

# Hubungan antara strategi coping dan psychological well being pada orang tua yang memiliki anak tuna ganda usia 6-12 tahun = The relationship between coping strategies and psychological well-being among parent of children aging 6-12 years old with severe disabilities

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## Abstrak

Penelitian ini bertujuan mengetahui ada tidaknya hubungan yang signifikan antara strategi coping dan psychological well-being pada orang tua yang memiliki anak tuna ganda usia 6-12 tahun. Penelitian ini dilakukan dengan menggunakan pendekatan kuantitatif. Pengukuran strategi coping menggunakan alat ukur The Way of Coping Checklist (Vitaliano, Russo, Carr, Maluro, & Becker, 1985) dan pengukuran psychological well-being menggunakan alat ukur Ryff's Psychological Well-Being Scales (Ryff, 1995). Hasil penelitian ini menunjukkan terdapat hubungan yang signifikan antara strategi coping dan psychological well-being pada orang tua yang memiliki anak tuna ganda usia 6-12 tahun ( $R = 0.452$  ;  $p = 0.05$ ).

.....This research was conducted to investigate the correlation between coping strategies and psychological well-being among parents of children with severe disabilities aging 6-12 years old. This study used quantitative method. Coping strategies were measured by The Way of Coping Checklist (Vitaliano, Russo, Carr, Maluro, & Becker, 1985) and psychological well-being was measured using Ryff's Psychological Well-Being Scales (Ryff, 1995). The result of this study showed that there is a significance correlation between coping strategies and psychological well-being among parents of children with severe disabilities aging 6-12 years old (  $R = 0.452$  ;  $p = 0.05$ ).