

# STRATEGI COPING PADA ORANG TUA DENGAN ANAK BERKEBUTUHAN KHUSUS DI SLB BC BINA TARUNA SAAT PEMBELAJARAN DARING SELAMA MASA PANDEMI COVID-19

Aprilia Kharunia Adetya  
Yanies Novira Soedarmadi

Program Studi Psikologi, Fakultas Bisnis & Humaniora  
Universitas Teknologi Yogyakarta  
Email: [apriliaadetya1@gmail.com](mailto:apriliaadetya1@gmail.com)

## ABSTRAK

*Sejak munculnya virus COVID-19 pada tahun 2019 lalu, sistem pendidikan berubah menjadi pembelajaran daring termasuk untuk anak SLB. Berdasarkan data di lapangan orangtua mengalami kendala seperti, keterbatasan pengetahuan, keterbatasan alat sarana pembelajaran, kurang mengerti penggunaan alat komunikasi, gangguan jaringan internet, kesulitan membagi waktu untuk bekerja dan mengurus anak, serta masalah ekonomi. Hal tersebut membawa dampak psikologis bagi orangtua seperti, stres, cemas, khawatir, dan kesal. Tujuan penelitian ini untuk mengetahui gambaran strategi coping pada orangtua dengan anak berkebutuhan khusus di SLB BC Bina Taruna saat pembelajaran daring selama masa pandemi COVID-19. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus. Metode pengumpulan data dilakukan dengan wawancara semi-terstruktur, observasi non-partisipan dan dokumentasi. Subjek dalam penelitian ini adalah tiga pasangan orangtua anak berkebutuhan khusus jenis tunarungu dan tunagrahita, usia subjek 35-60 tahun serta berdomisili di sekitar Manisrenggo dan sekitarnya. Subjek diperoleh dengan menggunakan teknik purposive sampling. Hasil penelitian menunjukkan bahwa ketiga subjek memiliki persamaan dan perbedaan dalam strategi coping, ketiga subjek lebih dominan menggunakan aspek emotional focused coping, yang terdiri dari seeking social support for emotional reason, positive reinterpretation and growth, acceptance dan turning to religion. Aspek problem focused coping, terdiri dari suppression of competing activities dan seeking social support for instrumental reason. Sedangkan pada respons coping kurang berguna, terdiri dari focusing on and venting of emotions.*

**Kata Kunci:** Orang Tua ABK, Pembelajaran Daring, Strategi Coping

# STRATEGIES *COPING* FOR PARENTS WITH CHILDREN WITH SPECIAL NEEDS IN SLB BC BINA TARUNA DURING ONLINE LEARNING DURING THE COVID-19 PANDEMIC

Aprilia Kharunia Adetya  
Yanies Novira Soedarmadi

Departement of Psychology, Faculty of Business & Humanities,  
University of Technology Yogyakarta  
Email: [apriliaadetya1@gmail.com](mailto:apriliaadetya1@gmail.com)

## ABSTRACT

*Since the emergence of the COVID-19 virus in 2019, the education system has changed to online learning, including for special school children. Based on data in the field, parents experience obstacles such as limited knowledge, limited learning tools, lack of understanding of the use of communication tools, internet network disturbances, difficulty in dividing time to work and take care of children, and economic problems. This has a psychological impact on parents such as stress, anxiety, worry, and upset. The purpose of this study was to describe coping strategies for parents with children with special needs at SLB BC Bina Taruna during online learning during the COVID-19 pandemic. This study uses a qualitative method with a case study approach. Methods of collecting data were semi-structured interviews, non-participant observation and documentation. The subjects in this study were three pairs of parents of children with special needs, types of hearing impairment and mental retardation, the age of the subject was 35-60 years and domiciled around Manisrenggo and its surroundings. Subjects were obtained by using purposive sampling technique. The results showed that the three subjects had similarities and differences in coping strategies, the three subjects more dominantly used aspects of emotional focused coping, which consisted of seeking social support for emotional reasons, positive reinterpretation and growth, acceptance and turning to religion. Aspects of problem focused coping, consisting of suppression of competing activities and seeking social support for instrumental reasons. While the coping response is less useful, consisting of focusing on and venting of emotions.*

**Keywords:** Coping Strategy, Online Learning, Parents of ABK