

**ABSTRAK**

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**Gambaran Mekanisme Koping Orang Tua dengan Anak Retardasi Mental yang Sekolah Di SLB Negeri Wiradesa Kabupaten Pekalongan**

xiii, 6 bab, 51 halaman, 5 tabel, 1 gambar, 7 lampiran

Retardasi mental merupakan salah satu gangguan perkembangan pada anak. Jumlah anak retardasi mental di Indonesia sekitar 7-10% dari total populasi anak. Orang tua dengan anak retardasi mental harus dapat beradaptasi dengan kondisi anak. Mekanisme koping orang tua yang kurang dapat mempengaruhi pola asuh anak. Penelitian ini bertujuan untuk mengetahui gambaran mekanisme koping orang tua dengan anak retardasi mental yang sekolah di SLB Negeri Wiradesa Kabupaten Pekalongan. Desain penelitian menggunakan deskriptif. Sampel penelitian adalah orang tua dari retardasi mental di SLB Negeri Wiradesa Kabupaten Pekalongan sebanyak 69. orang. Teknik pengambilan sampel *simple random sampling*. Alat pengumpulan data berupa kuesioner. Hasil penelitian menunjukkan bahwa 46 orang (66,7%) orang tua dengan retardasi mental mempunyai mekanisme koping yang kurang. Perawat disarankan untuk memberikan konseling agar menerima anak dengan retardasi mental dan memotivasi orang tua dalam memberikan pendidikan pada anak retardasi mental.

Kata kunci : Mekanisme Koping, Retardasi Mental

Pustaka : 28 daftar pustaka (2007-2016)

**ABSTRACT**

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**Description of Coping Mechanism of Parent with Mental Retardation  
Children in Special Children School Wiradesa Pekalongan Regency**

xiii, 6 chapters, 51 pages, 5 tables, 1 charts, 7 attachments

Mental retardation is one of developmental disorders in children. The number of mentally retarded children in Indonesia were about 7-10% of the total child population. Parents with children with mental retardation should be able to adapt to the child's condition. Mechanism of coping among parents may be able to influence child care patterns. The purpose of this study to describe description of coping mechanism of parents with a mental retardation children in Special Children School Wiradesa Pekalongan Regency. The research design used descriptive. The sample of this research were parents with mental retardation children in Special Children School Wiradesa Pekalongan Regency as many as 69. people. The sampling technique used simple random sampling. The questionnaires was used to survey coping mechanism among parents. The results showed that 46 people (66,7%) had less coping mechanisms. The study suggested to health care provider to provide counseling to be able to accept children with mental retardation and motivate parents in educating children with mental retardation.

Keywords : Coping Mechanism, Mental Retardation

Reference : 28 books (2007-2016)