

**Program Studi S1 Keperawatan
STIKes MERCUBAKTIJAYA Padang
Skripsi, Agustus 2023**

Endah Permata Sari

Hubungan Mekanisme Koping Dengan Tingkat Stres *Caregiver* Pada Anak Gangguan *Attention Deficit Hyperactivity Disorder* (ADHD) Di Poliklinik Anak Dan Remaja RSJ Prof. HB Sa'anin Padang

VII + 87 Halaman + 3 Skema + 7 Tabel + 17 Lampiran

ABSTRAK

Stres dan mekanisme koping yang dialami *caregiver* anak dengan *Attention Deficit Hyperactivity Disorder* (ADHD) dapat mempengaruhi kesehatan mental dan fisik mereka, serta kualitas hidup anak yang dirawat. Berdasarkan penelitian Boyle (2018) menunjukkan 72% *caregiver* anak ADHD mengalami stres tingkat sedang yang signifikan. Jika hal ini terus dibiarkan maka akan berdampak buruk bagi *caregiver* maupun anak. Tujuan penelitian untuk mengetahui hubungan mekanisme koping dengan tingkat stres *caregiver* pada anak ADHD di Poliklinik Anak dan Remaja RSJ Prof. HB Sa'anin Padang. Desain penelitian yang digunakan *cross sectional study*. Populasi penelitian berjumlah 174 orang pada bulan Januari - April 2023 dengan sampel 64 responden. Teknik pengambilan sampel ini adalah *accidental samplig*. Instrumen yang digunakan kuesioner. Hasil analisis tingkat stres didapatkan (64,1%) responden mengalami stres tingkat sedang. Pada mekanisme koping didapatkan (68,8%) responden dengan mekanisme koping adaptif. Hasil uji Chi Square didapatkan p value = 0,000 ($p < 0,005$), artinya adanya hubungan mekanisme koping dengan tingkat stres *caregiver* pada anak ADHD di Poliklinik Anak dan Remaja RSJ Prof. HB Sa'anin Padang. Diharapkan kepada pelayanan kesehatan untuk memberikan penyuluhan mekanisme koping dan tingkat stres pada *caregiver* yang memiliki anak dengan kebutuhan khusus.

**Kata Kunci : ADHD, Tingkat Stres, Mekanisme Koping, *Caregiver*
Daftar Bacaan : 25 (2015-2022)**

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The Relationship of Coping Mechanisms with Caregiver Stress Levels in Children with Attention Deficit Hyperactivity Disorder (ADHD) at the Polyclinic of Children and Adolescents of Prof. HB Sa'anin Mental Hospital Padang

VII + 87 Pages + 3 Schematics + 7 Tables + 17 Appendices

ABSTRACT

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that includes brain dysfunction, when a person has difficulty controlling impulses, inhibiting behavior, unfocused, easily distracted attention. In West Sumatra, especially in the Polyclinic for children and adolescents of Prof. HB Saanin Mental Hospital Padang, data on children with ADHD disorders were obtained, visits in 2021 were 502 people, which increased in 2022 to 690 people. The purpose of the study was to determine the relationship between coping mechanisms and caregiver stress levels in ADHD children at the Polyclinic of Children and Adolescents of Prof. HB Saanin Mental Hospital Padang. The research design used cross sectional study aims to determine the relationship between the independent variable and the dependent variable measured at the same time. The population of this study amounted to 174 people with a sample of 64 respondents. This sampling technique is accidental sampling. Instruments used DASS questionnaire and coping mechanism questionnaire. The results of the Chi Square test data analysis obtained p value = 0.000 ($p < 0.005$), meaning that there is a relationship between coping mechanisms and caregiver stress levels in ADHD children at the Polyclinic of Children and Adolescents of Prof. HB Saanin Hospital Padang. Suggestions for nursing services to provide counseling on coping mechanisms and stress levels in caregivers who have children with special needs.

Keywords: ADHD, Stress Level, Coping Mechanism, Caregiver
Reading List: 25 (2015-2022)

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Stress and coping mechanisms experienced by caregivers of children with Attention Deficit Hyperactivity Disorder (ADHD) can affect their mental and physical health, as well as the quality of life of children in their care. Based on Boyle's research (2018), 72% of caregivers of ADHD children experienced significant moderate stress. If this continues, it will have a negative impact on the caregiver and the child. The purpose of the study was to determine the relationship between coping mechanisms and caregiver stress levels in ADHD children at the Child and Adolescent Polyclinic of Prof. HB Saanin Mental Hospital Padang. The research design used cross sectional study. The study population amounted to 174 people in January - April 2023 with a sample of 64 respondents. This sampling technique is accidental sampling. The instrument used was a questionnaire. The results of the analysis of stress levels obtained (64.1%) of respondents experienced moderate stress. In the coping mechanism obtained (68.8%) respondents with adaptive coping mechanisms. The Chi Square test results obtained p value = 0.000 ($p < 0.005$), meaning that there is a relationship between coping mechanisms and caregiver stress levels in ADHD children at the Polyclinic of Children and Adolescents of Prof. HB Saanin Hospital Padang. It is expected that health services provide counseling on coping mechanisms and stress levels in caregivers who have children with special needs.