

Hubungan antara caregiver strain dan caregiving self efficacy pada ibu selaku caregiver dari anak dengan retardasi mental = The relationship between caregiver strain and caregiving self efficacy among mothers as caregivers of mentally retarded child

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Abstrak

Penelitian ini dilakukan untuk mendapatkan gambaran mengenai hubungan antara caregiver strain dan caregiving self-efficacy pada ibu selaku caregiver dari anak dengan retardasi mental. Pengukuran caregiver strain menggunakan alat ukur modified caregiver strain index (Thornton & Travis, 2003) dan pengukuran caregiving self-efficacy menggunakan caregiver self-efficacy scale (Boothroyd, 1993). Partisipan berjumlah 40 orang ibu yang memiliki anak yang mengalami retardasi mental. Hasil penelitian menunjukkan terdapat hubungan negatif yang signifikan antara caregiver strain dan caregiving self-efficacy pada ibu selaku caregiver dari anak dengan retardasi mental ($r = -0,360$; $p = 0,023$, signifikan pada L.o.S 0,05). Artinya, semakin tinggi caregiver strain yang dimiliki oleh ibu selaku caregiver dari anak dengan retardasi mental, maka semakin rendah caregiving self-efficacy yang dimilikinya. Untuk itu, disarankan agar ibu sebagai caregiver dari anak dengan retardasi mental mendapatkan intervensi untuk meningkatkan caregiving self-efficacy-nya.

.....This study was conducted to find the correlation between caregiver strain and caregiving self-efficacy among mothers as caregivers of mentally retarded child. Caregiver strain was measured using modified caregiver strain index (Thornton & Travis, 2003) and caregiving self-efficacy was measured using caregiver selfefficacy scale (Boothroyd, 1993). The participants of this study are 40 mothers who have mentally retarded child. The result of this study shows that there is a significant negative correlation between caregiver strain and caregiving selfefficacy ($r = -0,360$; $p = 0,023$, significant at L.o.S 0,05). That is, the higher caregiver strain owned by mothers as caregivers of mentally retarded child, the lower caregiving self-efficacy of their. Therefore, the mothers as caregivers for mentally retarded child need to get intervention to increase their caregeiving selfefficacy.