

## **BAB 7**

### **KESIMPULAN DAN SARAN**

#### **7.1 Kesimpulan**

Berdasarkan hasil penelitian dapat disimpulkan bahwa responden dari orang tua anak autis mayoritas orang tua memiliki tingkat harga diri sedang, tingkat depresi responden mayoritas tidak depresi, dan hubungan anatara harga diri dengan tingkat depresi mayoritas orang tua mengalami harga diri sedang dengan tidak depresi yang artinya terdapat hubungan yang signifikan antara harga diri dengan tingkat depresi dengan hubungan korelasi negatif yang kuat. Berarti jika semakin tinggi harga diri orang tua yang memiliki anak autis maka semakin rendah tingkat depresinya. Hasil penelitian ini dapat digunakan sebagai acuan dalam memberikan pendidikan kesehatan untuk menurunkan tingkat depresi dan meningkatkan harga diri pada orang tua yang memiliki anak autis.

#### **7.2 Saran**

##### **7.2.1 Bagi Orang Tua Anak Autis**

Orang tua yang memiliki anak autis diharapkan tetap memberikan perhatian dan menerima keadaan anak untuk meningkatkan harga diri sehingga dapat mengurangi tingkat depresi.

##### **7.2.2 Bagi Perawat**

Bagi perawat diharapkan tetap memberikan pelayanan yang optimal untuk meningkatkan harga diri orang tua dengan mengurangi tingkat depresi pada orang tua yang memiliki anak autis.

### 7.2.3 Bagi Masyarakat

Bagi masyarakat diharapkan dapat memberikan dukungan sosial untuk meningkatkan kepercayaan diri sehingga mengurangi terjadinya tingkat depresi pada orang tua yang memiliki anak autis.

### 7.2.4 Bagi Peneliti Selanjutnya

Disarankan bagi peneliti selanjutnya sebaiknya melakukan penelitian dengan menambahkan variabel lain dan memberikan intervensi.

## DAFTAR PUSTAKA

- Abdul Rahman, A. (2013). *Psikologi Sosial Pengetahuan Wahyu Dan Pengetahuan Empirik*. Jakarta:Rajawali Pers.
- Achjar, K. A. H. (2010). *Aplikasi Praktis Asuhan Keperawatan keluarga*. Jakarta: CV Sagung Seto.
- Afari, E., Ward, G., & Khine, M. S. (2012). Global self-esteem and self-efficacy correlates: Relation of academic achievement and self-esteem among Emirati students. *International Education Studies*, 5(2), 49–57.
- Agung Krisdianto, M., & Mulyanti, M. (2016). Mekanisme Koping dengan Tingkat Depresi pada Mahasiswa Tingkat Akhir. *Jurnal Ners Dan Kebidanan Indonesia*, 3(2), 71.
- Ali, A., Hassiotis, A., Strydom, A., & King, M. (2012). Self stigma in people with intellectual disabilities and courtesy stigma in family carers: A systematic review. *Research in Developmental Disabilities*, 33(6), 2122–2140.
- Amanda Webster, Joy Cumming, and S. R. (2017). *Empowering Parents Of Children With Autism Spectrum Disorder*. Media Singapore.
- Bawalsah, J. A. (2018). *Self Esteem in Parents of Children Diagnosed with Autism Spectrum Disorder in Self-Esteem in Parents of Children Diagnosed with Autism Spectrum Disorder in Jordan*. September 2015.
- Bekhet, A. K., Johnson, N. L., & Zauszniewski, J. A. (2012). Resilience in family members of persons with autism spectrum disorder: A review of the literature. *Issues in Mental Health Nursing*, 33(10), 650–656.
- Benson, P. R. (2010). Coping, distress, and well-being in mothers of children with autism. *Research in Autism Spectrum Disorders*, 4(2), 217–228.
- Bramhe, V. (2019). Depression and Anxiety in mothers of children with autism spectrum disorders and intellectual disabilities. *Indian Journal of Mental Health*, 6(3), 272.
- Brooks, J. (2011). *The process of parenting*. Yogyakarta:Pustaka Belajar.
- Budiman, A. (2016). *Tampil Memukau Dan Percaya Diri Menjadi Ahli Pidato Dan MC Tanpa Minder Dan grogi*. Yogyakarta: Araska.
- Cantwell, J., Muldoon, O., & Gallagher, S. (2015). The influence of self-esteem and social support on the relationship between stigma and depressive symptomology

- in parents caring for children with intellectual disabilities. *Journal of Intellectual Disability Research*, 59(10), 948–957.
- Cohrs, A. C., & Leslie, D. L. (2017). Depression in Parents of Children Diagnosed with Autism Spectrum Disorder: A Claims-Based Analysis. *Journal of Autism and Developmental Disorders*, 0(0), 0.
- Coleman, M., & Gillberg, C. (2011). The Autismes. United Kingdom:Oxford University Press. *The Autismes. United Kingdom: Oxford University Press*.
- Damian, R. I., & Robins, R. W. (2011). Self-Esteem Across the Lifespan: Issues and Interventions , edited by Mary H. Guindon . *Journal of Women & Aging*, 23(2), 177–179.
- Davidson, G., Neale, J. . & K. A. (2010). *Abnormal Psychology, Psikologi Abnormal. neormalasari (ter)*. Jakarta: Raja Grafindo Persada.
- Dewi, S. A. & F. I. R. (2016). Pengaruh Harga Diri Dan Dukungan Sosial Terhadap Resiliensi Mahasiswa Dengan Pengalaman *Bullying* di Perguruan Tinggi. 9(2).
- Dr. Mandeep Kaur, & Inderbir Kaur. (2015). Dysfunctional Attitude and Self-Blame: Effect on Self-Esteem and Self-Conscious Emotions among Adolescents. *International Journal of Indian Psychology*, 3(1).
- DR. Namora Lumongga, M. S. (2016). *Depresi: Tinjauan Psikologis -*. Kencana.
- Dr.Ahmad Susanto, M. P. (2018). *Bimbingan dan konseling disekolah:Konsep teori*.
- Ekas, N., & Whitman, T. L. (2010). Autism symptom topography and maternal socioemotional functioning. *American Journal on Intellectual and Developmental Disabilities*, 115(3), 234–249.
- Firth, I., & Dwyer, R. (2013). The predictors of distress in parents of children with autism spectrum disorder. *Journal of Intellectual and Developmental Disability*, 38(2), 163–171.
- Ghufron, M, N dan Risnawita, R. (2012a). *Teori-teori psikologi. Jogjakarta: AR-Ruz Media*. Jogjakarta: AR-Ruz Media.
- Ghufron, M.N & Risnawita, S. . (2011). *Teori-Teori Psikologi*. Yogyakarta:Ar-ruz Media Group.
- Gülseren, L., Cam, B., Karakoç, B., Yiğit, T., Danaci, A. E., Cubukçuoğlu, Z., Taş, C., Gülseren, S., & Mete, L. (2010). [The perceived burden of care and its correlates in schizophrenia]. *Türk Psikiyatri Dergisi = Turkish Journal of Psychiatry*, 21(3), 203–212.
- Harianto, M. & R. (2020). *Anakku Belahan Jiwaku: Pola Asuh Yang Tepat Untuk*

- Membentuk Psikis Anak* (P. P. Pradana (ed.)). CV Jejak, anggota IKAPI.
- Hidayat, A. A. A. (2011). *Metodologi penelitian keperawatan dan kesehatan*.
- Hou, Y. M., Stewart, L., Iao, L. S., & Wu, C. C. (2018). Parenting stress and depressive symptoms in Taiwanese mothers of young children with autism spectrum disorder: Association with children's behavioural problems. *Journal of Applied Research in Intellectual Disabilities*, 31(6), 1113–1121.
- Huzaemah. (2010). *Kenali autisme sejak dini*.
- Indiarti, P. T., & Rahayu, P. P. (2020). Penerimaan Ibu Yang Memiliki Anak Autis. *Jurnal Psikologi Perseptual*, 5(1), 34.
- King, L. . (2012). *Psikologi Umum Sebuah Pandangan Apresiatif* (Buku 1).
- Lauster, P. (2012). *Tes Kepribadian. Alih Bahasa: D. H. Golu*. Jakarta: Bumi Aksara.
- Livingston, J. D., & Boyd, J. E. (2010). Correlates and consequences of internalized stigma for people living with mental illness: A systematic review and meta-analysis. *Social Science and Medicine*, 71(12), 2150–2161.
- Lv, R., Wu, L., Jin, L., Lu, Q., Wang, M., Qu, Y., & Liu, H. (2009). Depression, anxiety and quality of life in parents of children with epilepsy. *Acta Neurologica Scandinavica*, 120(5), 335–341.
- Mak, W. W. S., & Kwok, Y. T. Y. (2010). Internalization of stigma for parents of children with autism spectrum disorder in Hong Kong. *Social Science and Medicine*, 70(12), 2045–2051.
- Mashudi, F. (2012). *Psikologi Konseling*. Yogyakarta : IRCiSoD.
- Mello, C., Rivard, M., Terroux, A., & Mercier, C. (2019). Quality of life in families of young children with autism spectrum disorder. *American Journal on Intellectual and Developmental Disabilities*, 124(6), 535–548.
- Munayang, H., Kandou, L. F. J., Rampengan, N., & Sumarauw, M. E. (2013). Depresi Pada Ibu-Ibu Yang Mempunyai Anak Cacat Yang Bersekolah Di Yayasan Pembinaan Anak Cacat (Ypac) Manado. *Jurnal Biomedik (Jbm)*, 4(3), 119–125.
- Napolion, K. (2010). *Pengalaman Keluarga Dalam Merawat Anak Tunagrahita Di Kelurahan Belumbang*.
- Ns.Emi Wuri Wuryaningsih, M.Kep., Sp.Kep.J, D. (2018). *Buku ajar keperawatan kesehatan jiwa 1*.
- Nukman, E., & Leon, N. (2019). *Belajar Rendah Hati*. PT.Temprina Media Grafika.
- Nursalam. (2016). *buku Konsep Dan Penerapan Metodologi Penelitian Ilmu Keperawatan*. Selemba Medika.

- Patricia A. Potter, Anne Griffin Perry, Patricia Stockert, A. H. (2013). *Fundamentals Of Nursing*.
- Petalas, M. A., Hastings, R. P., Nash, S., Hall, L. M., Joannidi, H., & Dowey, A. (2012). Psychological adjustment and sibling relationships in siblings of children with Autism Spectrum Disorders: Environmental stressors and the Broad Autism Phenotype. *Research in Autism Spectrum Disorders*, 6(1), 546–555.
- Pozo, P., Sarriá, E., & Brioso, A. (2014). Family quality of life and psychological well-being in parents of children with autism spectrum disorders: A double ABCX model. *Journal of Intellectual Disability Research*, 58(5), 442–458.
- Prabowo, E. (2014). *Buku Ajar Keperawatan Jiwa*.
- Preeti Sharma, & M. N. K. (2015). *Exploring Depression & Anxiety among College Going Students. International Journal of Science and Research, Volume 4, 528*.
- Rahman, A. A. (2013). *Psikologi Sosial Integrasi Pengetahuan Wahyu Dan Pengetahuan Empirik*. Jakarta: PT. Raja Grafindo Persada.
- Rivard, M., Terroux, A., Parent-Boursier, C., & Mercier, C. (2014). Determinants of stress in parents of children with autism spectrum disorders. *Journal of Autism and Developmental Disorders*, 44(7), 1609–1620.
- Rosenberg, M. (1965). Society and the adolescent self-image. *Society and the Adolescent Self-Image*, 1–326.
- Sadock, K. &. (2012). *Buku Ajar Psikiatri Klinis*.
- Sandu Siyoto, M. A. S. (2015). *Dasar Metodologi Penelitian*.
- Sari, P. . (2013). *Hubungan Konsep Diri Dengan Motivasi Dalam Merawat Anak Retardasi Mental*.
- Scherer, N., Verhey, I., & Kuper, H. (2019). Depression and anxiety in parents of children with intellectual and developmental disabilities: A systematic review and meta-analysis. *PLoS ONE*, 14(7), 1–18.
- Seligman, M. E. P. (2008). *The Optimistic Child. New York: Houghton Mifflin Company*.
- Senger, B. A., Ward, L. D., Barbosa-Leiker, C., & Bindler, R. C. (2016). Stress and coping of parents caring for a child with mitochondrial disease. *Applied Nursing Research*, 29, 195–201.
- Serrata, C. A. (2012). Psychosocial Aspects of Parenting a Child with Autism. *Journal of Applied Rehabilitation Counseling*, 43(4), 29–35.
- Setyaningsih, W. (2015). Hubungan Pola Asuh Orang Tua Dengan Perkembangan Sosial Anak Autisme di SLB Harmoni Surakarta. *Jurnal Kesehatan, Volume VI*,

- 123–129.
- Setyawan. (2017). *Pedoman Metodologi Penelitian (Statistika Praktis)*. Sidoarjo: Sifatama Jawara.
- Shi, Y., Shao, Y., Li, H., Wang, S., Ying, J., Zhang, M., Li, Y., Xing, Z., & Sun, J. (2019). Correlates of affiliate stigma among family caregivers of people with mental illness: A systematic review and meta-analysis. *Journal of Psychiatric and Mental Health Nursing*, 26(1–2), 49–61.
- Sidjaja, F. F. (2019). *Assessment and Diagnosis of Autism in Developing Countries : The Indonesian Adaptation of Autism Detection in Early Childhood ( ADEC )*. *Assessment and Diagnosis of Autism in Developing Countries : The Indonesian Adaptation of Autism Detection in Early Chil. September 2015*.
- Siller, M., Reyes, N., Hotez, E., Hutman, T., & Sigman, M. (2014). Longitudinal change in the use of services in autism spectrum disorder: Understanding the role of child characteristics, family demographics, and parent cognitions. *Autism*, 18(4), 433–446.
- Slameto. (2020). *Partisipasi Orang Tua Dan Faktor Latar Belakang Yang Mempengaruhi Prestasi Belajar Siswa SMA* (Q. M. Partner (ed.)). CV.Penerbit Qiara Media.
- Sorayah. (2014). Uji Validitas Konstruk Beck Inventory-II (BDI-II). *UIN Syarif Hidayatullah Jakarta, September 2014*, 1–6.
- Sudarsana, I. K. (2020). *Perspektif Agama Dan Kesehatan*.
- Sugiyono, M. (2014). *Educational Research Methods Quantitative, Qualitative Approach and R&D. In Bandung: Alfabeta.-Bing*.
- Suryanto, Muhammad Ghazali Bagus ani Putra, Ike Herdiana, I. N. A. (2012). *Pengantar psikologi sosial*.
- Swarjana, I. K. (2016). *Metodologi Penelitian Kesehatan*.
- Tameon, S. M., & Tlonaen, T. (2019). Analisis Penerimaan Orang Tua Terhadap Anak Autis di Kecamatan Kelapa Lima Kota Kupang. *Jurnal Ilmiah Religiosity Entity Humanity (JIREH)*, 1(2), 139–148.
- Tatang Muhtar dan Anggi Setia Lengkana. (2019). *Pendidikan jasmani dan olahraga adaptif*.
- Tinakon, W., & Nahathai, W. (2012). A comparison of reliability and construct validity between the original and revised versions of the Rosenberg Self-Esteem Scale. *Psychiatry Investigation*, 9(1), 54–58.

- Utami, A, W, D. (2018). *Hubungan Kemungkinan Depresi Dengan Kualitas Hidup Pada Lanjut Usia Di Kelurahan Surau Gadang Wilayah Kerja Puskesmas Nanggalo Padang.*
- Werner, S., & Shulman, C. (2013). Subjective well-being among family caregivers of individuals with developmental disabilities: The role of affiliate stigma and psychosocial moderating variables. *Research in Developmental Disabilities, 34*(11), 4103–4114.
- WHO. (2019). *Autism spectrum disorders.* World Health Organization.
- Yosep I. (2016). *keperawatan jiwa.* PT.Refika Aditama.
- YPAC. (2011). *Buku pedoman penanganan dan pendidikan autisme YPAC.*
- Zhou, T., Wang, Y., & Yi, C. (2018). Affiliate stigma and depression in caregivers of children with Autism Spectrum Disorders in China: Effects of self-esteem, shame and family functioning. *Psychiatry Research, 264*(July 2017), 260–265.
- Zhu, J., Zhang, J., Sheng, Z., & Wang, F. (2018). Reliability and validity of the Beck Depression Inventory-II applied to Chinese construction workers. *Social Behavior and Personality, 46*(2), 249–258.