

DESCRIPTION OF STRESS LEVEL IN PARENTS WITH CHILDREN WITH DISAPPEARANCE

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Abstract

The existence of children with special needs in the family will be a separate stressor for each family member because it can be a burden on the family both mentally and materially, stress for parents is a form of process that results in psychological and physiological reactions that are not good that come from having to fulfill obligations as a person. old. The purpose of this research is to find out the stress level of parents who have mentally retarded children at SLB-AC Dharma Wanita Sidoarjo. This type of research is descriptive research using a questionnaire using a Depression Anxiety Stress measuring instrument questionnaire (DASS 42) filled in by parents of students of SLB-AC Dharma Wanita Sidoarjo. This research was conducted with a cross sectional approach and found 46 parents as a sample. The results of this study found that the stress level of parents who had mentally retarded children was obtained by some parents experiencing mild stress as many as 10 people (22%), parents who experienced moderate stress as many as 4 people (8%) and some parents who did not experience stress as many as 32 people (70%). From the results of this study, it can be concluded that almost all of the parents of SLB-AC Dharma Wanita Sidoarjo, only a few people experienced mild stress and none experienced severe stress.

Keywords: *Stress level, parents, mental retardation, cross sectional, DASS 42*

1. INTRODUCTION

The presence of children with special needs in the family will be a stressor for each family member because it can be a burden for the family both mentally and materially (Napolion, 2010). One of the children with special needs is a child with tunagrahita. Children with tunagrahita are children who experience impairment in their level of intelligence. The characteristics of children with tunagrahita are intelligence that is below average. In addition, they also experience difficulties in self-care, difficulties in socializing with the surrounding environment, and limitations in sensory and movement. Another problem faced by children with intellectual disability is at school age, where they are unable to follow lessons well (Zakarya, 2016).

Therefore, parents who have children with growth and developmental disabilities have greater tasks and psychological pressures in raising and caring for their children. Parental stress has the effect that parents with high levels of stress rate their parenting role negatively, perceive parenting tasks as more difficult and complex, and

experience more difficulties in coping. Children of parents who experience stress in the parenting process will suffer socially, emotionally, behaviorally, and developmentally because stress negatively affects parents' perceptions of their children's behavior.

According to the results of research by Ramadina (2017) and Rismawan (2019) obtained the results of parents experiencing mild stress levels as many as 13 people (36%) and 29 people (96.7%), moderate stress as many as 12 people (33%) and 1 person (3.3%) and from both studies none of the parents experienced severe stress. Children of parents who experience stress in the parenting process will suffer socially, emotionally, behaviorally, and developmentally because stress negatively affects parents' perceptions of their children's behavior.

The number of children with deafblindness in the world is estimated to be between 1-8% of the total population, while in Indonesia the estimated prevalence rate of children with deafblindness is 3%. This figure is reinforced by statistical data showing that in Indonesia there are

1,750,000-5,250,000 children with tunagrahita (Zakarya, 2016). According to the 2018 Central Bureau of Statistics, East Java alone has 23,429 cases of children with special needs. One of the districts in East Java has 265 children with tunagrahita, namely Sidoarjo district. In Sidoarjo there are 11 educational institutions for children with special needs, but there are only 2 special institutions for people with tunagrahita, one of which is SLB-AC Dharma Wanita Sidoarjo. Based on the description that has been explained above, researchers are interested in examining the level of stress in parents with children with disabilities in SLB-AC Dharma Wanita Sidoarjo.

2. RESEARCH METHOD

The research design used by researchers is descriptive research, where this research is a research method carried out with the main objective of making a description of a situation objectively.

This research was conducted with a cross sectional approach by collecting data through structured statements or research questionnaires. In this case the researcher conducted research on parenting stress in parents who have children with disabilities. This study aims to determine the level of stress experienced by parents in caring for children with disabilities.

3. RESULT AND DISCUSSION

This chapter will describe the results of research on the description of the level of parental knowledge about deworming prevention behavior at Tunas Mulia Kindergarten, Tanggulangin.

The presentation of data about the results of the study is grouped into two parts, namely general data and specific data, starting from general data about the characteristics of parent respondents. While the specific data presented is about data on parental knowledge about the prevention of worms, impacts and symptoms.

Data were obtained by taking data through questionnaires and filled in by respondents using a guttman questionnaire.

Research Population

In this study, the population was all parents of children with disabilities in SLB-AC Dharma wanita Sidoarjo as many as 74 people.

Sample

In this study using consecutive sampling technique, which is a sampling technique where all subjects who come and meet the selection criteria are included in the study until the required number of subjects is met is 46 parents.

Sampling Techniques

In this study using consecutive sampling technique, which is a sampling technique.

Variable Identification

A research variable is an attribute or value of people, objects, or activities that have certain variations set by research to draw conclusions (Sugiono 2016 in Fakhri, 2021). The variable in this study is stress level in parents.

3.1 General Data

This data will display parents' characteristics by age, education level, occupation and parents' income, as well as children's characteristics by age, gender and education.

Table Characteristics of parent respondents (n=46)

No.	Indicators	Frequency	Percentage %
1.	Age		
	- 26-40 old	22	48
	- 41-60 old	24	52
2.	Last Education		
	- Elementary School	5	11
	- Junior High School	7	15
	- High School	31	67
	- S1	3	7
3.	Occupation		
	- worker	10	22
	- not worker	36	78
4.	Income		
	- > UMK	39	85
	- < UMK	7	15

Parents' age is 41-60 years old as many as 24 people (52%), parental education is the final high school (SMA), namely 31 people (67%), parents do not work as many as 36 parents (78%), It was found that 39 parents (85%) had a family income of more than the district minimum wage (UMK),

Special Data

Table 3.1 Frequency distribution of stress in parents who have children with

disabilities at SLB-AC Dharma Wanita Sidoarjo, March 2023.

No.	Parental stress levels	Frequency	Percentage (%)
1.	No stress	32	70
2.	Mild stress	10	22
3	Moderat stress	4	8
4..	Severe stress	0	
	Amount	46	100

Based on the table above, it can be concluded that of the 46 parents who have children with disabilities, most parents experience mild stress as many as 10 people (22%), parents who experience moderate stress as many as 4 people (8%) and a small number of parents who do not experience stress as many as 32 people (70%).

Discussion

In this discussion, the relationship between theoretical studies and research entitled the description of stress levels in parents with children with disabilities in SLB-AC Dharma Wanita will be discussed. The results of the research that have been conducted obtained the results of parents experiencing mild stress levels as many as 10 people (22%), parents who experience moderate stress as many as 4 people (8%) and a small proportion of parents who do not experience stress as many as 32 people (70%).

The results of this study are in line with research from Kurniawan (2017) in his research conducted on 30 parents who have children with low and moderate deafness in SLB-C Jember district, the results showed that parents had a low level of parenting stress as many as 9 people (30%), a moderate level of parenting stress, as many as 19 people (66.3%), and a high level of parenting stress as many as 2 people (6.7%). According to Abidin (1990) in Ramadhany (2017) parenting stress is defined as anxiety and tension that exceeds limits and is specifically related to the role of parents and interactions between parents and the child. According to Hindangmayun (2014), where in the process of parenting stress there are factors that cause parenting stress including parental age, latest education, family income, and parental employment.

Based on age factors, it was found that parents aged 26-40 years who did not experience stress were 16 parents (73%),

who experienced mild stress were 4 parents (18%), and who experienced moderate stress were 2 parents (9%). Then in parents aged 41-60 years who did not experience stress as many as 16 parents (67%), experienced mild stress as many as 6 parents (25%), and who experienced moderate stress as many as 2 parents (8%).

This study is in line with the results of research (Sri Darmayanti, 2022) that the highest number of stress categories experienced by parents of students is the moderate stress category (71.8%) experienced by parents aged 27 years. This is because a more mature age has more experience in parenting than parents with a younger age with limited parenting experience, but at a more mature age it is also more vulnerable to stress due to differences in parenting in children with disabilities causing more parenting demands than normal children.

The results of this study are in accordance with the opinion put forward by Gunarsa (2015) which states that psychologically immature parents and an early age to act as parents can increase the level of parenting stress.

Based on parental education factors, the results obtained in parents with the last education of elementary school as many as 4 parents (80%) did not experience stress, as many as 1 parent (20%) experienced mild stress. Parents with the last education of junior high school as many as 5 parents (72%) experienced no stress, as many as 1 parent (14%) experienced mild stress and 1 parent (14%) moderate stress. Parents with the last education of SMA as many as 22 parents (71%) did not experience stress, as many as 6 parents (19%) experienced mild stress and 3 parents (10%) experienced moderate stress, while parents with PT 2 people (67%) experienced mild stress and 1 person (33%) did not experience stress.

This study is in line with research (Nuha, 2020) that parents with college education (64.5%) have a moderate level of parenting stress (74.2%). This is because parents with higher levels of education have more knowledge in parenting and the application of parenting patterns that are in accordance with the needs and development of children. And these results are reinforced by the opinion of Cooper (2017) that there is a significant relationship between mothers

with low education and high parenting stress. The lower the mother's education level, the higher the parenting stress experienced by the mother.

Based on family work factors, the results obtained in the working section were not stressed as many as 6 parents (60%), were at mild stress as many as 2 parents (20%) and moderate stress 2 parents (20%). In those who do not work as many as 26 people (72%) who do not experience stress, as many as 10 people (22%) who experience mild stress, as many as 4 people (6%) who experience moderate stress.

This study is comparable to the results of research from (Nurmalia, 2021) that as many as 53 respondents (76%) did not work and experienced moderate stress (67%). This is because working parents spend a lot of time with work so that only a little time is spent caring for children in contrast to non-working parents whose time is spent caring for children Lazzaroni (2018).

Based on the family income factor, the results obtained in the less than MSE section did not experience stress as many as 3 parents (43%), were in mild stress as many as 1 parent (14%), and those in moderate stress were 3 parents (43%). For those who exceeded the minimum wage, 29 people (75%) did not experience stress, 9 people (23%) experienced mild stress, and 1 person (2%) experienced moderate stress.

This study is the same as the results of research (Januwarsih, 2020) that parents who get MSEs 4 people (15.4%) have mild stress and 22 parents (84.6%) do not experience stress. This is because caring for children with disabilities in economic limitations is very difficult and causes high parenting stress felt by parents where parents will experience difficulties in meeting children's needs. The results of this study are also in accordance with the opinion of Astriamitha (2017) that low income levels can affect family function.

4. CONCLUSION AND SUGGESTION

Conclusion

then the following conclusions were obtained:

1. The age of parents who have children with disabilities is in late adulthood or at the age of 41-60 years as many as 24 people (52%) and some are in middle

adulthood 26-40 years as many as 22 people (48%).

2. The last education of 46 parents who have children with deafblindness was found to be mostly high school (SMA), namely 31 people (67%), and some parents' last education was elementary school (SD) 5 people (11%), junior high school (SMP) 7 people (15%) and college (PT) as many as 3 people (7%).

3. The occupation of parents who have children with deformities was found to be mostly non-working parents as many as 36 parents (78%), and some parents who worked as many as 10 parents (22%).

4. The income of parents who have children with deafblindness is found to have a family income of more than the minimum wage of the district (UMK) as many as 39 people (85%), and half have a family income of less than the minimum wage of the district (UMK) as many as 7 people (15%).

Suggestions

1. For nursing institutions

It is hoped that education, especially nursing study programs, will make this research as reading material, in order to add to the literature that supports nursing research, and can develop for reference in developing health education.

2. For further researchers

The results of this study are expected to be a reference and basic data for researchers who will conduct further research on parental stress.

3. For SLB-AC Dharma Wanita Sidoarjo

The results of this study are expected to be used as a basis for teachers in schools to hold programs to reduce the stress experienced by parents in the parenting process such as the school holding a routine meeting program once a month with one of them discussing parenting stress and inviting experts in their fields to overcome perceived problems.

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