

ABSTRAK

HUBUNGAN DUKUNGAN SOSIAL DENGAN TINGKAT STRESS ORANG TUA ANAK BERKEBUTUHAN KHUSUS DI SEKOLAH DASAR LUAR BIASA NEGERI CIAMIS

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Latar Belakang: Orang tua anak berkebutuhan khusus (ABK) sering menghadapi tuntutan pengasuhan yang kompleks sehingga berisiko mengalami stres. Dukungan sosial merupakan salah satu faktor yang dapat membantu mengurangi stres tersebut. **Tujuan:** Mengetahui hubungan dukungan sosial dengan tingkat stres orang tua anak berkebutuhan khusus di SDLB Negeri Ciamis Tahun 2026. **Metode:** **Penelitian** kuantitatif dengan desain *cross sectional*. Populasi sebanyak 89 orang tua ABK dan sampel 77 responden menggunakan teknik *purposive sampling*. **Instrumen:** Menggunakan kuesioner *Multidimensional Scale of Perceived Social Support* (MSPSS) dan *Depression Anxiety Stress Scale* (DASS-21). Analisis data menggunakan uji Spearman Rank. **Hasil:** Sebagian besar responden memiliki dukungan sosial rendah (77%) dan tingkat stres kategori berat (49%). Hasil uji Spearman Rank menunjukkan terdapat hubungan yang signifikan antara dukungan sosial dengan tingkat stres ($p\text{-value} = 0,000$; $r = -0,453$), dengan arah hubungan negatif dan kekuatan sedang. **Kesimpulan:** Semakin tinggi dukungan sosial yang diterima orang tua ABK, semakin rendah tingkat stres yang dialami. Peningkatan dukungan dari keluarga, sekolah, tenaga kesehatan, dan lingkungan sosial diperlukan untuk membantu menurunkan tingkat stres orang tua ABK.

Kata Kunci : Dukungan Sosial, Tingkat Stress, Anak Berkebutuhan Khusus

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ABSTRACT

RELATIONSHIP BETWEEN SOCIAL SUPPORT AND STRESS LEVELS OF PARENTS OF CHILDREN WITH SPECIAL NEEDS AT CIAMIS STATE SPECIAL ELEMENTARY SCHOOL

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Background: Parents of children with special needs (ABK) often face complex parenting demands, putting them at risk of stress. Social support is one factor that can help reduce this stress. **Objective:** To determine the relationship between social support and stress levels of parents of children with special needs at SDLB Negeri Ciamis in 2026. **Method:** Quantitative research with a cross-sectional design. The population was 89 parents of children with special needs and a sample of 77 respondents using a purposive sampling technique. **Instrument:** Using the Multidimensional Scale of Perceived Social Support (MSPSS) and Depression Anxiety Stress Scale (DASS-21) questionnaires. Data analysis used the Spearman Rank test. **Results:** Most respondents had low social support (77%) and severe stress levels (49%). The results of the Spearman Rank test showed a significant relationship between social support and stress levels ($p\text{-value} = 0.000$; $r = -0.453$), with a negative relationship and moderate strength. **Conclusion:** The higher the social support received by parents of children with special needs, the lower the stress levels experienced. Increased support from families, schools, health workers, and the social environment is needed to help reduce stress levels among parents of children with special needs.

Keywords: Social Support, Stress Levels, Children with Special Needs

References: 33 (2018–2025)