

## Hubungan Common Dyadic Coping dan Parenting Stress pada Orang Tua dengan Anak ADHD = The Relationship between Common Dyadic coping and Parenting Stress in Parents with ADHD Children

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### Abstrak

Tujuan penelitian ini adalah untuk melihat hubungan antara common dyadic coping dengan parenting stress pada orang tua dengan anak ADHD di Indonesia. Common dyadic coping adalah usaha kedua orang tua untuk melakukan proses manajemen stres bersama. Parenting stress adalah reaksi aversif yang dimunculkan orang tua ketika menghadapi tuntutan mengasuh anak. Penelitian ini penting untuk dilakukan karena meskipun tingkat anak ADHD di Indonesia tinggi, namun studi mengenai hal tersebut masih minim.

Penelitian dilakukan kepada 70 partisipan yang terpusat di daerah Jabodetabek di Indonesia. Sebagian besar dari partisipan merupakan perempuan berumur 31-40 tahun yang sudah menikah selama 5-10 tahun.

Pengambilan data dilakukan dengan menyebarkan kuesioner secara daring dan menyebarkan kuesioner secara luring ke beberapa SLB serta Yayasan Terapi. Peneliti menggunakan alat ukur Dyadic Coping Inventory dan Parenting Stress Index - Short Form. Data dianalisis dengan teknik korelasi Pearson. Hasil penelitian menunjukkan bahwa common dyadic coping tidak berkorelasi secara signifikan dengan parenting stress. Common dyadic coping juga tidak berkorelasi secara signifikan dengan dua dimensi parenting stress yaitu parent-child dysfunctional interaction dan difficult child. Di lain sisi, ditemukan hubungan negatif dan signifikan antara common dyadic coping dan satu dimensi parenting stress yaitu parental distress.

.....The aim of this study is to see the relationship between common dyadic coping and parenting stress in parents with ADHD children in Indonesia. Common dyadic coping is a joint effort between parents to manage stress. Parenting stress is an aversive reaction from handling the responsibility of being a parent. It is important to study this because even though the level of ADHD children are high, studies about this in Indonesia are scarce. The study was done to 70 participants mainly from Jabodetabek area in Indonesia. Most of the participants were female, aging between 31 to 40 years old and married for 5 to 10 years. Data were taken by distributing the questionnaires online and offline through several Special Schools and Therapists. This study uses Dyadic Coping Inventory and Parenting Stress Index - Short Form. The data was analyzed using Pearson correlation. Results show that common dyadic coping is not significantly correlated with parenting stress. There is also no significant correlation between common dyadic coping and two of parenting stress dimensions, parent-child dysfunctional interaction and difficult child. On the other hand, there is a negative significant relationship between common dyadic coping and one of parenting stress dimension, parental distress.