

## **ABSTRACT**

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### **The Correlation of Anxiety Levels and Quality of Life in Parents of Mentally Retarded Children**

**Background:** The level of anxiety in families having children with mental retardation is high enough that it has an impact on a person's emotional disturbance and other conditions. Continuous anxiety in parents can change their quality of life.

**Objective:** This study was conducted to determine the correlation of anxiety levels and quality of life in parents of mentally retarded children.

**Sample:** This study involved 63 parents of mentally retarded children in SLBN Wiradesa.

**Methods:** This research was a quantitative study with a correlational research design and a cross sectional approach. The sampling technique being used was accidental sampling. The measuring instrument was the Zung-self Rating Anxiety Scale (SAS) anxiety level questionnaire and the WHOQoL-BREF quality of life questionnaire. The research data were analyzed with the Pearson Moment Test.

**Results:** The results of this study indicated that there was a correlation between anxiety levels and quality of life of the parents of mentally retarded children with a p value of 0.003.

**Conclusion:** Based on the results of the study, there was a correlation of the level of anxiety and quality of life of the parents of mentally retarded children, possibly because anxiety in taking care of children with mental retardation contributes to the quality of life of parents with children with special needs. Effort that can be made to improve the quality of life of parents of mentally retarded children who have anxiety is by providing education on how to reduce anxiety levels.

**Keywords:** *Anxiety Level, Quality of Life, Parents, Mental Retardation*

**References:** 65 (2012-2022)