

ABSTRAK

PENGARUH *SELF-EFFICACY* TERHADAP *PSYCHOLOGICAL WELL-BEING* PADA ORANG TUA DENGAN ANAK BERKEBUTUHAN KHUSUS DI KABUPATEN KARAWANG

Luthfia Darwanty

Fakultas Psikologi UBP Kaeawang

ps21.luthfiadarwanty@mhs.ubpkarawang.ac.id

Periode perkembangan anak merupakan tahap krusial yang membutuhkan dukungan optimal dari orang tua. Pada anak berkebutuhan khusus, proses ini kerap disertai tantangan emosional, sosial, dan ekonomi yang dapat memengaruhi kesejahteraan psikologis orang tua sebagai pengasuh utama, terutama apabila tidak ditunjang oleh tingkat *self-efficacy* yang memadai. Penelitian ini bertujuan untuk mengetahui pengaruh *self-efficacy* terhadap *psychological well-being* pada orang tua dengan anak berkebutuhan khusus di Kabupaten Karawang. Penelitian menggunakan pendekatan kuantitatif dengan metode kausal, serta melibatkan dua alat ukur psikologis, yaitu *General Self-Efficacy Scale* (GSES) sebanyak 10 item yang disusun berdasarkan teori Bandura, dan *Psychological Well-Being Scales* (PWBS) sebanyak 42 item berdasarkan teori Ryff. Responden penelitian berjumlah 102 orang yang diperoleh melalui teknik sampling kuota. Hasil analisis menunjukkan bahwa *self-efficacy* berpengaruh signifikan terhadap *psychological well-being* dengan nilai F sebesar 12.992 dan signifikansi 0,000. Dengan demikian, semakin tinggi *self-efficacy* individu, semakin tinggi pula tingkat kesejahteraan psikologisnya. Besarnya pengaruh *self-efficacy* terhadap *psychological well-being* adalah sebesar 11,5%, sementara 88,5% sisanya dipengaruhi oleh faktor lain yang tidak diteliti dalam penelitian ini. Temuan ini memberikan kontribusi penting bagi pengembangan intervensi psikologis untuk mendukung orang tua yang memiliki anak berkebutuhan khusus.

Kata kunci: Anak Berkebutuhan Khusus, *Psychological Well-Being*, *Self-Efficacy*

ABSTRACT

THE INFLUENCE OF SELF-EFFICACY ON PSYCHOLOGICAL WELL-BEING FOR PARENTS WITH SPECIAL NEEDS CHILDREN IN KARAWANG CITY

Luthfia Darwanty

Fakultas Psikologi UBP Kaeawang

ps21.luthfiadarwanty@mhs.ubpkarawang.ac.id

The developmental period of a child is a crucial stage that requires optimal support from parents. For children with special needs, this process is often accompanied by emotional, social, and economic challenges that may affect the psychological well-being of parents as the primary caregivers, particularly when not supported by an adequate level of self-efficacy. This study aims to examine the effect of self-efficacy on psychological well-being among parents of children with special needs in Karawang Regency. The research employed a quantitative approach with a causal method and involved two psychological measurement instruments: the General Self-Efficacy Scale (GSES) consisting of 10 items based on Bandura's theory, and the Psychological Well-Being Scales (PWBS) consisting of 42 items based on Ryff's theory. A total of 102 respondents were obtained using a quota sampling technique. The analysis results indicate that self-efficacy has a significant effect on psychological well-being, with an F-value of 12.992 and a significance level of 0.000. Thus, the higher an individual's self-efficacy, the higher their psychological well-being. The magnitude of the effect of self-efficacy on psychological well-being was found to be 11.5%, while the remaining 88.5% is influenced by other factors not examined in this study. These findings provide an important contribution to the development of psychological interventions aimed at supporting parents of children with special needs.

Keywords: Children with Special Needs, Psychological Well-Being, Self-Efficacy