

# STRATEGI COPING PADA IBU DARI ANAK DOWN SYNDROME SELAMA PANDEMI COVID-19

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## ABSTRAK

*Perubahan situasi pandemi Covid-19 menuntut setiap orang beradaptasi dengan situasi baru. Berbagai permasalahan dihadapi oleh ibu yang memiliki anak Down Syndrome. Munculnya berbagai kebijakan pemerintah untuk menekan penyebaran Covid-19 berdampak pada sulitnya anak Down Syndrome melakukan pengobatan dan terapi secara langsung. Para ibu yang memiliki anak Down Syndrome pun dituntut untuk berperan sebagai therapist, guru, bahkan sekaligus sebagai pengasuh. Penelitian ini bertujuan untuk mengetahui strategi coping pada ibu dari anak Down Syndrome selama pandemi Covid-19. Metode penelitian yang digunakan yaitu metode penelitian kualitatif dengan pendekatan fenomenologi. Metode pengumpulan data menggunakan wawancara semi terstruktur, observasi non partisipan, dan dokumentasi. Proses penentuan partisipan dalam penelitian ini menggunakan purposive sampling. Partisipan penelitian ini yaitu tiga orang ibu berusia sekitar 35 hingga 50 tahun yang memiliki anak Down Syndrome berumur 3 – 6 tahun. Hasil penelitian menunjukkan bahwa ketiga subjek menggunakan strategi coping gabungan namun terdapat aspek yang paling dominan digunakan yaitu aspek active coping.*

**Kata kunci:** Covid-19, Down Syndrome, Strategi Coping

## **COPING STRATEGIES IN MOTHERS OF DOWN SYNDROME CHILDREN DURING THE COVID-19 PANDEMIC**

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### **ABSTRACT**

*The changing situation of the Covid-19 pandemic requires everyone to adapt to new situations. There are various problems faced by mothers who have children with Down Syndrome. The emergence of various government policies to suppress the spread of Covid-19 has an impact on the difficulty of children with Down Syndrome to take treatment and therapy directly. Mothers who have Down Syndrome children are also required to act as therapists, teachers, and even caregivers. This study aims to determine coping strategies for mothers of Down Syndrome children during the Covid-19 pandemic. The study used qualitative method with a phenomenological approach. Methods of data collection using semi-structured interviews, non-participant observation, and documentation. The process of determining participants in this study used purposive sampling. The participants of this research involved three mothers aged 35 to 50 years who had Down Syndrome children aged 3-6 years. The results showed that the three subjects used a combined coping strategy, but there was the most dominant aspect used, namely the active coping aspect.*

**Keyword:** Coping Strategies, Covid-19, Down Syndrome