

ABSTRACT

The Influence of Resilience on Parental Burnout in Mothers with Autism Spectrum Disorder (ASD) Children

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Mothers of children with Autism Spectrum Disorder (ASD) often face ongoing and demanding parenting challenges, which can lead to psychological exhaustion, commonly referred to as parental burnout. Resilience is recognized as a factor that helps individuals adapt to and recover from adversity. Therefore, this study aims to examine whether resilience has an effect on parental burnout in mothers of children with ASD. The participants in this study consisted of 405 mothers whose children were diagnosed with ASD. The instruments used were the Connor-Davidson Resilience Scale (CD-RISC) and the Parental Burnout Assessment (PBA). This study employed a quantitative approach with simple linear regression analysis to test the hypothesis. The results showed a significant negative effect of resilience on parental burnout, where resilience accounted for 32.8% of the variance in parental burnout. The regression test results showed $X^2(403) = 112.817$, $p < 0.001$, and $R^2 = 0.328$. This indicates that the higher the level of resilience a mother possesses, the lower the level of parental burnout she experiences, and whereas mothers with lower resilience tend to experience higher parental burnout.

Keywords: Resilience, Mothers with Autism Spectrum Disorder Children, Parental Burnout

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