosyidul 'Ibad, S.Kep., Ns., M.Kep selaku penguji 2 yang telah membimbing dan memberikan arahan pada saya dalam penyusunan skripsi ini.
7. Responden yang telah bersedia untuk menjadi narasumber dalam penelitian ini.
8. Seluruh Dosen dan staff Jurusan Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan yang telah melakukan tugas dan amanah dengan baik.
9. Teruntuk orang yang telah berjasa dan berpengaruh dalam kehidupan saya yaitu Bapak Mudrobin, Ibu Nanik Muafiroh, dan adik saya. Terima kasih atas segala dukungan, saran, motivasi, arahan, doa, perhatian, kasih sayang, semangat, dan selalu memberikan yang terbaik untuk saya dengan mendengarkan keluh kesah saya.
10. Kepada sahabat saya Annisa, Ilham, Elok, Fredo, Tony, Nanda, Dewi, dan Zamroni. Terima kasih telah memberikan dukungan baik tenaga, waktu, pikiran, dan yang selalu berusaha menghibur ketika penulis merasa jenuh pada waktu proses pengerjaan skripsi ini.

Dan semua pihak yang telah membantu penyelesaian skripsi ini. Mohon maaf atas segala kesalahan dan ketidaksopanan yang mungkin telah saya perbuat. Semoga Allah SWT senantiasa memudahkan setiap langkah-langkah kita menuju kebaikan dan selalu menganugerahkan kasih sayang-Nya untuk kita semua. Amin.

Malang, 25 Januari 2024



Muhammad Imam Qolbilkhayqi

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DAFTAR ARTI, LAMBANG, SINGKATAN, DAN ISTILAH

ASD : Autism Spectrum Disorder

Perilaku *Excessive* : Perilaku berlebihan (hiperaktif) pada anak

Perilaku *Devicient* : Perilaku kurang (hipoaktif) pada anak

Child Abuse : Kekerasan pada anak

Global Developmental Delay : Keterlambatan perkembangan global

Behavior Therapy : Terapi perilaku karena adanya implusifitas

Behavior Modification : Modifikasi perilaku

SLB : Sekolah Luar Biasa

FGD : Diskusi kelompok terfokus (*Focus Group Discussion*)

Field Note : Instrumen penelitian berupa lembar observasi (catatan lapangan)

Interview Guide : Instrumen penelitian berupa lembar pertanyaan wawancara

R1, R2, R3 : Responden dalam penelitian (Responden 1, Responden 2, Responden 3)

Meaning Unit : Informasi yang dapat diartikan atau memiliki makna penting dalam konteks penelitian

Code : label atau kategori yang diberikan untuk mengorganisir dan menyederhanakan data dari meaning unit

Sub tema : tema yang lebih spesifik atau lebih sempit yang muncul dari pengelompokkan beberapa kode terkait

Tema : pola yang lebih luas yang menggambarkan ide utama atau konsep penting yang ditemukan dalam data



ABSTRAK

DINAMISASI STRESS PARENTING: MENGELOLA TANTANGAN DAN DUKUNGAN DALAM PENGASUHAN ANAK DENGAN AUTISM SPECTRUM DISORDER (ASD)

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Latar Belakang : *Stress parenting* adalah kondisi psikologis yang dialami oleh orang tua dalam merawat dan membesarkan anaknya. Seiring dengan bertambahnya usia anak maka tantangan yang akan dihadapi juga semakin besar. Tingkat stres yang dirasakan juga relative lebih tinggi. Orang tua akan mengalami dampak psikologis ketika mengasuh, seperti merasa stres yang berkepanjangan. **Tujuan :** Untuk menggali dan memahami dinamika stres yang dialami orang tua dalam pengasuhan anak dengan ASD, termasuk penyebab, upaya pengelolaan stres, serta faktor pendukung dan penghambat yang memengaruhi stres tersebut.

Metode Penelitian : Desain penelitian menggunakan desain penelitian kualitatif eksploratif Design. Menggunakan Teknik sampling *snowball sampling* dengan 5 responden orang tua yang memiliki anak ASD di Kabupaten Malang. Data dianalisis menggunakan analisis tematik.

Hasil : Hasil analisis tematik mengidentifikasi 3 faktor pendukung utama: (1) dukungan lingkungan sosial, (2) kondisi ekonomi yang stabil, (3) Penerimaan orang tua kepada anak autisme. Sebaliknya tantangan utama diidentifikasi: (1) Keterbatasan sumber daya pengasuhan, (2) kondisi ekonomi yang kurang, (3) lingkungan sosial yang kurang mendukung.

Kesimpulan : *Stress parenting* pada orang tua yang mengasuh anak autis disebabkan oleh reaksi emosional, tantangan perkembangan anak, kurang pengetahuan tentang autisme, dan perilaku menantang. Untuk mengatasi stres, orang tua mengandalkan dukungan sosial, spiritualitas, dan terapi. Sementara masalah ekonomi dan komentar negatif lingkungan meningkatkan tantangan. Orang tua memperoleh hikmah seperti kesabaran dan rasa syukur. Studi ini menekankan pentingnya diagnosis dini, edukasi tentang autisme, serta dukungan sosial dan ekonomi untuk meningkatkan kualitas hidup keluarga.

Kata Kunci : Stress pengasuhan, *Autism Spectrum Disorder* (ASD), Orang tua dengan anak ASD

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ABSTRACT

DYNAMICS OF PARENTING STRESS: MANAGING CHALLENGES AND SUPPORT IN PARENTING CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD)

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Background : Stress parenting is a psychological condition experienced by parents in caring for and raising their children. As the child gets older, the challenges they will face will also increase. The level of stress felt is also relatively higher. Parents will experience psychological impacts when parenting, such as feeling prolonged stress.

Purpose : To explore and understand the dynamics of stress experienced by parents in raising children with ASD, including causes, stress management efforts, and supporting and inhibiting factors that influence this stress

Research Methods : The research design uses exploratory qualitative research design. Using snowball sampling technique with 20 respondents who are parents who have children with ASD in Malang Regency. Data were analyzed using thematic analysis.

Result : The results of the thematic analysis identified 3 main supporting factors: (1) social environment support, (2) stable economic conditions, (3) parental acceptance of children with autism. Instead, the main challenges were identified: (1) Limited parenting resources, (2) poor economic conditions, (3) a less supportive social environment.

Conclusion : Parenting stress in parents who raise autistic children is caused by late diagnosis, emotional reactions, child development challenges, lack of knowledge about autism, and challenging behavior. To cope with stress, parents rely on social support, spirituality, and therapy. While economic problems and negative comments from the environment increase the challenges. Parents gain wisdom such as patience and gratitude. This study emphasizes the importance of early diagnosis, education about autism, and social and economic support to improve the quality of family life.

Keywords : *Stress Parenting, autism spectrum disorder (ASD), Parents with ASD children.*

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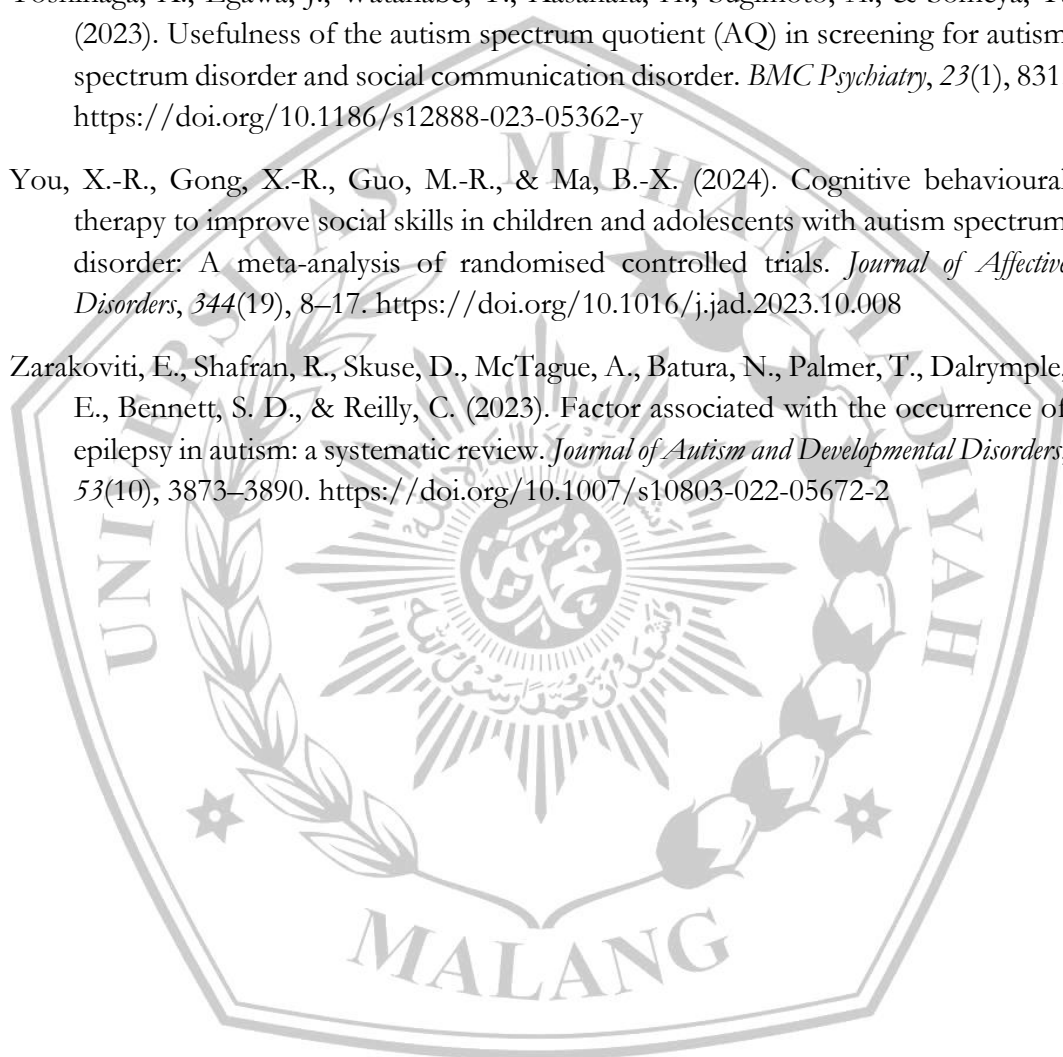
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Lampiran 9. Plagiasi Seminar Proposal



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HASIL DETEKSI PLAGIASI

FORM P1

Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Biro Tugas Akhir Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang, yang telah dilaksanakan pada hari dan tanggal 11 Mei 2024 pada karya ilmiah mahasiswa di bawah ini :

Nama : MUHAMMAD IMAM QOLBILKHAQQI
 NIM : 202110420311161
 Program Studi : Ilmu Keperawatan
 Bidang Minat : Keperawatan Komunitas
 Judul Naskah : PENGALAMAN STRESS PARENTING ORANG TUA DALAM MENGASUH ANAK DENGAN AUTISM SPECTRUM DISORDER (ASD) DI KABUPATEN MALANG

Jenis naskah : skripsi / naskah publikasi / lain-lain
 Keperluan : mengikuti **ujian seminar proposal skripsi**
 Hasil dinyatakan : **MEMENUHI / TIDAK MEMENUHI SYARAT*** dengan rincian sebagai berikut

No	Jenis naskah	Maksimum kesamaan	Hasil deteksi
1	Bab 1 (Pendahuluan)	10	10
2	Bab 2 (Tinjauan Pustaka)	25	17
3	Bab 3 dan 4 (Kerangka konsep dan Metodologi penelitian)	35	25

Keputusannya : **LOLOS / TIDAK LOLOS** plagiasi

Malang, 11 Mei 2024

Petugas pengecek plagiasi



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Lampiran 10. Plagiasi Seminar Hasil



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HASIL DETEKSI PLAGIASI

FORM P2

Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Biro Tugas Akhir Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang, yang telah dilaksanakan pada hari dan tanggal 11 Januari 2025 pada karya ilmiah mahasiswa di bawah ini :

Nama : MUHAMMAD IMAM QOLBILKHAQQI
 NIM : 202110420311161
 Program Studi : Ilmu Keperawatan
 Bidang Minat : Keperawatan Komunitas
 Judul Naskah : PENGALAMAN STRESS PARENTING ORANG TUA DALAM MENGASUH ANAK DENGAN AUTISM SPECTRUM DISORDER (ASD) DI KABUPATEN MALANG

Jenis naskah : skripsi / naskah publikasi / lain-lain
 Keperluan : mengikuti **ujian seminar hasil skripsi**
 Hasil dinyatakan : **MEMENUHI / TIDAK MEMENUHI SYARAT*** dengan rincian sebagai berikut

No	Jenis naskah	Maksimum kesamaan	Hasil deteksi
1	Bab 1 (Pendahuluan)	10	0
2	Bab 2 (Tinjauan Pustaka)	25	0
3	Bab 3 dan 4 (Kerangka konsep dan Metodologi penelitian)	35	0
4	Bab 5 dan 6 (Hasil dan Pembahasan)	15	10
5	Bab 7 (Kesimpulan dan saran)	15	5
6	Naskah Publikasi	25	15

Keputusannya : **LOLOS / TIDAK LOLOS** plagiasi

Malang, 11 Januari 2025

Petugas pengecek plagiasi



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