

## Hubungan antara religious coping dan resiliensi pada orangtua yang memiliki anak dengan gangguan spektrum autistik

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### Abstrak

Penelitian ini bertujuan untuk melihat hubungan antara religious coping dan resiliensi. Partisipan penelitian ini adalah orangtua yang memiliki anak dengan gangguan spektrum autistik, sebanyak 145 orang. Religious coping yang diukur meliputi pola positif dan negatif. Pengukuran religious coping tersebut menggunakan alat ukur Brief RCOPE yang dikembangkan oleh Pargament (1998). Resiliensi diukur menggunakan alat ukur Connor-Davidson Resilience Scale 10 (CD-RISC 10) yang dikembangkan berdasarkan CD-RISC (CDRISC 25) oleh Campbell-Sills dan Stein (2007). Berdasarkan hasil penghitungan korelasi Pearson product moment diperoleh koefisien korelasi antara religious coping positif dan resiliensi sebesar 0.292 dengan nilai signifikansi sebesar 0.00 ( $p < 0.01$ ). Artinya, terdapat hubungan yang positif dan signifikan antara religious coping positif dan resiliensi. Selain itu, diperoleh pula hasil korelasi antara religious coping negatif dan resiliensi sebesar -0.138 dengan nilai signifikansi 0.097 ( $p > 0.05$ ). Artinya, tidak terdapat hubungan antara religious coping negatif dan resiliensi.

The objective of this research was to find the relationship between religious coping and resiliency. The participants of this research were 145 parents of children with autistic spectrum disorder. The measurement of religious coping includes the positive and negative pattern. Religious coping was measured with Brief RCOPE, constructed by Pargament (1998). Resiliency was measured with Connor-Davidson Resilience Scale 10 (CD-RISC 10), which was developed based on CD-RISC (CD-RISC 25) by Campbell-Sills and Stein (2007). The coefficient of Pearson product moment correlation between positive religious coping and resiliency was 0.292 with significance value 0.00 ( $p < 0.01$ ). It indicated that there were positive and significant correlation between positive religious coping and resiliency. The coefficient of Pearson product moment correlation between negative religious coping and resiliency was -0.138 with significance value 0.097 ( $p > 0.05$ ). It indicated that there were no significant correlation between negative religious coping and resiliency.