

THE EFFECT OF PARENTING SELF EFFICACY AND FAMILY SUPPORT ON PSYCHOLOGICAL WELLBEING OF THE MOTHER WHO HAVE CHILDREN WITH SPECIAL NEEDS

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ABSTRACT

This study aims to determine the effect of parenting self-efficacy and family support on the psychological well-being of mothers who have children with special needs. This study uses a quantitative method with a correlational design. The subjects in this study were mothers who have children with special needs who attend SLB-C Santa Lusia. The mother's classification of children with special needs are mentally retarded, deaf, physically handicapped and autism. This study uses the parenting self-efficacy scale, family support scale and psychological well-being scale. The result of the study were analyzed descriptively and statistically. The statistical analysis used were Spearman Rank correlation and multiple linear regression. The result of the Spearman Rank correlation found that parenting self-efficacy and family support had a significant relationship with psychological well-being. This study also found that parenting self-efficacy and family support simultaneously have an influence on the psychological well-being of mothers who have children with special needs. The results of the multiple linear regression test obtained a coefficient of determination (R^2) of 0.539 or 53.9%, meaning that the parenting self-efficacy and family support variables contributed to the psychological well-being of 53.9% while 46.1% was influenced by other variables not examined in this research.

Keywords: *parenting self-efficacy, family support, psychological well-being*

INTRODUCTION

The birth of child with disabilities brings difficult changes to every family. Parents and families of children with special needs require adjustments in many aspects. According to Safaria (Pradana & Kustanti, 2017), generally the majority of parents will experience shock, anguish, anxious, even wrath upon hearing their child has disability, which means that every parents of child with special needs will experience it. The emotion that came will influence the parents negatively, negative effects that may come are; depression, anxiety, symptom of somatization and stress. This happens because the parents, especially the mothers of child with special needs has a harder role and responsibility than to foster and nurture normal child.

According to Diener & Larsen (Amalia & Rahmatika, 2020), psychological well-being itself has a definition of happiness, means that an individual able to experience freedom of distress which shown from the presence of stability between positive and negative aspects. At the same time according to Ryff (Wicaksono & Susilawati, 2016), the fact based on interview result of one of teachers in SLB-C Santa Lusia conducted on 2 december 2020, according to the teacher there are still mothers that unable to accept the existence and situation of their children that are incapable of reading and writing, the teacher also stated that there are still mothers depending on the teacher in treating their children at home. Based on interview result on 2 student guardians of SLB-C Santa Lusia conducted on 2 december 2020, the two mothers stated that they have the same fear, that they afraid if later on they fade away earlier who will look after their children, this thing sometimes make them stressed and felt under pressure.

Nurturing child with special needs indubitably brings its own challenge to the parent particularly the mother, because a mother has an important role in nurturing and fostering a child. Moreover a mother is the parent that communicate with the child more often, because of that the parents particularly the mother, is expected to be able to adapt with the condition and make effort to overcome the difficulty in order to possess the capability and satisfaction in nurturing a child. According to Sanders & Woolley (Antawati & Murdiyani, 2013), an individual with low self efficacy in parenting (*parenting self efficacy*) has to strive harder in order to meet the requirement in a family which resulting in a risk to undergo stress and depression. This shows that *parenting self efficacy* may affect the psychological well-being of mothers with children with special need. According to Rathi dan Rastogi (Nugroho, 2019), stress become one of the factors that can affect the highs-and-lows of one's psychological well-being. For that, *parenting self efficacy* is very important for the mother with child with special needs, as the highs-and-lows of self efficacy in parenting (*parenting self efficacy*) may affect the stress experienced by the mother, this certainly will also affect psychological well-being of mother with child with special needs.

According to Kaplan & Sadock (Yasmin, 2017), the support of the family is the most important aspect for someone in dealing with difficulties. The problem is, the support of the family is an interpersonal relationship that will protect an individual from the terrible effect of stress as according to Friedman (Yasmin, 2017), family is the most important aspect in someone's life, for in the family comes family members that can correspond and depend on each other in context of giving advices, supports, affections, sense of secure, and attentions that are harmonic as well as carrying out family roles respectively to achieve common goals. According to Lestari (2012), with the presence of support from the husband can cause the mother to feel accepted with the experience condition. The support of the family is very important for the mother with child with special needs and with the presence of the support from the family can make them feel loved, noticed, appreciated, and accepted, because of that the mother needs support from the family the most.

Based on that background, compels researcher to promote this topic to become research object with title of "The Effect of *Parenting Self Efficacy* and The Support of The Family Upon The Psychological Well-Being of Mothers Who Have Child With Special Needs". This research aims to perceive the influence of *parenting self efficacy* and the support from the family upon the psychological well-being of mothers who have child with special needs.

PARENTING SELF EFFICACY

Coleman and Karraker (Mafaza, Alfara, & Anggrainy, 2017), defined *parenting self efficacy* as a self-assessment or the perception of the parents upon their ability to influence their children behavior and development positively. Hess (Mardhotillah & Desiningrum, 2018), defined *Parenting self-efficacy* as parent's assessment upon their ability in carrying out

their role as parents to influence the behavior and development of their children positively. Jones & Prinz (Sari, 2020), stated that parenting *self-efficacy* is parent's belief of their ability on child parenting as an eye to be able to give the appropriate parenting befitting with the child's characteristics.

FAMILY SUPPORT

Friedman (Yasmin, 2017) stated that family support is a process that happens in a lifetime, whereas the characteristic and type of support have differences in various steps on the cycle of life. Family support can be in the form of internal social support, as well as the support from husband to wife or support from sibling and in the form of external family support for the core family. These family supports can cause the family to feel more functionate with various interlligence and intellect. These can increase interfamily well-being and adaptation. In accordance Gottlieb (Yasmin, 2017), stated that family support is a verbal and non-verbal communication, apparent advice and aid or behavior which is given by people who are familiar with subjects in the social environment or can be in the form of presence and matters that can provide emotional benefit which may take effect on the recipient behavior.

PSYCHOLOGICAL WELL-BEING

Ryff (Fauziah & Abidin, 2017), stated that psychological well-being can be defined as an individual ability to accept themselves as it is, to make a harmonious relationship with other individual, possess the attitude of independent in facing social matter, able to control external environment situation, possess the meaning in life and able to realize the individual self potency continuously. While according to Snyder psychological well-being is not just the absence of suffering, but it also involves active engagement in the world, comprehend the meaning and purpose of life, and the relation of a person with object or other person (Ramadhani, Djunaedi, & s, 2016).

METHODOLOGY

The subjects of this research are mothers who have child with special needs in SLB-CSanta Lusía of 71 mothers with the classification of mentally retarded, deaf, physically handicapped and autism children. This research utilizes cause population technique, according to Arikunto (Danapriatna & Setiawan, 2005), stated that if the research subject are more than 100 respondents, then it can be obtained as much as 10% to 15% or 20% to 25% of the samples, however if the respondents are less than 100 people (samples) then the total population must be obtained wholly (census) to be made respondents.

Data collection method that is utilized in this research are interview and psychological scale. The instruments that are utilized are parenting self efficacy scale, family support, and psychological well-being arranged based on *likert scale*. Data analysis is conducted descriptively and statistically, the utilized statistical analysis are *Rank Spearman* correlation and multiple linear regression. Correlation test is conducted with *Rank-Spearman* correlation test between parenting self efficacy with psychological well-being and family support psychological well-being variables. Regression test is conducted with multiple linear regression test between parenting self efficacy and family support upon psychological well-being variables.

RESULTS AND DISCUSSIONS

Correlation test of *Rank Spearman* in parenting self efficacy with psychological well-being variable results a significance with correlation coefficient of 0,528. The significance value is $p = 0,000$, because $p < 0,05$ then H_0 is denied. Correlation test of *Rank Spearman*,

family support with psychological well-being variable results in significance with the value of coefficient correlation of 0,399 and significance value of $p = 0,000$. Because of $p < 0,05$ then H_0 is denied (as shown in table .1)

Table .1 Rank-Spearman Correlation Test Result

Variable	Spearman Coefficient Correlation	Sig.	Description
Parenting Self Efficacy with Psychological Well-being	0,528	0,000	Significant (has correlation)
Family Support dengan with Psychological Well-being	0,399	0,000	Significant (has correlation)

Multiple Linear Regression Test Result shows that *parenting self efficacy* and family support in parallel affect the psychological well-being, with F value of 39,81 and probability rate of ($p < 0,05$), so that H_0 is denied. Test result of coefficient determination (R^2) is 0,539. This shows that parenting self efficacy and family support affect psychological well-being as much as 53,9%. The remainder is 46,1% affected by other variables not researched in this research (can be seen in the following table .2:)

Table 2 Multiple Linear Regression Test Result

Model	B Coefficient	T	Sig.
Constant	26,344	2,272	0,026
Parenting Self Efficacy	0,818	7,503	0,000
Family Support	0,255	2,955	0,004
F Test	39,818		0,000
R	0,734		
Determination Coefficient (R^2)	0,539		
Adjust R^2	0,526		

DISCUSSIONS

Description result of parenting self efficacy variable shows that most of the respondents are in medium category, a total of 48 people or 67,6%. It can be interpreted that parenting self efficacy of mothers who have child with special needs in SLB-C Santa Lusia are good enough, meaning that the mothers are confident enough of their ability in parenting child with special needs, in context of discipline, child achievement, ability to facilitate child's needs, giving emotional development support to child, and carrying out their role in maintaining child's health. In accordance with Coleman & Karraker (Mafaza, Alfara, & Anggrainy, 2017) research result, high parenting self efficacy can predicts parent's responsiveness in child's needs fulfillment, parent's role and involvement in direct parenting, as well as parent's active coping strategy.

Description results of family support variable shows that most of the respondents are in medium category, as much as 47 people or as much as 66,2%. Means that most of the mothers who have child with special needs in SLB-C Santa Lusia have got sufficient support from the family, which makes the mothers can perform better in dealing with the existing problems and makes them able to accept their child existence more. In accordance with the idea of Olson and Defrain (Pradana & Kustanti, 2017), the availability of family support for the individual who is experiencing crisis generally will increase the psychological well-being and family's quality of life.

Description result from psychological well-being variable shows that most of the respondents are in medium category, of 50 people or 70,4%. Means that most of the mothers in di SLB-C Santa Lusia have good psychological well-being.

The first hypothetical testing utilizes *Rank Spearman* correlation test between parenting self efficacy and psychological well-being shows 0,528 in number and the value of significance is 0,000 means means that there is a correlation between parenting self efficacy and psychological well-being in mothers who have child with special needs in SLB-C Santa Lusia. In accordance with the research conducted by Fahmy (2017) and Pasyola, et al. (2021) which stated that parenting self efficacy significant positive correlation with psychological well-being. Whereas the mothers who have decent parenting self efficacy a decent psychological well-being will follow. For according to Pranandita & Ayriza (Pasyola, Abdullah, & Puspasari, 2021) possessing parenting self efficacy is very important. A mother with decent parenting self efficacy will manage as good as possible in directing herself to provide adaptive environment as well as search for strategy so that the child can grow and develop more optimum. She will also make her best effort to not become stressed gave up easily when experiencing a difficulty, she will possess self confident and good resilience, to be able to affect her own psychological well-being too.

The second hypothetical test utilizes *Rank Spearman* correlation test. The correlation between family support with psychological well-being shows a correlation level of 0,399 and significance value of 0,000 which means that there is a significant correlation between family support psychological well-being. In accordance with this research result, the previous research conducted by Nugroho (2019) and Budiarti & Hanoum (2019) had a result which shows a positive and significant correlation between family support and psychological well-being. The better the family support received by the mothers who have child with special needs the better the psychological well-being of the mothers who have child with special needs.

According to Retnaningsih & Dini (2016) the family support also determines the manner of parents who have child with special needs in solving problems that they are facing. A positive family support can give energy and confidence to the parents who have child with special needs to be able to make more effort in dealing with the problems in their lives. In accordance with this, the result of the research by Twistiandayani and Handika (Pradana & Kustanti, 2017), the better the support given by the family to the mothers who have child with special needs (such as autism) the more positive the acceptance of the mothers to the child. The support given by the family can be in the form of attention, confidence and empathy that can create the sense of secure, loved and respected to the mothers.

The third hypothetical test is the effect of parenting self efficacy and family support upon psychological well-being, an effect in parenting self efficacy and family support upon psychological well-being exists with the value of R^2 is 0,539 or 53,9%. This explains that parenting self efficacy and family support variables affect the psychological well-being as much as 53,9% while 46,1% is affected by other variables not researched in this research. The effect of parenting self efficacy and family support upon psychological well-being based on the value of *Fhitung* shows the number 39,818 with significance rate of 0,000 which less than 0,05 means that there is a significant correlation between parenting self efficacy and family support that affect the psychological well-being of the mothers who have child with special needs.

From the two independent variables which are parenting self efficacy and family support, the most affecting the psychological well-being is the parenting self efficacy (beta coefficient of 0,818) variable in compare with the family support (beta coefficient of 0,255). The result of this research is in accordance with the research conducted by Budiarti & Hanoum (2019) that the family support has lesser effect to the psychological well-being. Means that the high-and-lows of psychological well-being is more affected by the aspects in the

parenting self efficacy than the the aspects in family support. The aspects of parenting self efficacy consisted of discipline, achievement, recreation, nurturance health.

Based on difference analysis result, there is no difference on psychological well-being between mothers who have child with mental retarded, deaf, physically handicapped and autism. This is since the mothers have already had good acceptance in themselves, had positive interpersonal relationship, able to be independent in dealing with the problems that exist, had control upon the environment that is suitable with their mental state, had good purpose and self development, so that these things make the mothers who have child with special needs in SLB-C Santa Lusia, possess psychological well-being on the same category, although having child with special needs in various classifications.

This research has flaws, which are; the process of the questionnaire distribution could not be done directly so that the researcher could only give it to the teachers to be given to all the parents, the questionnaire distribution process also needed a long time about 1 month, the researcher also could not observe directly the questionnaire filling, so that there could be a potential of misperception on the process of filling the questionnaire.

CONCLUSIONS

A significant effect of parenting self efficacy and family support upon the psychological of the mothers who have child with special needs. Many recommendations can be made considerations for many parties. The school or the school party expected to be able to help the mothers to develop their ability in dealing with the problems that exist on their children so that the mothers not too dependent with the teachers when facing difficulties in parenting the children.

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*The 2nd International Conference on Government Education Management and Tourism
(ICoGEMT)+TECH, January 15th, 2022, Bandung City, Indonesia*

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