

**PENGARUH *COPING RELIGIOUS* DAN DUKUNGAN SOSIAL
TERHADAP STRES PENGASUHAN PADA ORANGTUA
ANAK BERKEBUTUHAN KHUSUS**

SKRIPSI

Diajukan untuk Memenuhi Salah Satu Syarat
Memperoleh Gelar Sarjana Psikologi Fakultas Ilmu Pendidikan
Universitas Pendidikan Indonesia



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**PENGARUH *COPING RELIGIOUS* DAN DUKUNGAN SOCIAL
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ABSTRAK

Ayu Dwi Kartika (1900347) Pengaruh *Coping Religious* dan Dukungan Sosial terhadap Stres Pengasuhan pada Orangtua Anak Berkebutuhan Khusus. Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia, Bandung. (2023)

Penelitian ini bertujuan untuk mengetahui pengaruh *coping religious* dan dukungan sosial terhadap stres pengasuhan pada orangtua anak berkebutuhan khusus. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian regresi linear berganda. Subjek dalam penelitian ini sebanyak 100 orangtua anak berkebutuhan khusus yang diambil dengan teknik *snowball sampling*. Hasil penelitian ini membuktikan adanya pengaruh signifikan dari *coping religious* terhadap stres pengasuhan, terdapat pengaruh signifikan dari dukungan sosial terhadap stres pengasuhan, serta terdapat pengaruh signifikan dari *coping religious* dan dukungan sosial secara simultan terhadap stres pengasuhan. implikasi dari penelitian ini adalah bahwa agar orangtua tidak stres, orangtua anak berkebutuhan khusus dapat menggunakan pendekatan religius dan memerlukan dukungan sosial dalam menghadapi setiap permasalahan pengasuhan anak berkebutuhan khusus.

Kata kunci: *Coping Religious*, Dukungan Sosial, Stres Pengasuhan, Orangtua Anak Berkebutuhan Khusus

ABSTRACT

Ayu Dwi Kartika (1900347) The Effect of Religious Coping and Social Support on Parenting Stress in Parents of Children with Need. Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia, Bandung. (2023)

This study aims to determine the effect of religious coping and social support on parenting stress in parents of children with special needs. This study uses a quantitative approach with multiple linear regression research design. The subjects in this study were 100 parents of children with special needs who were taken with snowball sampling technique. The results of this study prove that there is a significant effect of religious coping on parenting stress, there is a significant effect of social support on parenting stress, and there is a significant effect of religious coping and social support simultaneously on parenting stress. The implication of this study is that in order for parents not to be stressed, parents of children with special needs can use a religious approach and need social support in dealing with every problem of caring for children with special needs.

Keywords: Religious Coping, Social Support, Parenting Stress, Parents of Children with Special Needs

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