

GAMBARAN KEBAHAGIAAN IBU YANG MEMILIKI ANAK DOWN SYNDROME

ABSTRAK

Penelitian ini bertujuan untuk melihat gambaran kebahagiaan Ibu yang memiliki anak *down syndrome*. Selain itu, peneliti juga mengidentifikasi apa saja faktor-faktor pendorong Ibu mencapai kebahagiaan. Informan dalam penelitian ini ditentukan berdasarkan kriteria yang dibutuhkan yaitu menggunakan teknik *purposive sampling*. Dengan jumlah informan dua orang Ibu yang memiliki anak *down syndrome*. Pengambilan data dilakukan melalui wawancara semi-terstruktur dan observasi. Penelitian ini menggunakan pendekatan kualitatif dengan analisis data menggunakan metode Analisis isi kualitatif (AIK) dengan pendekatan deduktif atau analisis terarah. Secara umum hasil penelitian ini menunjukkan kedua Informan mencapai kebahagiaan melalui *subjective well-being*. Gambaran kebahagiaan Ibu diperlihatkan melalui terpenuhinya komponen - komponen penting dalam *subjective well-being* yang terbentuk melalui tantangan yang telah dilalui saat merawat anak *down syndrome*. Selain gambaran kebahagiaan Ibu ditemukan dua faktor pendukung kebahagiaan pada Ibu yang memiliki anak *down syndrome* secara eksternal yaitu dukungan keluarga dan secara internal yaitu Kepribadian (*Personality*), Harga Diri (*self Esteem*), Pengampunan (*Forgiveness*), Spiritualitas, kebersyukuran yang dimiliki oleh kedua Informan.

Kata kunci: *down syndrome*, *subjective well-being*, gambaran kebahagiaan ibu.

DESCRIPTION OF HAPPINESS OF MOMS WHO HAVE DOWN SYNDROME CHILDREN

ABSTRACT

The purpose of this study is to know how to describe the happiness of mothers who have children with Down syndrome and what factors encourage it. Informants in this study were determined based on the required criteria by using purposive sampling technique. Informants in this study amounted to two mothers who have children with Down syndrome. Data were collected through semi-structured interviews and observation. This study uses a qualitative approach with data analysis using the method of qualitative content analysis (AIK) with a deductive approach or directed analysis. The results of this study indicate that research informants face almost the same problems related to the condition of children and the role of being a mother. Informants show that they have good subjective well being. It was also found that several factors driving happiness in the concept of subjective well-being were found, namely the initials Inf.A consisting of personality, forgiveness, spirituality, gratitude, and support from others. While the initials Inf.C consist of personality, self-esteem, spirituality, gratitude, support from others, and income. The most encouraging factors for the informants are spirituality and a sense of gratitude.

Keywords: describe the happiness of mothers, subjective well-being, down syndrome.