

ABSTRAK

Piniji, D. (2025). Gambaran Dinamika Ayah Dari Keluarga Pra-Sejahtera Dalam Mengasuh Anak Yang Mengalami *Autism Spectrum Disorder* (ASD: Tantangan, Dampak, Dan Strategi Pengelolaannya. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk memahami gambaran dinamika ayah dari keluarga pra-sejahtera dalam mengasuh anak yang mengalami *autism spectrum disorder* (selanjutnya disingkat ASD) meliputi tantangan, dampak, serta strategi pengelolaannya. Informan dalam penelitian adalah ayah dari keluarga pra-sejahtera yang mengasuh anak yang mengalami ASD dan dipilih menggunakan metode *purposive sampling*. Peneliti menggunakan metode wawancara semi terstruktur dalam proses pengumpulan data. Data dianalisis menggunakan teknik analisis tematik induktif. Hasil penelitian menunjukkan bahwa informan mengalami tantangan secara internal yang berkaitan langsung dengan dinamika relasi antara ayah dan anak berupa tantangan dalam memahami dan mengelola karakteristik serta kebutuhan khusus anak. Informan juga mengalami tantangan eksternal berkaitan dengan kondisi sosial di luar keluarga berupa stigmatisasi dan minimnya dukungan struktural. Interaksi antara kedua tantangan tersebut memunculkan dampak negatif secara sosial berupa eksklusi sosial dan secara personal berupa kelelahan fisik, internalisasi prasangka atau stigma, dan beban finansial. Meskipun demikian, informan juga mengalami dampak positif berupa pertumbuhan personal. Berpijak dari tantangan dan dampak pengasuhan yang dialami, informan mengembangkan strategi dengan fokus pada pemecahan masalah berupa memberikan dukungan berkelanjutan bagi anak. Selain itu informan juga mengembangkan strategi dengan fokus mengelola respons psikologis yang muncul dalam pengasuhan berupa menjaga keseimbangan batin melalui spiritualitas, kebermaknaan, dan dukungan emosional.

Kata kunci: Dinamika pengasuhan, ayah keluarga pra-sejahtera, ASD

ABSTRACT

Piniji, D. (2025). Exploring The Dynamics Of Fathering Children With Autism Spectrum Disorder In Socioeconomically Disadvantaged Families: Challenges, Impacts, And Management Strategies. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to understand the dynamics of fathers from socioeconomically disadvantaged families in caring for children with autism spectrum disorder (hereinafter referred to as ASD), focusing on the challenges, impacts, and management strategies involved. The participants in this study were fathers from socioeconomically disadvantaged families who were caring for children with ASD, selected through purposive sampling. Semi-structured interviews were used for data collection, and the data were analyzed using an inductive thematic analysis approach. The findings showed that participants experienced internal challenges related to the father-child relationship, particularly difficulties in understanding and managing the child's characteristics and special needs. Participants also encountered external challenges associated with social conditions outside the family, including stigmatization and limited structural support. The interaction between these challenges led to negative social impacts, such as social exclusion, as well as personal impacts, including physical fatigue, internalized stigma, and financial strain. Nevertheless, participants also reported positive outcomes, particularly in the form of personal growth. In response to these challenges and impacts, participants developed problem-focused strategies aimed at providing ongoing support to their children. In addition, they implemented emotion-focused strategies to manage psychological responses during parenting, such as maintaining inner balance through spirituality, meaningfulness, and emotional support.

Keywords: Parenting dynamics, fathers from socioeconomically disadvantaged families, ASD