

ABSTRAK

Agustin Tri Susilowati (2006). Hubungan antara Dukungan Sosial dan Tingkat Stres Orangtua dari Anak Autis. Fakultas Psikologi Universitas Sanata Dharma

Penelitian ini adalah penelitian korelasional, yang bertujuan untuk mengetahui ada tidaknya hubungan antara dukungan sosial dan tingkat stres orangtua dari anak autis. Penelitian ini menggunakan 2 skala yaitu Skala Dukungan Sosial (SDS) dan Skala Tingkat Stres (STS) yang masing-masing terdiri dari 50 item. Pengujian validitas alat ukur menggunakan *profesional judgement* dan uji reliabilitasnya dengan *Alpha Cronbach*. Koefisien reliabilitas Skala Dukungan Sosial (SDS) sebesar 0,970 dan Skala Tingkat Stres (STS) sebesar 0,962.

Metode pengambilan sampel penelitian adalah *purpose sampling*. Sampel diambil sebanyak 50 subyek yang berasal dari orangtua anak autis dimana anaknya sekolah di SLB Citra Mulia Mandiri atau SLB Negeri 1 Wonosari.

Uji hipotesis penelitian ini menggunakan teknik korelasi *Pearson Product Moment* dengan program *SPSS versi 12.0 for windows*. Hasil uji hipotesis diperoleh koefisien korelasi -0,607. Hipotesis penelitian ini diterima dan signifikan. Nilai negatif koefisien korelasi menunjukkan hubungan negatif. Jadi, ada hubungan negatif antara dukungan sosial dan tingkat stres orangtua anak autis. Semakin tinggi dukungan sosial yang diterima, maka semakin rendah tingkat stres yang dirasakan dan sebaliknya.

Kata kunci: Dukungan sosial, tingkat stres, dan orangtua anak Autis.

ABSTRACT

Agustin Tri Susilowati (2006). The Relationship between Social Supports and the Stress Level from Parents of Children with Autisms. Faculty of Psychology Sanata Dharma University.

This research is a correlation research, which has purpose to know whether there is a relation between social supports and stress level from parents of children with autisms or not. This research using 2 scales those are: Social Supports Scale and the Stress Level scale, which each of scale has 50 items. Validation test scale use professional judgment and the reliability test with *Alpha Cronbach*. The Reliability of Social Supports Scale is 0, 970 and the Stress Level scale is 0, 962.

This research using purpose sampling method. There were 50 subjects who are parents of children with autisms that are studying in SLB Citra Mulia Mandiri or SLB Negeri 1 Wonosari.

Hypothesis test this research using correlation technique *Person Product Moment* with SPSS version 12.0 program for windows. Hypothesis test resulted -0,607 for correlation coefficient. Hypothesis of this research was accepted and significantly. The negative score in this correlation showed that there is a negative relationship between social supports and stress level from parents of children with autisms. The higher social supports will be, the lower stress level will be, or on its contrary.

The keywords are: social supports, stress level, and parents of children with autisms.