

**ANALISIS DINAMIKA RESILIENSI IBU DALAM
PENGASUHAN ANAK NEURODIVERGEN**

TESIS

**Diajukan untuk memenuhi sebagian syarat memperoleh gelar
Magister Pendidikan dalam Bidang Psikologi Pendidikan**



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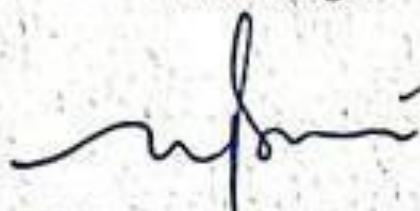
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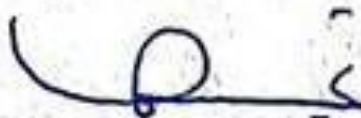
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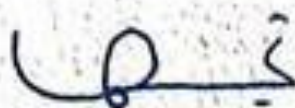
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ABSTRAK

Anak neurodivergen sering kali menghadapi berbagai rintangan yang menantang bagi orang tua, terutama bagi para ibu yang menjalankan peran dalam pengasuhan. Untuk mengatasi tekanan dan stres yang muncul, ibu memerlukan tingkat ketahanan yang cukup tinggi. Penelitian ini bertujuan untuk mengeksplorasi dinamika ketahanan para ibu dalam mengasuh anak neurodivergen. Metode yang digunakan dalam penelitian ini adalah kualitatif dengan pendekatan studi kasus, melibatkan tiga partisipan yang merupakan ibu dari anak neurodivergen. Hasil penelitian menunjukkan bahwa para partisipan menghadapi berbagai kesulitan dan tantangan dalam proses pengasuhan, yang menuntut kemampuan adaptasi yang tinggi. Meskipun berada dalam situasi yang penuh tekanan, para ibu tetap berusaha untuk menyesuaikan diri dan menemukan strategi efektif untuk menghadapi tantangan tersebut. Temuan dari penelitian ini mengidentifikasi beberapa sumber yang berperan dalam resiliensi ibu dalam pengasuhan, yaitu keterbukaan diri, regulasi emosi, dukungan sosial, dan religiusitas. Sumber-sumber ini memiliki peranan penting dalam membantu ibu untuk tetap tangguh dan bertahan dalam menghadapi tantangan pengasuhan anak neurodivergen.

Kata kunci: resiliensi ibu, pengasuhan anak neurodivergen, sumber resiliensi.

ABSTRACT

Neurodivergent children often face various obstacles that are challenging for parents, especially for mothers who play a parenting role. To overcome the pressure and stress that arises, mothers need a fairly high level of resilience. This research aims to explore the dynamics of mothers' resilience in caring for children with special needs. The method used in this research is qualitative with a case study approach, involving three participants who are mothers of neurodivergent children. The research results showed that the participants faced various difficulties and challenges in the parenting process, which required high adaptability. Even though they are in a stressful situation, mothers still try to adapt and find effective strategies to face these challenges. The findings of this research identify several sources that play a role in maternal resilience in parenting, namely self-disclosure, emotional regulation, social support, and religiosity. These resources play an important role in helping mothers remain resilient and persevere in the face of the challenges of parenting a neurodivergent child.

Key words: maternal resilience, parenting neurodivergent children, sources of resilience.

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