

***SELF-COMPASSION* IBU YANG MEMILIKI ANAK TUNAGANDA**

SKRIPSI



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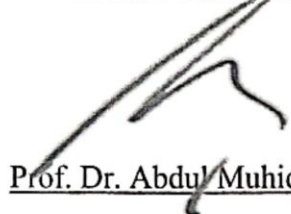


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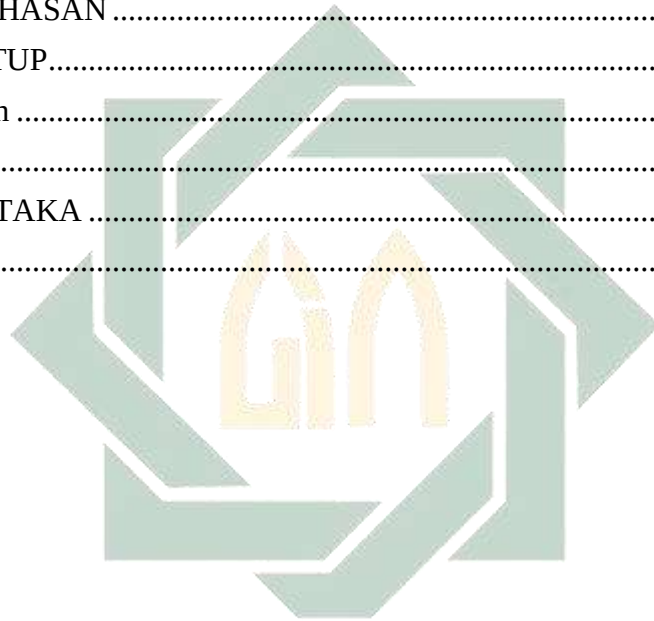


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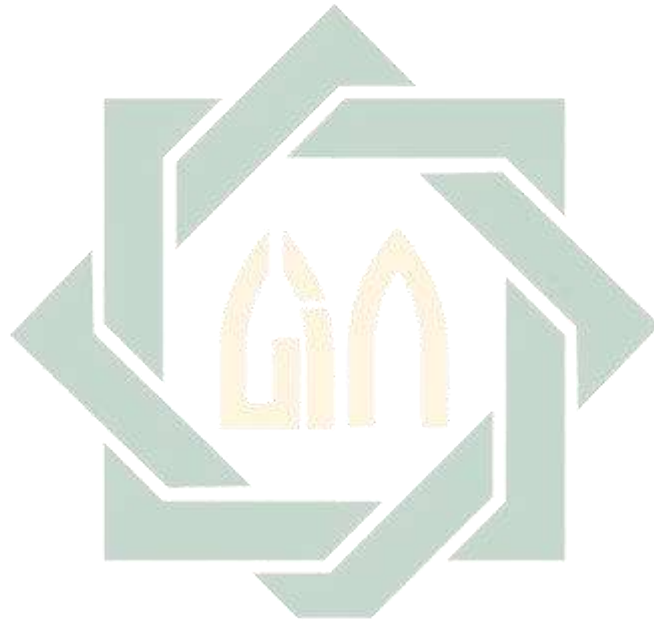
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INTISARI

Penelitian ini bertujuan untuk mengetahui dinamika *self-compassion* pada ibu yang memiliki anak tunaganda. Metode yang digunakan adalah penelitian kualitatif dengan pendekatan fenomenologis. Subjek dalam penelitian ini berjumlah tiga orang ibu yang memiliki anak tunaganda. Teknik pengumpulan data dilakukan melalui wawancara mendalam dan observasi. Analisis data menggunakan teknik interaktif Miles dan Huberman dengan bantuan *software* NVivo. Hasil penelitian menunjukkan bahwa ketiga subjek mampu mengembangkan *self-compassion* dalam menjalani peran sebagai ibu. Proses tersebut dimulai dari respon emosional awal seperti *shock*, stres, dan rasa bersalah, hingga mencapai tahap penerimaan dan penyesuaian diri. Dinamika *self-compassion* tercermin melalui tiga aspek utama, yaitu *self-kindness*, *common humanity*, dan *mindfulness*. Perkembangan *self-compassion* dipengaruhi oleh dukungan sosial, spiritualitas, kemampuan *coping* stres, rasa syukur, serta regulasi emosi. Faktor-faktor tersebut membantu ibu dalam menerima kondisi anak, mengelola tekanan psikologis, serta mempertahankan pandangan hidup yang lebih positif dalam pengasuhan.

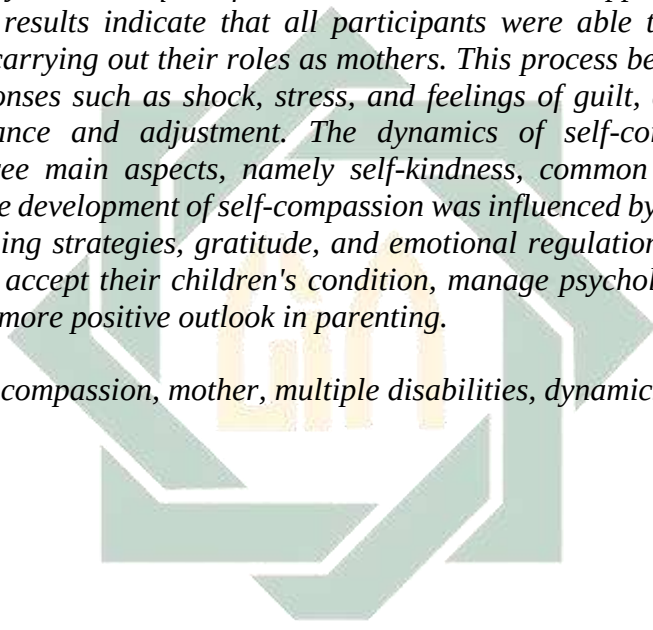
Kata kunci: *Self-compassion*, ibu, tunaganda, dinamika.

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ABSTRACT

This study aims to examine the dynamics of self-compassion in mothers who have children with multiple disabilities. The research employed a qualitative method with a phenomenological approach. The participants of this study consisted of three mothers who have children with multiple disabilities. Data were collected through in-depth interviews and observations. The data were analyzed using the interactive analysis technique of Miles and Huberman, supported by NVivo software. The results indicate that all participants were able to develop self-compassion in carrying out their roles as mothers. This process began with initial emotional responses such as shock, stress, and feelings of guilt, and progressed toward acceptance and adjustment. The dynamics of self-compassion were reflected in three main aspects, namely self-kindness, common humanity, and mindfulness. The development of self-compassion was influenced by social support, spirituality, coping strategies, gratitude, and emotional regulation. These factors helped mothers accept their children's condition, manage psychological distress, and maintain a more positive outlook in parenting.

Keywords: Self-compassion, mother, multiple disabilities, dynamics.



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