

## ABSTRAK

Lepong, Janieta Angel Priskila. (2025). Gambaran kebahagiaan pada Orang Tua yang memiliki anak dengan *Down syndrome*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk memahami gambaran kebahagiaan orang tua yang memiliki anak dengan *Down syndrome* ditinjau dari teori PERMA (*Positive Emotion, Engagement, Relationships, Meaning, Accomplishment*) (Seligman, 2011). Latar belakang penelitian berasal dari hasil penelitian terdahulu yang menyajikan bahwa terdapat prevalensi *Down syndrome* di Indonesia serta adanya kebutuhan untuk memahami sumber kebahagiaan orang tua dalam menghadapi tantangan pengasuhan anak berkebutuhan khusus. Metode penelitian menggunakan pendekatan kualitatif dengan teknik pengumpulan data wawancara semi-terstruktur terhadap dua pasang orang tua (empat partisipan) dari komunitas POTADS Yogyakarta. Data dianalisis melalui teknik analisis isi kualitatif. Hasil penelitian menunjukkan bahwa kebahagiaan orang tua dapat diwujudkan dalam lima aspek PERMA: (1) *Positive Emotion* berupa rasa syukur, bangga, dan penerimaan; (2) *Engagement* dalam aktivitas pengasuhan yang bermakna; (3) *Relationships* melalui dukungan keluarga dan komunitas; (4) *Meaning* dari penemuan tujuan hidup baru; serta (5) *Accomplishment* dari perkembangan kecil anak. Kebahagiaan ini berkembang melalui proses adaptasi dari keterkejutan awal menjadi penerimaan penuh. Kebahagiaan yang dialami tidak hanya berasal dari perkembangan anak, tetapi juga dari transformasi relasi pasangan, keterlibatan spiritual, dan pencapaian pribadi yang bermakna.

**Kata kunci:** *Down syndrome*, Kebahagiaan, PERMA, Orang Tua, Psikologi Positif

## ABSTRACT

Lepong, Janieta Angel Priskila. (2025). *Description Of Happiness In Parents With Children Who Have Down syndrome. Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

*This study aims to explore the experience of happiness among parents of children with Down syndrome, viewed through the lens of the PERMA theory (Positive Emotion, Engagement, Relationships, Meaning, Accomplishment) (Seligman, 2011). The background of this research is grounded in previous findings that highlight the prevalence of Down syndrome in Indonesia and the need to understand the sources of parental happiness in facing the challenges of raising children with special needs. This study employed a qualitative approach with data collected through semi-structured interviews involving two pairs of parents (four participants) from the POTADS community in Yogyakarta. Data were analyzed using qualitative content analysis. The results revealed that parental happiness is reflected through the five aspects of PERMA: (1) Positive Emotion such as gratitude, pride, and acceptance; (2) Engagement in meaningful caregiving activities; (3) Relationships through support from family and community; (4) Meaning through the discovery of new life purpose; and (5) Accomplishment through the child's small developmental progress. This sense of happiness develops through an adaptive process, shifting from initial shock to full acceptance. The experience of happiness is not exclusively rooted in the child's developmental progress, but also emerges from the transformation of the marital relationship, the deepening of spiritual engagement, and meaningful personal achievements.*

**Keywords:** *Down syndrome, Happiness, PERMA, Parents, Positive Psychology*