

**STUDI DESKRIPTIF STRATEGI COPING ORANG TUA YANG  
MEMILIKI ANAK TUNAGRAHITA**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui strategi coping stress para orang tua yang memiliki anak tunagrahita. Penelitian ini termasuk dalam jenis penelitian deskriptif. Subjek dalam penelitian ini adalah semua orang tua yang memiliki anak tunagrahita bersekolah di SLB Negeri Jembrana sebanyak 44 orang. Teknik pengambilan sampel yang digunakan dalam penelitian ini adalah *purposive sampling*. Metode pengumpulan data dalam penelitian ini adalah metode survei dengan menggunakan Skala Strategi Coping yang telah diuji validitas dan reliabilitasnya. Teknik analisis data yang digunakan adalah teknik deskriptif. Hasil penelitian ini menunjukkan bahwa Strategi coping orang tua yang memiliki anak tunagrahita berdasarkan *problem focused coping* diperoleh 29 subjek (65,9%) dan *emotion focused coping* diperoleh 15 subjek (34,1%). Hasil penelitian ini menunjukkan bahwa penggunaan strategi *problem focused coping* pada orang tua yang memiliki anak tunagrahita lebih tinggi daripada strategi *emotion focused coping*.

Kata kunci: strategi coping, tunagrahita, studi deskriptif kuantitatif

**DESCRIPTIVE STUDY OF COPING STRATEGIES PARENTS WHO  
HAVE CHILDREN WITH MENTAL RETARDATION**

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**ABSTRACT**

*This study aims to determine the stress coping strategies of parents who have children with mental retardation. This study was included in the descriptive study. Subjects in this study were all parents who have children with mental retardation attending Jembrana extraordinary school many as 44 people. The sampling technique used in this research is purposive sampling. Data collection method in this research is the survey method using a Scale Coping Strategies that have been tested for validity and reliability. Data analysis technique used is descriptive technique. The results showed that the coping strategies of parents who have children with mental retardation based problem focused coping obtained 29 subjects (65.9%) and emotion focused coping was obtained 15 subjects (34.1%). Results of this study indicate that the use of problem focused coping strategies to parents who have children with mental retardation higher than emotion focused coping strategies.*

Keywords : coping strategy, mental retardation, quantitative descriptive study