

# KOPING RELIGIUS PADA ORANG TUA ANAK BERKEBUTUHAN KHUSUS

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## *Abstract*

*This research was conducted to find out how parents deal with the phenomenon of having a child with special needs, their difficulties in accepting each process, and the support mechanisms used to deal with this situation. The phenomenological research design used with 6 parents. The data obtained were phenomenologically analyzed with the support of MAXQDA 11. Three aspects are discussed in this study, namely difficulties in the acceptance process, coping strategies, and religious coping. The aspect of self-acceptance difficulties discusses feelings of shock, fear of losing children, disappointment, self-blame, loneliness, lack of husband's support, the impact of a negative environment, concern for the future of children, and hopelessness. Aspects of coping strategies discuss family support and concern for the surrounding environment. Meanwhile, religious coping aspects discuss accepting what is given by God, destiny, fear of God, blessings from God, believing in God by surrendering, being grateful, praying.*

***Keywords : religious coping, parents of children with special needs***

## PENDAHULUAN

Didiagnosis memiliki anak berkebutuhan khusus adalah sebuah pengalaman hidup yang traumatis bagi setiap keluarga. Banyak keluarga ingin memiliki dan membesarkan anak yang terlahir normal serta memiliki harapan untuk masa depan anak-anak mereka. Sebaliknya, keluarga dengan anak berkebutuhan khusus mengalami perubahan yang dramatis baik secara emosi, sosial, ekonomi dan harapan untuk masa depan anak-anak mereka.<sup>1</sup> Saat keluarga mengetahui bahwa

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<sup>1</sup> Tina O'Connell, Maeve O'Halloran, and Owen Doody, "Raising a Child with Disability and Dealing with Life Events: A Mother's Journey," *Journal of Intellectual Disabilities* 17, no. 4 (2013).