

RELATIONSHIP BETWEEN FAMILY SUPPORT AND SELF-ACCEPTANCE OF MOTHERS OF AUTISTIC CHILDREN TREATED

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Abstract

Acceptance of parents, especially mothers in healing children with autism is very important. Mothers as parents of children with autism play an important role in knowing the child's development. When self-acceptance is low, mothers of autistic children need support from their families so that self-acceptance is good. Knowing the Relationship between Family Support and the self-acceptance of mothers of autistic children who are treated at the Bengkulu Autism Center. This type of research is a descriptive correlation study with a cross sectional approach. The purpose of this study was to determine the relationship between family support and self-acceptance of mothers of autistic children who were treated at the Bengkulu Autism Center.

The results of this study showed that most of the 14 (70.0%) family support was in good category. Most of the 17 (85%) self-acceptance of mothers were in the Positive category from mothers of autistic children who received therapy at the Autism Clinic Center Bengkulu. There is a relationship between family support and the self-acceptance of mothers from autistic children who are treated at the Bengkulu Autism Center. recognize the importance of family support for self-acceptance of mothers of children with autism.

Keywords: *Acceptance, Support, Autism*

INTRODUCTION

Autism is a collection of symptoms caused by nerve damage. Symptoms appear before the child reaches the age of three. People with autism show deviant communication disorders. Communication disorders can be seen in the form of speech delays, not speaking, speaking in a language that is not understood (planetary language), or speaking only by imitating it (ekolalia). In addition to communication disorders, children also show impaired interaction with people around them, both adults and their peers¹.

In almost all cases, autism appears when the child is born or in the first three years of age. If a child with autism is late or does not even receive intervention until adulthood, then the symptoms of autism can get worse. This will then lead to many cases of autism who fail to develop social and communication skills. For this reason, it is necessary to do early, integrated and intensive therapy so that children are able to get along like other children grow normally². It is estimated that autistic children in Indonesia reach more than 400,000 children. Maulana (2007), the number of people with autism will increase to 15-20 children or 1 per 500 children in the next three years¹.

Parents who are faced with the fact that their child is autistic. Many parents are forced to accept the situation of their children. The existence of autistic children in a family makes parents surrender or vice versa, parents consider autistic children as a disgrace in the family. This fact can have an influence on parental support for their autistic child³.

Self-acceptance is an attitude that reflects one's feelings in relation to the reality that exists in him, so that individuals who accept themselves well will be able to accept their weaknesses or strengths. Every parent must have different emotional reactions and attitudes, what often happens is feelings of disbelief, anger, sadness and confusion and do not accept in the hope that the diagnosis is wrong. Some parents can accept autistic children and seek to help their child's recovery. But there are still parents who have not been able to accept the fact that their child is diagnosed with autism disorder⁴.

One of the factors that influence self-acceptance in mothers who have children with autism is family support. Family support is an important factor that helps individuals accept the situation they are experiencing. Family support allows mothers of autistic children to live with beautiful expectations and can live like mothers who have normal children. Family support is the main support for mothers who have children with autism, where this family support can come from the support of a spouse (husband), the second support is from the child (siblings of a child with autism), the third support is from parents, the fourth support is from in-laws, the fifth support is from close relatives, the sixth support is given by friends or friends, the last support is the support given by neighbors. Self-acceptance of mothers who have autistic children is sincere, happy and satisfied with everything that God has given to them, and optimistic in living life³.

A preliminary study conducted on January 15, 2020, currently in the Autism polyclinic there are 20 children who are delivered by the mother of the autistic child every day. From interviews, 6 mothers said that they still did not accept the condition of their children who had autism. Of the 6 mothers, 4 said that the support from their families was still lacking, 2 of the mothers said that the family support they received was sufficient and 1 said that the family support they received was good. Based on the findings and problems above, as a researcher, I want to know whether there is a relationship between family support and self-acceptance of mothers of autistic children treated at the Bengkulu Autism Center.

MATERIAL AND METHODS

This study is the correlation descriptive study with approach cross sectional the sample is parents of autistic children who come to take their children for therapy at the Autism Center in October 2020 as many as 20. The sampling technique is Simple Random Sampling. Data analysis using test Wilcoxon and Mann Whitney.

RESULTS

The results revealed the characteristics of the respondents in this study in terms of age, education and type of work. At the age of respondents > 40 years, namely as much as 45%, education it is known that most of the respondents have high school education as much as 70,0%, and the type of work of respondents who work as household workers is as much as 45%. Family support is mostly in the Good category as much as (70,0%) and self-acceptance is mostly in the Positive category as much as 85%.

Table 1. Frequency and percentage of the profile of the respondents

Characteristics	Frequency (n)	Percentage (%)
Age (years)		
< 30	5	25,0
31-40	6	30,0
> 40	9	45,0
Level of Education		
Elementary School	1	2,5
Junior High School	3	7,5
Senior High School	14	70,0
College	2	20,0
Occupation		
Housewife	9	45,0
Private	4	20,0
Self employed	5	25,0
Civil servant	2	10,0
Family support		
Good	14	70,0
Less	6	30,0
Civil servant		
Positive	17	85,0
Negative	3	15,0

Analysis Bivariate

Bivariate analysis was conducted to determine the bivariate analysis to determine whether there is a relationship of family support with self-acceptance mothers of children with autism, the statistical test Mann Whitney RESULTS (α count) = 0,000 means that there is a strong correlation between family support with acceptance themselves mothers of children autistic. Shows that mothers of autistic children with positive self-acceptance, most of them are in good family support criteria, namely as many as 13 (92,8%).

Mothers of autistic children with negative self-acceptance, most of them are in the criteria for less family support, as many as 2 (33,3%). These results illustrate that there is a tendency for good family support to be associated with positive self-acceptance, while low family support provides positive self-acceptance expectations. From the results of the Mann

Whitney statistical test, the result (α count) = 0,000 means that there is a strong relationship between family support and self-acceptance of mothers who have children with autism.

Table 2. Cross-tabulation and Hypothesis Results of Pearson Product Moment Statistical Test The Relationship between Family Support and Mother's Self-Acceptance

Variabel Family support	Self Acceptance Family						P value
	F	%	f	%	f	%	
Good	13	92,8	1	7,0	14	100	0,000
Less	4	66,6	2	33,3	6	100	
Total	17	85,0	3	15,0	20	100	

DISCUSSION

Family Support for Mothers of Autistic Children It

Can be seen from the results that family support with self-acceptance of mothers of autistic children is good. This can be seen from the family support, half of which are in the moderate category, which is 10 (50,0%). Half of family support is in the High category as much as 10 (50,0%). The large percentage of respondents who answered strongly agree that families often provide information when dealing with and handling autistic children (70%) and families always provide encouragement when tired of their autistic child (40%). The majority of respondents also agreed (65%) that no one in the family provided input in caring for autistic children. In fact, 75% of respondents stated that they strongly disagreed when they had difficulty with financial assistance from their families because of the condition of their autistic child.

Family support is a process of relationship between family members with mutual support, feedback and emotional involvement. In addition, support from within the family can create an atmosphere of belonging, to meet the needs of family development. Family support is the presence of comfort, attention, appreciation or helping people with an attitude of accepting their condition, family support is obtained from individuals or groups⁵.

According to Feiring and Lewis (1984) there is strong evidence from the results of research which states that the factor that affects family support is age because the maturity level of the parents will facilitate the child's condition, by consulting the child with the doctor. The higher the education of parents will affect the healing process of their children. Based on the results of the study, most of the respondents have high school education, the level of family education, the higher the education of parents will affect the healing process of their children.

And the work of parents who will still be able to support the needs of clothing, food, and family housing⁶.

Family social support can be in the form of internal family social support, such as support from husband and wife and support from siblings or external family support such as support from relatives, friends, neighbors⁷.

The results showed that family support looks good, especially on material support, instrumental support and appreciation support. The family is always there when they need help, the family always gives direction when the respondent faces a problem regarding the respondent's child care, the family gives advice about the food that the respondent's child should and should not eat. However, it is still found that respondents with a low level of family support for mothers with autistic children, this happens because the family is less active in providing support to mothers with autistic children, both in information support which includes: families providing advice, suggestions, instructions and providing information about children with autism. Appreciation support which includes: the family does not provide advice about a good therapy place and how to properly care for autistic children.

The decline in ability in question is such as reduced children's communication skills, children's ability to interact socially, and the emergence of repetitive child behavior. According to Davison, Neale, & Kring (2014) autism is a pervasive developmental disorder that begins before the age of 2,5 years and is characterized by an inability to relate to other people, problems in communication, and an obsessive desire to maintain daily routines⁸.

According to American Psychiatric Association (APA in the lord et al, 1994) the condition of autism the child so hard for his family, because of the limitations caused by autism are difficulty in social interaction, communication and repetitive behaviors, interests, behavior and activity is limited. This condition complicates the parenting of these children, in the life of raising children with autism, parents, especially mothers who are more often dealing with children, often face unpleasant situations.

Mother's Self-Acceptance from Autism

Based on table 4.6, it can be seen that the mother's self-acceptance of autistic children is mostly in the High category, as many as 15 (20%). This can be seen from the percentage of strongly disagreeing (65%) I am not sure I can make a better life after having an autistic child and the percentage of answering strongly disagreeing (55%) I am not able to recognize my shortcomings in caring for autistic children, fully aware that have an autistic child without blaming themselves or others (50% strongly agree).

The state of a person who accepts himself and lives comfortable with his situation, he is able to recognize his hopes, desires, fears and enemies and accept his emotional

tendencies not in the sense of being satisfied with himself but having the freedom to realize the nature of feelings⁹.

The results of the study also found a small part of the self-acceptance of mothers who have autistic children while this happens because the mother does not understand the condition of the child as it is which is not clear in speaking, the behavior of the child who is often angry for no reason, what the child can and cannot do, causes of good and bad behavior in children. In addition, the existence of different levels of autism in children can also make the mother's self-acceptance negative. The more severe the child's autism level, the more negative the mother's self-acceptance. If this is allowed to continue, the child respondent can experience neglect by his mother.

There are several forms of acceptance of parents of children with autism according to Rachmayanti (2007), namely by understanding the state of the word as it is, understanding the habits of the child, realizing what the child can and cannot do, forming a strong inner bond that will be needed in life in the community¹⁰. future and provide an alternative to treatment in accordance with the needs of children general admission parents of children with special needs can be seen from how the feelings and behavior of parents can accept the existence of the child unconditionally, realized that children also have the right to express their feelings, and meet the needs of children¹¹. Parental acceptance-rejection behavior is important in forming the quality of the affective bond between parents and children. Children interact with their parents when they are born. Parents who are able to accept the circumstances that exist in their children will show behavior that is confident, happy, enthusiastic, can communicate well, adapt and be able to carry out social interactions with others¹².

Relationship between Family Support and Mother's Self-Acceptance

Based on the results of hypothesis testing with a descriptive correlation test with approach cross sectional, the p-value of no significance was 0,302 smaller than ($p > 0,05$) so H_a was rejected. H_0 was accepted, meaning that there was no relationship between support families with self-acceptance of mothers of autistic children at the Bengkulu Autism Center. The results of this study prove that family support is positively related to the acceptance of mothers of autistic children.

Parental acceptance of children with special needs are events experienced both pleasant and unpleasant, which are shown in the form of affection, attachment, care, support and care¹¹. The attitude of parents who cannot accept the fact that their child with special needs will have a very bad impact, not only has a negative impact on their psychology but will also make children with special needs feel uninformed and not accepted as they are and can lead to rejection in the form of unwanted behavior from children to parents¹³. Because the

attitude of accepting parents towards children with special needs is an attitude that will lead parents to a more optimal effort in providing treatment for their children with special needs.

As Yavuzer (2010) states that the acceptance of children by mothers is one of the main determinants of a positive relationship between mother and child. Families with children with mental disabilities can affect the level of acceptance-rejection of parents. Higher refusal was determined among parents with children with special needs compared to parents of children with normal development.

Hurlock (2002) stated that parental acceptance is characterized by great attention and affection for children. Parental acceptance in Hurlock's sense explains the various kinds of typical attitudes of parents towards children. The attitude of parents towards their children is the result of learning. Many factors also influence parents' attitudes towards children¹¹.

Al-Mighwar (2006) states that acceptance is an important factor in happiness, both acceptance of others and acceptance of children, thus it can be seen that in achieving happiness, individuals must have good acceptance. positive (Self Acceptance).

CONCLUSION

Half of the family support for parents of autistic children in Therapy at the Bengkulu Autism Center is in the medium and high category, 10 respondents (50%). The self-acceptance of mothers of autistic children receiving therapy at the Bengkulu Autism Center Poly is mostly in the High category, namely 15 (75%).

There is no significant relationship between family support and self-acceptance of mothers of autistic children who are treated at the Bengkulu Autism Center Polyclinic, as evidenced by the results of the analysis with a value of 0.302 ($p > 0.05$).

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