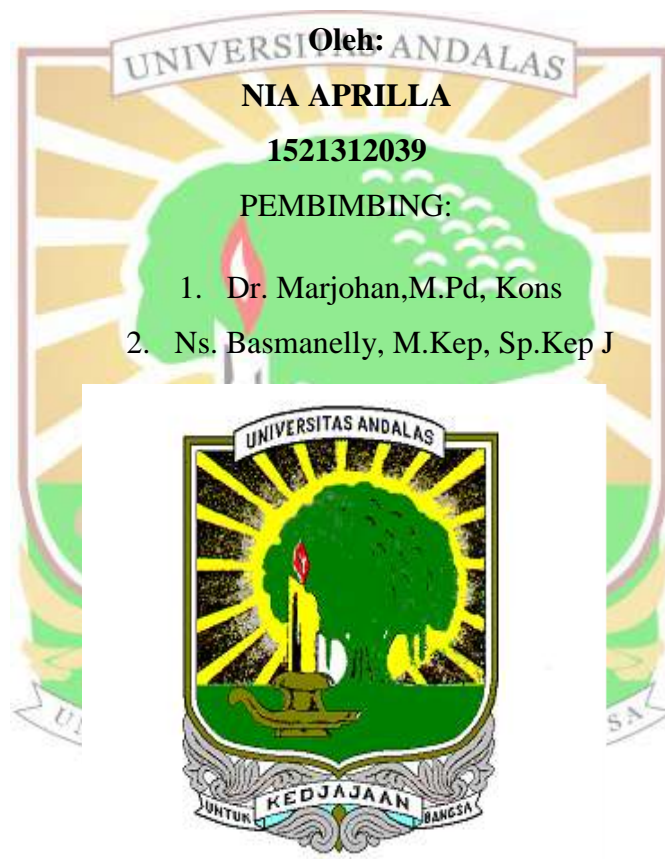


**STUDI FENOMENOLOGI : PENGALAMAN PSIKOLOGIS IBU
MERAUAT ANAK DENGAN RETARDASI MENTAL
DI SLB NEGERI ROKAN HULU RIAU**

TESIS



**PROGRAM STUDI MAGISTER KEPERAWATAN
PEMINATAN KEPERAWATAN JIWA
FAKULTAS ILMU KEPERAWATAN
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2017**

**STUDI FENOMENOLOGI : PENGALAMAN PSIKOLOGIS IBU
MERAHAT ANAK DENGAN RETARDASI MENTAL
DI SLB NEGERI ROKAN HULU RIAU**

**Tesis ini diajukan sebagai salah syarat untuk memperoleh gelar
Magister Keperawatan**



Oleh:

NIA APRILLA
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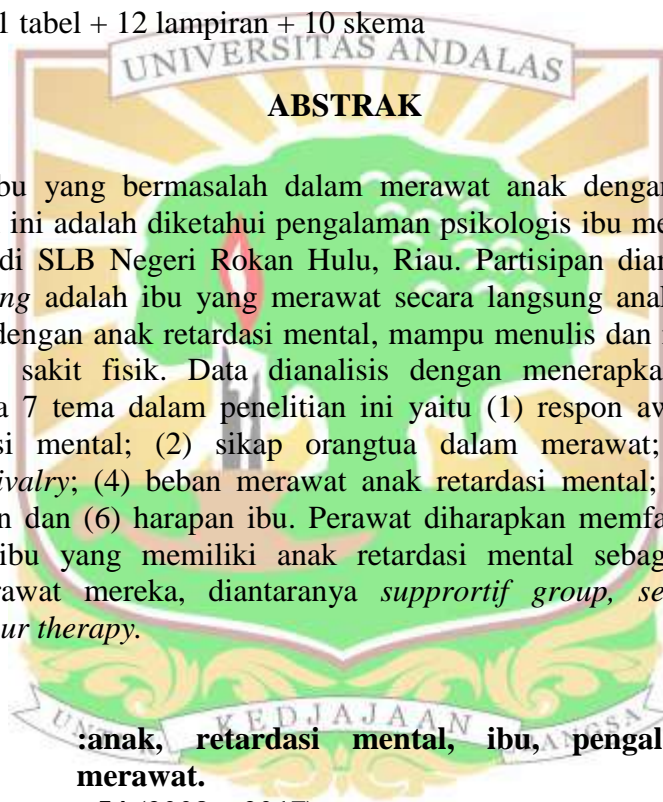
**PROGRAM STUDI MAGISTER KEPERAWATAN
PEMINATAN KEPERAWATAN JIWA
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UNIVERSITAS ANDALAS
2017**

**PASCASARJANA
KEKHUSUSAN KEPERAWATAN JIWA
FAKULTAS ILMU KEPERAWATAN UNIVERSITAS ANDALAS**

**Tesis, Juni 2017
Nia Aprilla**

Studi Fenomenologi : Pengalaman Psikologis Ibu Merawat Anak dengan Retardasi Mental di SLB Negeri Rokan Hulu, Riau

xvii + 101 hal + 1 tabel + 12 lampiran + 10 skema



ABSTRAK

Banyaknya ibu-ibu yang bermasalah dalam merawat anak dengan retardasi mental. Tujuan penelitian ini adalah diketahui pengalaman psikologis ibu merawat anak dengan retardasi mental di SLB Negeri Rokan Hulu, Riau. Partisipan diambil dengan teknik *purposive sampling* adalah ibu yang merawat secara langsung anak mental, ibu yang tinggal serumah dengan anak retardasi mental, mampu menulis dan membaca, ibu yang tidak mengalami sakit fisik. Data dianalisis dengan menerapkan teknik Colaizzi. Teridentifikasi 7 tema dalam penelitian ini yaitu (1) respon awal ibu mengetahui anaknya retardasi mental; (2) sikap orangtua dalam merawat; (3) kecemburuan saudara/*sibling rivalry*; (4) beban merawat anak retardasi mental; (5) usaha mencari layanan kesehatan dan (6) harapan ibu. Perawat diharapkan memfasilitasi membentuk *peer group* ibu-ibu yang memiliki anak retardasi mental sebagai tempat *sharing* pengalaman merawat mereka, diantaranya *supportif group*, *selfhelp group*, dan *cognitive behaviour therapy*.

Kata kunci : anak, retardasi mental, ibu, pengalaman psikologis, merawat.
Daftar Pustaka : 54 (2009 – 2017)

**POSTGRADUATE
MENTAL NURSING PROGRAM
FACULTY OF NURSING, ANDALAS UNIVERSITY**

**Nia Aprilla
Thesis, June 2017**

**Phenomenology Study: The Psychological Experience of Mothers Caring For
Children with Mental Retardation in a Special Children State School at Rokan
Hulu, Riau**

xvii + 101 pages + 1 table + 12 appendixes + 10 schema



ABSTRACT

Many of mothers who have problems in caring for children with mental retardation. The objective of this study is to analyze the psychological experience of mothers who are care for children with mental retardation in a special children state school Rokan Hulu, Riau. Participants were selected with purposive sampling techniques, including mothers who cared for mentally retarded children, mothers who lived in a house with mentally retarded children but were able to write and read, and mothers who did not experience any physical pain. The data were analyzed by applying the Colaizzi technique. There are 7 themes identified in this study, (1) the mother's first response when she find out that her child had mental retardation; (2) parent's attitudes in caring for the child; (3) sibling rivalry; (4) parents' burden in caring for children with mental retardation; (5) the way they seek for health services and (6) mother's expectations. Nurses are expected to facilitate forming peer groups of mothers who have mentally retarded children as a place to share their caring experiences such as supportif group, selfhelp group, and cognitive behaviour therapy.

**Keywords: Children, Mental retardation, Mother, Psychological Experience,
Caring for children**

References : 54 (2009-2017)