ABSTRAK

ANALISIS FAKTOR - FAKTOR YANG BERHUBUNGAN DENGAN *FAMILY RESILIENCE* PADA KELUARGA YANG MERAWAT ANAK BERKEBUTUHAN KHUSUS DI BANYUMAS

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Latar Belakang: Keluarga yang merawat anak berkebutuhan khusus (ABK) menghadapi tuntutan fisik, psikologis, dan sosial yang berkelanjutan sehingga kemampuan beradaptasi atau *family resilience* menjadi aspek penting untuk dikaji. Berbagai faktor psikososial diduga berhubungan dengan *family resilience*, di antaranya efikasi diri, dukungan sosial, dan kohesi keluarga. Penelitian ini bertujuan menganalisis faktor-faktor yang berhubungan dengan *family resilience* pada keluarga yang merawat ABK di SLB ABCD Kuncup Mas Banyumas.

Metode: Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sampel penelitian adalah orang tua yang memiliki anak berkebutuhan khusus dan memenuhi kriteria inklusi, dengan teknik *consecutive sampling* berjumlah 68. Data dikumpulkan menggunakan kuesioner efikasi diri, dukungan sosial, kohesi keluarga, dan *family resilience* yang telah diuji validitas dan reliabilitasnya. Analisis data meliputi analisis univariat, bivariat menggunakan uji Chi-Square, serta analisis multivariat menggunakan regresi logistik.

Hasil: Hasil analisis bivariat menunjukkan bahwa efikasi diri, dukungan sosial, dan kohesi keluarga berhubungan signifikan dengan *family resilience* (p<0,05). Pada analisis multivariat, efikasi diri (p=0,009; OR=0,241) dan dukungan sosial (p=0,021; OR=0,283) tetap berhubungan signifikan dengan *family resilience*, sedangkan kohesi keluarga tidak menunjukkan hubungan bermakna (p=0,226). Dukungan sosial merupakan faktor paling dominan dalam model akhir.

Kesimpulan: Kesimpulan penelitian ini menunjukkan bahwa efikasi diri dan dukungan sosial berhubungan signifikan dengan *family resilience* pada keluarga yang merawat ABK.

Kata kunci: anak berkebutuhan khusus, dukungan sosial, efikasi diri, *family resilience*, kohesi keluarga

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ABSTRACT

ANALYSIS OF FACTORS ASSOCIATED WITH FAMILY RESILIENCE AMONG FAMILIES CARING FOR CHILDREN WITH SPECIAL NEEDS IN BANYUMAS

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Background: *Families caring for children with special needs (CSN) face continuous physical, psychological, and social demands, making family resilience an essential aspect to be examined. Several psychosocial factors are presumed to be associated with family resilience, including self-efficacy, social support, and family cohesion. This study aimed to analyze factors associated with family resilience among families caring for children with special needs at SLB ABCD Kuncup Mas Banyumas.*

Method: *This study employed a quantitative cross-sectional design. The sample consisted of parents of children with special needs who met the inclusion criteria, selected using a consecutive sampling technique in total 68 parents. Data were collected using validated and reliable questionnaires measuring self-efficacy, social support, family cohesion, and family resilience. Data analysis included univariate analysis, bivariate analysis using the Chi-Square test, and multivariate analysis using logistic regression.*

Results: *The bivariate analysis showed that self-efficacy, social support, and family cohesion were significantly associated with family resilience (p<0.05). However, multivariate logistic regression revealed that only self-efficacy (p=0.009; OR=0.241) and social support (p=0.021; OR=0.283) remained significantly associated with family resilience, while family cohesion was not statistically significant (p=0.226). Social support emerged as the most dominant factor in the final model.*

Conclusion: *self-efficacy and social support are significantly associated with family resilience among families caring for children with special needs.*

Keywords: *children with special needs, family cohesion, family resilience, self-efficacy, social support*

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