

AUTHENTIC HAPPINESS OF PARENTS WITH CHILDREN WITH DISABILITIES

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ABSTRACT CT

Parents with children with disabilities have many challenges in caring for and raising children with disabilities. But that doesn't mean parents with children with disabilities can't feel happiness within themselves. Parents with children with disabilities can feel happiness in caring for children like parents in general. This study aims to determine the relationship between *self-compassion* and resilience with the authentic happiness of parents with children with disabilities. This study uses a correlational quantitative method which is measured by a 20-item authentic happiness scale, 16-item *self-compassion* scale, and 27-item resilience scale. Respondents in this study were parents with children with disabilities as many as 108 respondents. Data analysis was performed using multiple regression correlation tests with the results obtained showing an R Square value of 0.399 with a significance of $p=0.000$ ($p<0.05$). These results indicate that there is a significant positive relationship between *self-compassion* and resilience with the authentic happiness of parents with children with disabilities.

Keywords: *Self-Compassion*, Resilience, Authentic Happiness, Parents, Children with Disabilities

INTRODUCTION

Being a parent is a gift that has been given by God. But the gift of being a parent always comes with great responsibility too. Parents have an important role in the development of their children so it is not easy for parents to travel in caring for and raising their children. Every child has their own growth and development journey, as well as children born with physical and psychological limitations or commonly called children with disabilities. According to the World Health Organization (WHO), children with disabilities are children who have limitations in bodily functions or body structures such as mental, sensory, or motor that affect their ability to carry out activities of daily life. Parents with children with disabilities have challenges that are not easy. According to Andriany (2010) said that difficulties Families with children with disabilities face are the sacrifice of time and finances, difficulties in disciplining, social stigma, slow child growth, and parents' anxiety about their child's future. In addition, Zulfiana (2019) also revealed that there are psychological phases for parents who have children with disabilities, namely *denial*, *depression*, *anger & guilt*, and *bargaining*. and *acceptance* (acceptance). Parents who cannot accept children with disabilities into their families tend to show refusal by not taking them to therapy, hiding them, being indifferent and even handing over the care of their children to others (Zulfiana, 2019). Based on survey data in the Online Information System for the Protection of Women and Children as of March 30, 2021, it is known that there were

110 children with disabilities out of a total of 1,355 children who experienced violence due to bad parenting (kemenpppa.go.id, 2021). Also supported by research conducted by Kristiana (2017) that as many as 90% of 65 parents who have children with cognitive disabilities have high levels of parenting stress. This is in line with research conducted by Benson and Karlof (2009) which states that parents who have children with developmental disabilities have higher levels of stress and depression compared to parents in general. This is because there are many negative thoughts such as feelings of guilt, fear, anxiety, and fear for the future of children as also negative stigma by society (Williams & Wright, 2007) Stress or negative emotions possessed by parents can hurt the parenting process which results in developmental barriers to children with disabilities (Putri et al ., 2009). Parents need to be able to accept the presence of a child with a disability and deal with the stress of parenting properly so that they have more positive feelings. Having positive feelings about someone or something makes someone approach it, while negative feelings make someone avoid it (Seligman, 2005). A positive perception of something that happens in life allows a person to achieve happiness (Dewi & Wijaya, 2021). *Self-compassion* can be an effective way to reduce one's negative emotions (Neff, 2003). *Self-compassion* is an effort to "embrace" negative emotions with full awareness accompanied by kindness towards oneself and feelings of being connected to other individuals (Kristiana, 2017). Someone can try to reduce the negative emotions they have and cultivate positive emotions by having a *self-compassion attitude* (Leary et al., 2007). Someone with self-compassion will try to understand and make sense of every bad event that is experienced to get a positive understanding (Neff, 2003). *Self-compassion* makes a person able to produce thoughts with *positive insight* about difficult experiences that occur so that they can reduce stress and depression and increase *positive affect* (Galla, 2017).

The increased positive effect will encourage individuals to be enthusiastic, wiser, and more optimistic in dealing with their problems (Neff & Knox, 2017). Optimism is also one of the positive emotions about the future which is an aspect of authentic happiness (Seligman, 2005). An attitude of optimism possessed by a person can provide better endurance in dealing with depression when disaster strikes or in dealing with challenging tasks (Seligman, 2005). Resilience is a person's ability to adapt and be firm in difficult situations that are happening (Mustikasari & Winaudri, 2019). Desmita (2010) revealed that resilience is considered a basic strength that is the foundation of all positive characteristics in building individual emotional and psychological strength. Supported by research conducted by Setyaningrum et al., (2019) showing results that resilience can improve the psychological well-being of parents with children with disabilities. Connor and Davidson (in Herawati et al., 2021) said that having resilience or resilience in a person will enable him to be able to develop in dealing with the difficulties that occur in his life. When a person can foster positive feelings in developing their abilities or potential, then that is an authentic positive feeling (Seligman, 2005).

This research has the benefit of explaining that the variables of *self-compassion* and resilience have a relationship with the authentic happiness of parents with children with disabilities so that they can contribute to the theoretical construct of positive psychological concepts. Practically this research can provide new insights for someone to achieve authentic happiness by developing *self-compassion* and resilience.

RESEARCH METHODS

Research Design

The research conducted is correlational research with quantitative methods. The research variables to be measured in this study are *self-compassion* and resilience as the independent variables then authentic happiness as the dependent variable.

Participants

This study used parents with children with disabilities as subjects at YPAC Surabaya, the Al-Ikhlâs Foundation Surabaya, and SLB Akmarâ II Surabaya. Subjects who participated were 108 parents with a sampling technique that is incidental sampling.

instruments

The measurement of the authentic happiness variable uses an authentic happiness scale measuring 20 items with a reliability coefficient value of 0.862 using *Cronbach Alpha analysis*. This scale is in the form of a Likert scale that uses four alternative answers, namely 'Strongly Disagree (STS)' which has a score of 1 to 'Strongly Agree (SS)' with a score of 4. The preparation of this scale is based on three aspects of authentic happiness according to Seligman (2005), namely positive emotions as many as 8 items, involvement in activities as many as 6 items, and the meaningfulness of life as many as 6 items. One example of an item on this scale is "I try to do good for the welfare of children with disabilities". Measurement of the *self-compassion variable uses a self-compassion* scale measuring instrument with a total of 16 items with a reliability coefficient value of 0.844 using *Cronbach Alpha analysis*. This scale is in the form of a Likert scale which uses four alternative answers, namely 'Strongly Disagree (STS)' which has a score of 1 to 'Strongly Agree (SS)' with a score of 4. The preparation of this scale is based on three aspects of self-compassion according to Neff (2003: self-kindness with 9 items, *common humanity* with 4 items, and *mindfulness* with 3 items. One example of an item on this scale is "Failure is a valuable experience for me".

The measurement of the resilience variable uses a resilience scale measuring instrument with a total of 27 items with a reliability coefficient value of 0.883 using *Cronbach Alpha analysis*. This scale is in the form of a Likert scale that uses four alternative answers, namely 'Strongly Disagree (STS)' which has a score of 1 to 'Strongly Agree (SS)' with a score of 4. The preparation of this scale is based on the seven aspects of resilience from Reivich and Shatte (2003) namely emotion regulation with 4 items, impulse control with 2 items, optimism with 5 items, problem analysis with 4 items, empathy with 5 items, self-efficacy with 5 items and achievement with 2 items. One example of an item on this scale is "I can control my behavior in various situations".

Research procedure

The data collection method uses a questionnaire given to institutions to be distributed to parents with children with disabilities.

Data Analysis Techniques

Data analysis in this study used multiple regression correlation tests through SPSS version 25 software to determine the role of *self-compassion* and resilience in the authentic happiness of parents of children with disabilities.

RESULTS

The results of the analysis show that *self-compassion* and resilience have a significant relationship to the authentic happiness of parents of children with disabilities. ($R=0.631$, $p=000$; $p<0.05$). This shows that the higher *self-compassion* and resilience, the higher the authentic happiness of parents with children with disabilities. Conversely, if *self-compassion* and resilience are low, the authentic happiness of parents with children with disabilities will also be lower. *Self-compassion* and resilience contribute 39.9% ($R^2 = 0.399$) to the authentic happiness of parents with children with disabilities.

Table 1. Hypothesis Test Results

Model	df	Mean Square	R	R Square	F	Sig.
Regression	2	955,446	0.631	0.399	34,813	0.000
residual	105	27,445				

The effective contribution of each independent variable results in an effective contribution of 14% from the *self-compassion variable*, while the *resilience variable* provides an effective contribution of 26%. The results of calculating the effective contribution (SE) of the *self-compassion* and resilience variables, if added up, get a value of 40%. Then this value is the same as the coefficient of determination or R^2 regression analysis, which is 39.9% or rounded to 40%. Meanwhile, to calculate the relative contribution of the *self-compassion variable* to authentic happiness is 35% and the resilience variable contributes relative to authentic happiness by 65%.

Table. 2 Results of Calculation of Effective Contribution and Relative Contribution

Variable	Regression Coefficient (beta)	Correlation coefficient (r)	SE (beta x r)	SE%	SR% = $\frac{SE(X\%)}{SE(total)}$
<i>Self-Compassion</i>	0.241	0.577	0.14	14%	35%
resilience	0.423	0.614	0.26	26%	65%
	Total			40%	100%

Dependent variable: Authentic Happiness

The partial correlation test of *self-compassion* with authentic happiness obtained a score of $t=1.928$ with a significance of 0.056 ($p>0.05$). This means that there is no significant relationship between *self-compassion* and authentic happiness. So *self-compassion* cannot be a predictor of authentic happiness. While the partial correlation test of resilience with authentic happiness obtained a score of $t = 3.381$ with a significance of 0.001 ($p < 0.05$). This means that there is a significant positive

correlation between resilience and authentic happiness. So the higher the resilience, the higher the authentic happiness. Vice versa, the lower the resilience, the lower the authentic happiness.

Table 3. Self-Compassion and Resilience Partial Correlation Test with Authentic Happiness

	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	std. Error	Beta		
(Constant)	18,823	5,567		3,381	0.001
Self-Compassion	0.329	0.170	0.241	1,928	0.056
resilience	0.350	0.104	0.423	3,381	0.001

DISCUSSION

Authentic happiness is the happiness that arises from maximizing one's power to do good (Seligman, 2005). Authentic happiness is happiness that can be grown from within a person by focusing on growing one's strengths and using them to do good (Seligman, 2005). When parents with children with disabilities have happiness within themselves, this will enable parents to provide good care for children with disabilities so that the welfare of children with disabilities can also increase. In this study, it was found that *self-compassion* and resilience can increase authentic happiness. The results of this study are in line with research conducted by Mustikasari and Winandri (2019) which states that *self-compassion* and resilience have a positive relationship with happiness. *Self-compassion* gives a person the ability to avoid stress and depression by "embracing" negative emotions in a mindful way *accompanied* by kindness towards oneself and feelings of connection with others (Neff, 2003) so that *self-compassion* can change negative emotions into positive emotions. (Leary et al., 2007). Likewise, research conducted by Kristiana (2017) proved that *self-compassion* has a negative relationship with the stress of parents who have children with cognitive disabilities. Meanwhile, resilience gives a person the ability to survive difficult conditions and try to overcome these difficulties. Resilience will develop a person's cognitive ability to focus on the causes of problems and develop the confidence to commit to facing and solving problems (Reivich & Shatte, 2002). Resilience makes a person continue to utilize his strength in facing difficult times so that naturally it will foster authentic happiness (Seligman, 2005).

The results of this study found that *self-compassion* made a relatively small effective contribution to the authentic happiness of parents with children with disabilities, namely 14%, and had a significant relationship with the authentic happiness of parents with children with disabilities. This could be because parents with children with disabilities have a happiness orientation that focuses on the development of their children and thinks that it is their responsibility as parents. Perdana and Dewi (2015) qualitatively said that the happiness of mothers who have children with disabilities is when they can play a good role in caring for their children. For parents of children with disabilities, seeing their child's development can be a source of happiness for them (Hanifah & Ningsih, 2019)

Resilience shows that the results have a significant relationship with the authentic happiness of parents with children with disabilities and means that resilience can determine the authentic happiness of parents with children with disabilities. Happiness sometimes refers to feelings and sometimes

refers to activities carried out (Seligman, 2005). *Self-compassion* refers to efforts to increase positive emotions and resilience refers to efforts to increase self-strength. The authentic happiness of parents of children with disabilities is more influenced by their efforts to increase their inner strength of character. In line with research conducted by Dewi and Uyun (2011) which stated that resilience has a positive relationship with the happiness of parents who have children with special needs.

Authentic happiness is happiness that arises from the growth of the strength of character possessed by each individual. Understanding the authenticity of happiness from within needs to be supported by understanding the strength of character that exists within oneself. So that efforts to get to know themselves better and try to find the strength that is within will help parents with children with disabilities achieve their authentic happiness.

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