

Analysis Study To Gratitude And Parenting Stress On Parents Of Children With Special Needs

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Abstract

Parenting can provide many satisfactions while also presenting many challenges. The aim of this research is to determine the effect of gratitude on parenting stress in parents who have children with special needs. The method used is a quantitative research method. The sample in this study amounted to 56 people. The measuring instruments used are the gratitude scale and the parenting stress scale. The results of data analysis show that there is an influence of gratitude on parenting stress in parents of children with special needs with an R value of 0.388 at a significant level of 0.000 ($p < 0.05$). The strength of the influence of gratitude on parenting stress is 11.4%, the remaining 88.6% is influenced by factors others not examined in this research. The hypothesis in this research is accepted.

Keywords: gratitude, parenting stress, parents, children with special needs

Abstrak

Mengasuh anak dapat memberikan banyak kepuasan sekaligus menimbulkan banyak tantangan. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh kebersyukuran terhadap stress pengasuhan pada orang tua yang memiliki anak berkebutuhan khusus. Hipotesis dalam penelitian ini adalah ada pengaruh negatif antara kebersyukuran dan stress pengasuhan pada orang tua yang memiliki anak berkebutuhan khusus. Metode yang digunakan adalah metode penelitian kuantitatif. Sample dalam penelitian ini berjumlah 56 orang. Alat ukur yang digunakan adalah skala kebersyukuran dan skala stress pengasuhan. Hasil analisis data menunjukkan ada pengaruh kebersyukuran terhadap stres pengasuhan pada orang tua anak berkebutuhan khusus dengan nilai R sebesar 0,388 pada taraf signifikan 0.000 ($p < 0.05$). Kekuatan pengaruh kebersyukuran terhadap stres parenting sebesar 11,4 % sisanya sebesar 88,6 % dipengaruhi oleh faktor lain yang tidak diteliti dalam penelitian ini. Hipotesis pada penelitian ini diterima.

Kata Kunci: syukur, stres dalam pengasuhan, orang tua, anak berkebutuhan khusus

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INTRODUCTION

Children with special needs are children who require special treatment because of developmental disorders and abnormalities experienced by children. Children with special needs have differences that occur in several ways, such as the process of growth and development that experiences abnormalities or deviations both physically, mentally, intellectually, socially and emotionally. In the context of special education in Indonesia, children with special needs are categorized in terms of blind children, deaf children, children with intellectual disabilities, children with motor disabilities, children with social emotional disorders, and children with intelligent and special talents. Every child with special needs has different characteristics from one to another. In addition, every child with special needs also needs special services that are tailored to their abilities and characteristics. It is important to carry out identification and assessment activities to identify their characteristics and needs. It is considered important to get the right service according to the characteristics, needs and capabilities (Fakhiratunnisa et al., 2022). Children with special needs are slow and retarded children *who* never succeed in school like children in general (Kosasih, 2012).

Children with special needs are children who grow and develop with various differences from children in general. The term children with special needs does not refer to children with disabilities, but refers to the special services that children with special needs require. There are various types of categories within the scope of the term of children with special needs. In the context of special education in Indonesia, children with special needs are categorized as blind children, deaf children, children with intellectual disabilities, children with motor disabilities, children with social emotional disorders, and children with intelligent and special talents. Every child with special needs has different characteristics from one to another. Apart from that, every child with special needs also needs special services tailored to their abilities and characteristics. It is important to carry out identification and assessment activities to identify their characteristics and needs. This is considered important to get the right service according to their characteristics, needs and abilities (Nisa et al, 2018).

The results of the assessment carried out provide an overview of the problem that the source of stress experienced by the subject comes from inadequate school environmental conditions such as the absence of a cleaning service to clean classrooms and other things, so that every day the teachers have to work together to sweep and mop all the floors in the school. Not to mention, when the rain comes, some parts of the classroom terrace and room will get wet and flood, so the clients here work together to clean it. The lack of facilities at this school causes symptoms of stress experienced by the accompanying teacher (Fitria, 2015)

Bahrampour and Yazdkhasti (2014) in their research stated that increasing gratitude as a positive attitude in a person can lead to a decrease in variables such as anxiety, stress, depression and life satisfaction. The tendency to be grateful will make an individual a more resilient person who can overcome stressful conditions (Setiadi, 2016). If this is applied to parents who have children with special needs, then parents who tend to be grateful will experience many positive emotions which will help them become strong parents, able to overcome the pressure and stress of caring for and nurturing children who have certain special needs by developing attitudes. protective and loving in caring for children with special needs. So far there has been no research specifically to look at the relationship between gratitude and parenting stress in parents (fathers and mothers) of children with special needs. However, several previous studies conducted, for example



by Nancy & Nduru (2020), found that gratitude training was effective in improving the psychological well-being of mothers who have children with special needs.

METHOD

The research method used is a quantitative research method with an associative approach which looks at the relationship between the two variables studied, namely gratitude and parenting stress. The research subjects were 56 people selected using a purposive sampling technique with the following criteria: 1). Parents who have children with special needs, 2). Marry, 3). Living at home with a child with special needs and 4). Residing in Maumere.

Data collection in this research was carried out using a scale. The gratitude variable will be measured using a gratitude scale created by researchers based on aspects of gratitude, namely having a sense of appreciation, positive feelings about the life one has and a tendency to act positively, while the parenting stress variable will be measured using a parenting stress scale created by researchers based on these aspects. that exist, namely parent distress, the difficult child and the parent-child dysfunctional interaction. The items are tested for validity through item validity using the Product Moment formula. Reliability test uses Cronbach's Alpha technique. The data analysis technique used in this research is simple regression analysis.

RESULTS AND DISCUSSION

The research data based on the scores that have been worked on produces results in the form of a regression equation as follows: $Y = 99.99 - 0.224X$. The results of the regression test are presented in the following table:

Table 1.
Regression Test Results

Mode	R	R square	F	Sig
1	0.338	0.114	6,967	0.011

Based on the F test, an F value of 6.967 was obtained at a significant level of $p = 0.011$, so the hypothesis in this study was accepted. The regression equation $Y = 99.99 - 0.224X$ means that every increase in gratitude score will reduce parenting stress by 0.224. The strength of the influence of gratitude on parenting stress is expressed in the form of a regression coefficient (R) of 0.338. The R square is 0.114, meaning that 11.4% of parenting stress is influenced by gratitude, the remaining 88.6%. Furthermore, correlation analysis based on aspects of gratitude and parenting stress obtained the following results:

Table 2.
Correlation Between Variables

Gratitude	Parenting stress	
	R	p
Have a sense of appreciation	-.286	0.033
Positive feelings about life	-.365	0.006
The tendency to act positively	-.294	0.028

Descriptive analysis of Gratitude is the research data based on the scale answers that have been carried out obtained results, the highest score was 174 and the lowest score



was 67. The average score for gratitude was 133.91 and the standard deviation was 25.91. Descriptions of the variables are presented in a classification table which consists of three categories, namely as follows:

Table 3.
 Descriptive Analysis Of Gratitude

Criteria	f	%	Category
$X > 159.82$	10	17.86	Tall
$108 \leq X \leq 159.82$	37	66.07	Currently
$X < 108$	9	16.07	Low
Total	56	100%	

Descriptive analysis of parenting stress is the research data based on the scale answers that have been carried out obtained results, the highest score was 116 and the lowest score was 31. The average score for gratitude was 68.48 and the standard deviation was 18.32. Descriptions of the variables are presented in a classification table which consists of three categories, namely as follows:

Table 4.
 Descriptive Analysis Of Parenting Stress

Criteria	f	%	Category
$X > 86.8$	6	10.71	Tall
$50.16 \leq X \leq 86.8$	40	71.43	Currently
$X < 50.16$	10	17.86	Low
Total	56	100%	

The results of testing the hypothesis show that there is a negative influence between gratitude and parenting stress in parents of children with special needs, meaning that the higher the gratitude, the lower the parenting stress and vice versa. These findings support previous research that gratitude increases positive emotions. Gratitude has a positive relationship with various positive emotions such as life satisfaction, happiness, easy to forgive others, not easy to feel lonely and easy to control anger so as to avoid depression, anxiety and envy. Furthermore, several studies also show that gratitude can prevent depressive and pathological conditions.

Gratitude is closely related to positive emotions such as life satisfaction, psychological well-being, subjective well-being, happiness and is in contrast to negative emotions such as stress, anxiety and depression, anger. and jealousy. Gratitude is more strongly connected to positive emotions than negative emotions and shows the strongest negative association with depression. These findings support research that gratitude can reduce levels of depression. A great sense of gratitude tends to increase an individual's happiness and well-being so that they can feel more satisfied and optimistic in their life compared to individuals who are not easily grateful (Wood, Joseph & Maltby, 2010). Apart from that, gratitude will give rise to positive feelings which will help individuals be more confident and not have to feel stressed when caring for children with special needs. Kristina, et al (2018) found that there was an influence of gratitude training on children's early parenting stress. Ati and friends (2018) conducted research and found that there were There is a negative relationship between gratitude and stress for mothers who have children with special needs. The lower the gratitude, the higher the stress experienced by parents . A feeling of great gratitude for something will reduce the stress



caused. So the hypothesis in this research is that there is an influence between gratitude and parenting stress in parents who have children with special needs.

Categorization of parenting stress scale scores shows that 10.71 % of parents have a high level of stress while 17.86% of parents are in the low category. The remaining 71.43% are in the medium category, meaning that most parents of children with needs experience parenting stress in the moderately stressful category. Parents who are under stress, in this case the stress of caring for children, tend to have a higher intensity in showing emotions. The pressure that parents feel due to parenting activities, results in parents tending to treat children with harsh words (including ridicule) and parents tending to instill discipline in children by committing acts of violence against children. Several studies show that there is a link between parenting stress and the potential for child maltreatment and extreme variations in maladaptive *parenting* behavior . Parents who experience parenting stress will show an attitude of not providing support, being irritable, and giving little love to their children. Apart from that, they also become rude, critical and rigid in dealing with children. Lessenberry & Rehfeldt (said that parents who have children with special needs experience a much heavier stress load than other parents, and this stress is a consequence of daily responsibilities in child care or what is usually called parenting. Some parents show low stress in caring for children with special needs (Maizan 2014).

In the gratitude scale score category, 17.86% of parents experienced gratitude in the high category, 16.07% in the low category and 66.07% in the medium category, meaning that most parents felt quite grateful for having a child with special needs. A person who is grateful for his life can accept everything that happens to him, including the gift of having a child with special needs. Knussen & Sloper (Dabrowska & Pisula, 2010) stated that mothers who have children with developmental disorders tend to be stressed because of the children's behavioral problems. Other research shows that decreasing levels of support from close family tends to increase psychological pressure on mothers, specifically mothers experience greater stress compared to fathers. Bahrampur and Yazdkhasti, (2014) in their research stated that increasing gratitude as a positive trait in a person can lead to a reduction in variables such as anxiety, stress, depression and life satisfaction. Regular positive emotions can make people healthier and more resilient, encouraging a person to optimal functioning, well-being and development (Koentjoro, 2015).

The experience of caring for children with special needs also makes parents feel grateful. Parents are grateful because they feel entertained by the behavior of their child who, when speaking, likes to repeat what he says and likes to speak out loud. As stated by Nurullah (2013), he found that caring for children with special needs teaches parents to be more patient and resilient in facing challenges. Jones also found that mothers who care for children with special needs feel joy when caring for their children. For mothers of children with special needs, being able to love their children for who they are is enough to make them feel grateful for their lives. Grateful individuals do not easily experience negative interpersonal emotions, such as anger, resentment, envy and insults that are directed specifically at other people. In line with this research, parents who are grateful when they have a child with special needs, they will respond positively to negative responses given by other people regarding their child with special needs, where parents are not provoked, not angry or vengeful when they receive this negative response (Jones, 2011).



Positive emotions expand problem-solving strategies and can cancel out the side effects of negative emotions. Lau and Cheng in their research on people entering old age found that anxiety about facing death was lower with gratitude. Other research that reveals the role of gratitude in reducing anxiety comes from Kendler, who states that gratitude is related to depression and generalized anxiety disorders (Lau & Cheng, 2011).

CONCLUSION

The research results show that there is an influence of gratitude on the parenting stress of parents of children with special needs. The strength of the influence of gratitude on parenting stress was 11.4%, the remaining 88.6% was influenced by other factors not examined in this study. Suggestions that can be given for further research are to look at other factors that have a greater influence on parenting stress, for example behavioral problems of children with special needs themselves and family cohesion.

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