

## ABSTRACT

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The Correlation between Parenting Stress and Social Support with Parenting Self-Efficacy of Mothers and Children with Special Needs in Palembang.

### THESIS

NURSING SCIENCE STUDY PROGRAM

FACULTY OF NURSING SCIENCE

MUSI CHARITAS CATHOLIC UNIVERSITY

Key Words: Social support, Parenting stress, parenting self-efficacy (vii + 81 pages

+23 tables +2 diagrams + appendices)

**Background:** Parenting stress may be affected by internal factors (i.e self-efficacy, the psychology of the mother, children's attitude, and coping) and external factors (i.e. economy status, the mother's age, occupation, and parents' support). The social support is obtained from family, close friend, and environment. Parenting self-efficacy is the parents' confidence toward their own capability in organizing and in doing a set of chores related with parenting. Previous studies showed that six out of four mothers with toddlers experience parenting stress and two mothers with primary school children have experienced stress. However, due to family support, they were able to increase their motivation in parenting.

**Purpose:** This research aims in investigating the correlation between parenting stress and social support with parenting self-efficacy of mothers and children with special needs in Palembang.

**Method:** The design of this research is using quantitative design with analytical survey method and cross sectional approach with ninety-six respondents using purposive sampling technique. The statistic test is using Spearman's rho correlation test.

**Result:** The majority of respondents have high social support (54; 56%), high parenting self-efficacy (51; 53,1%), and mild parenting stress (53, 55,2%). Based on the bivariate analysis, it is obtained that there is no correlation between parenting stress and parenting self-efficacy ( $r=0,190$ ;  $p=0,064$ ) and there is a significant correlation between social support and parenting self-efficacy ( $r=0,205$ ;  $p=0,045$ ) in mothers of children with special needs.

**Conclusion:** There is no significant correlation between parenting stress and parenting self-efficacy. However, there is a significant correlation between social support and parenting self-efficacy.

**Suggestion:** The result of this research suggests that mothers of children with special needs are obliged to have high social support to increase parenting self-efficacy in parenting children with special needs.

Bibliography:

1986-2017