

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

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### Abstrak

Orang tua dengan anak ADHD merupakan salah satu kelompok yang rentan mengalami parenting stress sehingga dibutuhkan sebuah metode yang tepat untuk menurunkan keadaan tersebut. Penelitian ini bertujuan untuk melihat hubungan dyadic coping dan parenting stress pada orang tua dengan anak ADHD. Partisipan terdiri dari 69 suami dan/atau istri yang mempunyai anak ADHD dibawah 18 tahun. Parenting stress diukur melalui PSI-SF oleh Abidin (1995), sedangkan dyadic coping diukur melalui DCI oleh Bodenmann (2008). Penelitian ini menggunakan analisis korelasi pearson dan spearman melalui SPSS ver 26. Hasil penelitian menunjukkan bahwa hanya dimensi negative dyadic coping yang berhubungan negatif signifikan dengan parenting stress, sedangkan dimensi common, delegated, dan supportive tidak berhubungan. Penelitian ini menyarankan untuk memperhatikan penggunaan negative dyadic coping pada orang tua dengan anak ADHD.

.....Parents of children with ADHD are prone to parenting stress, indicating a method is needed to tackle this condition. This study aimed to examine the relationship between dyadic coping and parenting stress among parents of children with ADHD. The participants consisted of 69 husbands and/or wives with children diagnosed with ADHD under the age of 18. PSI-SF by Abidin (1995) was used to measure parenting stress, while the DCI by Bodenmann (2008) was used to measure dyadic coping. Pearson and Spearman correlation analyses were conducted using IBM SPSS Statistics 26. The results showed that (1) there was no association between positive dyadic coping, including common, supportive, and delegated dyadic coping, and parenting stress, and (2) there was a significant positive correlation between negative dyadic coping and parenting stress among parents of children with ADHD, with a medium effect size. This study suggests the need to pay attention to the use of negative dyadic coping among parents of children with ADHD.