

## ABSTRAK

### HUBUNGAN ANTARA RESILIENSI DENGAN *PSYCHOLOGICAL WELL BEING* PADA IBU YANG MEMILIKI ANAK BERKEBUTUHAN KHUSUS DI SLB KHANSA PADANG

Penelitian ini bertujuan untuk mengetahui hubungan antara resiliensi dengan *psychological well being* pada ibu yang memiliki anak berkebutuhan khusus di SLB Khansa Padang. Variabel bebas dalam penelitian ini adalah resiliensi dan variabel terikat adalah *psychological well being*. Alat ukur yang digunakan dalam penelitian ini adalah skala resiliensi dan skala *psychological well being*. Teknik pemilihan sampel dalam penelitian ini adalah teknik *sampling* jenuh. Sampel dalam penelitian ini adalah 88 orang ibu yang memiliki anak berkebutuhan khusus di SLB Khansa Padang. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *alpha cronbach*. Hasil koefisien validitas pada skala resiliensi berkisar antara 0,326 sampai dengan 0,843. Hasil koefisien validitas pada skala *psychological well being*. berkisar antara 0,327 sampai dengan 0,778. Dengan koefisien reliabilitas resiliensi sebesar 0.943 dan pada skala *psychological well being*. sebesar 0.953. Berdasarkan analisis data, diperoleh nilai korelasi antara resiliensi dan *psychological well being* sebesar  $r = 0.576$  dengan taraf signifikan  $p = 0.000$  yang berarti hipotesis diterima. Menunjukkan hubungan dengan taraf sedang dan berarah positif, artinya semakin tinggi resiliensi maka semakin tinggi *psychological well being*, dan sebaliknya semakin rendah resiliensi maka semakin rendah *psychological well being*. Hal ini menunjukkan bahwa ada hubungan yang signifikan antara resiliensi dengan *psychological well being* pada ibu yang memiliki anak berkebutuhan khusus di SLB Khansa Padang.

**Kata Kunci:** *resiliensi, psychological well being, ibu, anak berkebutuhan khusus, korelasi.*

## **ABSTRACT**

### **THE RELATIONSHIP BETWEEN RESILIENCE AND PSYCHOLOGICAL WELL BEING IN MOTHERS WHO HAVE CHILDREN WITH SPECIAL NEEDS AT SLB KHANSA PADANG**

*This research aims to determine the relationship between resilience and psychological well-being in mothers who have children with special needs at SLB Khansa Padang. The independent variable in this research is resilience and the dependent variable is psychological well being. The measuring instruments used in this research are the resilience scale and the psychological well being scale. The sample selection technique in this research is a saturated sampling technique. The sample in this study was 88 mothers who had children with special needs at SLB Khansa Padang. Validity and reliability testing in this research used the Cronbach's alpha technique. The results of the validity coefficient on the resilience scale ranged from 0.326 to 0.843. Validity coefficient results on the psychological well being scale. ranges from 0.327 to 0.778. With a resilience reliability coefficient of 0.943 and on a psychological well being scale. of 0.953. Based on data analysis, the correlation value between resilience and psychological well being was obtained at  $r = 0.576$  with a significant level of  $p = 0.000$ , which means the hypothesis was accepted. Shows a relationship with a medium level and has a positive direction, meaning that the higher the resilience, the higher the psychological well-being, and conversely, the lower the resilience, the lower the psychological well-being. This shows that there is a significant relationship between resilience and psychological well-being in mothers who have children with special needs at SLB Khansa Padang.*

**Keywords:** *resilience, psychological well being, mother, children with special needs, correlation.*