

ABSTRAK

**HUBUNGAN ANTARA PENERIMAAN DIRI DENGAN KEBAHAGIAAN PADA
IBU YANG MEMILIKI ANAK BERKEBUTUHAN KHUSUS (ABK) DI SKH AL-
KHAIRIYAH CITANGKIL – CILEGON**

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Seorang ibu yang memiliki anak berkebutuhan khusus sangat membutuhkan penerimaan diri yang baik dalam hidupnya agar tercipta kebahagiaan yang akan berdampak pada cara ibu dalam mengasuh dan mendidik anaknya. Ibu yang memiliki penerimaan diri yang tinggi dan merasa bahagia akan sangat mempengaruhi tumbuh kembang anak berkebutuhan khusus, bagaimana ibu tersebut dapat memberikan gambaran yang positif terhadap kondisi anaknya dan dapat menimbulkan rasa percaya diri pada anak serta dapat mengoptimalkan potensi yang mereka miliki. Tujuan penelitian ini adalah mengetahui hubungan antara penerimaan diri dengan kebahagiaan orang tua dengan anak berkebutuhan khusus di Skh Al – Khairiyah Citangkil - Cilegon. Peneliti tertarik untuk melakukan penelitian di Skh Al-Khairiyah Cilegon dikarenakan disekolah ini belum banyak tenaga pengajar yang profesional, bahkan masih banyak tenaga pengajar yang baru dan belum memiliki kemampuan dalam teknik mengajar anak berkebutuhan khusus. Rancangan penelitian ini adalah berjenis penelitian kuantitatif non eksperimental dengan jumlah sampel 92 orang. Alat ukur Penerimaan Diri mempunyai koefisien reliabilitas (α) = 0,922 dengan 26 item valid dan Kebahagiaan (α) = 0,776 dengan 27 item valid. Hasil penelitian menunjukkan bahwa hipotesis dalam penelitian ini diterima, yaitu terdapat hubungan positif dan signifikan antara penerimaan diri dan kebahagiaan. Dimana hasil analisis data menunjukkan koefisien korelasi $r = 0,687$ dengan nilai signifikansi (p) = 0,000 ($p < 0,05$). Analisis koefisien determinasi menunjukkan $r^2 = 0,472$ atau 47,2 % artinya bahwa terdapat hubungan antara penerimaan diri dengan kebahagiaan ibu yang memiliki anak berkebutuhan khusus di Skh Al-Khairiyah Citangkil - Cilegon sebesar 47,2 %.

Kata kunci: Penerimaan Diri, Kebahagiaan, Anak Berkebutuhan Khusus.

ABSTRACT

THE RELATIONSHIP BETWEEN SELF-ACCEPTANCE AND HAPPINESS IN MOTHERS WHO HAVE CHILDREN WITH SPECIAL NEEDS IN SKH AL-KHAIRIYAH CITANGKIL – CILEGON

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A mother who has a child with special needs really needs good self-acceptance in her life to create happiness that will have an impact on the way these mother care for and educate their children. Mothers who have high self-acceptance and feel happy will greatly affect the growth and development of children who have physical disabilities, how these mothers can provide a positive picture of the condition of their children that will cause confidence in children and can optimize their potential. The purpose of this study was to determine the relationship between self-acceptance and happiness of parents with children with special needs in the Skh Al-Khairiyah Citangkil - Cilegon. Researchers are interested in conducting research at the Al-Khairiyah School in Cilegon because at the school there are many children with special needs from various types of disorders, the school is also partly funded by the Al -Khairiyah Foundation itself, so that parents who have children with special needs with low economic conditions can send their children to school at an affordable cost according to their ability. However, in this school there are not many professional teaching staff, there are even many new teaching staff who do not have the ability to teach children with special needs. The design of this study is a quantitative non-experimental research type with a sample of 92 people. Self-Acceptance measuring instrument has a reliability coefficient (α) = 0.922 with 26 valid items and Happiness (α) = 0.776 with 27 valid items. The results showed that the hypothesis in this study was accepted, namely that there was a positive and significant relationship between self-acceptance and happiness. Where the results of data analysis showed a correlation coefficient $r = 0.687$ with a significance value (p) = 0.000 ($p < 0.05$). Analysis of the coefficient of determination shows $r^2 = 0.472$ or 47.2% meaning that there is a relationship between self-acceptance and the happiness of mothers who have children with special needs in Skh Al-Khairiyah Citangkil - Cilegon by 47.2%.

Keywords: Self-Acceptance, Happiness, Children with Special Needs.