

PERAN PSIKOEDUKASI GUNA MENINGKATKAN PARENTING SELF-EFFICACY PADA IBU YANG MEMILIKI ANAK AUTISTIC SPECTRUM DISORDER

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INTISARI

Parenting self-efficacy merupakan evaluasi orang tua atas kompetensi diri sendiri dalam peran sebagai orang tua ataupun pandangan orang tua terhadap keahlian dalam mempengaruhi kepribadian dan perkembangan anak secara positif. *Parenting self-efficacy* dapat dinilai dengan 5 dimensi, yakni: 1. kemampuan dalam memfasilitasi pencapaian anak di sekolah (*achievement*), 2. kemampuan menanggung kebutuhan rekreasi anak (*recreation*), 3. kemampuan dalam menetapkan aturan dan disiplin (*discipline*), 4. kemampuan untuk mengenal keadaan emosi anak (*nurturance*), dan 5. kemampuan menjaga kesehatan fisik anak (*health*). Subjek penelitian ini adalah 9 orang ibu di SLB Negeri Autis Sumatera Utara yang diseleksi menggunakan teknik purposive sampling. Metode penelitian ini menggunakan penelitian eksperimen dengan bentuk design pra-eksperimen. Hasil penelitian analisa data memakai uji *Independent Sample T-Test* yang membuktikan bahwa hipotesa tidak diterima dan mengeluarkan hasil bahwa tidak terdapat perbedaan *parenting self-efficacy* pada ibu yang sebelum dan sesudah mengikuti psikoedukasi.

Kata Kunci : *parenting self-efficacy*, psikoedukasi

THE ROLE OF PSYCHOEDUCATION IN INCREASING PARENTING SELF-EFFICACY IN MOTHERS WHO HAVE CHILDREN WITH AUTISTIC SPECTRUM DISORDER

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ABSTRACT

Parenting self-efficacy is a parent's evaluation of one's own competence in the role of parent or a parent's view of expertise in positively influencing a child's personality and development. Parenting self-efficacy can be assessed by 5 dimensions, namely: 1. the ability to facilitate children's achievement at school (achievement), 2. the ability to bear children's recreational needs (recreation), 3. the ability to set rules and discipline (discipline), 4. the ability to recognize children's emotional state (nurturance), and 5. the ability to maintain children's physical health (health). The subjects of this study were 9 mothers in SLB Negeri Autis North Sumatra who were selected using purposive sampling technique. This research method uses experimental research with the form of pre-experiment design. The results of data analysis research using the *Independent Sample T-Test* test proved that the hypothesis was not accepted and issued the result that there was no difference in parenting self-efficacy in mothers before and after attending psychoeducation.

Keywords: parenting self-efficacy, psychoeducation