

**PSYCHOLOGICAL WELL-BEING DITINJAU DARI KEBERFUNGSIAN  
KELUARGA DAN KUALITAS HIDUP ORANG TUA YANG MEMILIKI ANAK  
AUTISM SPECTRUM DISORDER (ASD)**

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**INTISARI**

Penelitian ini memiliki tujuan untuk mengetahui apakah ada pengaruh dari *Psychological well-being* dengan keberfungsian keluarga dan kualitas hidup pada orang tua yang memiliki anak *Autistic spectrum disorder* (ASD). Analisis data yang dilakukan menggunakan analisis regresi berganda dengan bantuan *SPSS statistics 22 for windows*. Jumlah sampel penelitian adalah orangtua yang memiliki anak *Autistic spectrum disorder* sebanyak 81 orang. Hasil uji hipotesis pada penelitian ini bahwa hipotesa diterima dengan mendapat nilai F sebesar = 39.408 dan nilai Sig sebesar = 0.000, sehingga dapat disimpulkan adanya pengaruh antara keberfungsian keluarga dan kualitas hidup dengan *psychological well-being*. Analisis korelasi hipotesa minor pertama dinyatakan diterima dan menunjukkan bahwa adanya hubungan positif antara keberfungsian keluarga dengan *psychological well-being* dengan nilai  $\beta$  sebesar 0.707 dan p sebesar 0.000 ( $p < 0,05$ ), sedangkan hipotesa minor kedua ditolak, sehingga tidak ada hubungan positif yang signifikan antara kualitas hidup dengan *psychological well-being* dengan nilai  $\beta$  sebesar 0.003 dan p sebesar 0.977 ( $p > 0,05$ ). Adapun hasil pada penelitian ini menunjukkan bahwa keberfungsian keluarga dan kualitas hidup memberikan sumbangan efektif sebesar 49 persen kepada *psychological well-being*, dan 51 persen dipengaruhi oleh variabel lain yang tidak diteliti.

**Kata Kunci : *Psychological well-being*, Keberfungsian Keluarga, Kualitas Hidup, Autism spectrum disorder**

**PSYCHOLOGICAL WELL-BEING REVIEW OF FAMILY FUNCTION AND  
QUALITY OF LIFE OF PARENTS WHO HAVE AUTISM SPECTRUM  
DISORDER (ASD) CHILDREN**

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**ABSTRACT**

*This study has the purpose to review whether there is an effect of Psychological wellbeing with family function and quality of life in parents who have children with Autism Spectrum Disorder (ASD). Data analysis was carried out using multiple regression analysis with the help of SPSS statistics 22 for windows, the technique for taking samples using total sampling, by taking samples of parents who had ASD children as many as 81 people. The results of the normality test obtained the coefficient of KS-Z = 0.063 with a Sig of 0.100, and the hypothesis in this study was accepted by getting an F value of = 39.408 and a Sig value of = 0.000. The major hypothesis in this study is that there is a positive influence between family functioning and quality of life with psychological well-being. The correlation analysis of the first minor hypothesis was stated to be accepted and showed that there was a positive relationship between family functioning and psychological well-being with a  $\beta$  value of 0.707 and p of 0.000, while the second minor hypothesis was rejected with the meaning that there was no significant positive relationship between quality of life and psychological well-being with a  $\beta$  value of 0.003 and p of 0.977. The results of this study showed that family functioning and quality of life contributed 49 percent effectively to psychological well-being, and 51 percent were influenced by other variables not studied.*

**Keywords : Psychological well-being , Functionality Family , Quality Life , Autism spectrum disorder**