

ABSTRAK

Penelitian ini bertujuan untuk menganalisis dan mendeskripsikan proses pembentukan kepribadian tiga anak *Down Syndrome* melalui interaksi di tiga lingkungan utama, yaitu pola pengasuhan keluarga, dinamika pembelajaran di sekolah, dan penerimaan sosial di masyarakat. Penelitian kualitatif ini menggunakan perspektif Antropologi Psikologi dengan pendekatan studi *life history* di Kecamatan Deli Tua, Kabupaten Deli Serdang, Sumatera Utara. Data dikumpulkan melalui observasi partisipatif, wawancara mendalam dengan informan kunci, utama, dan tambahan, serta dokumentasi yang kemudian dianalisis secara kualitatif. Hasil penelitian menunjukkan bahwa kepribadian anak *Down Syndrome* tidak bersifat statis, melainkan tumbuh melalui proses penguatan perilaku (*reinforcement*) dari lingkungannya. Perbedaan perlakuan orang tua terbukti menghasilkan variasi karakter yang kontras pada ketiga subjek. Penerapan pola asuh demokratis membentuk kepribadian anak yang tangguh, mandiri, dan percaya diri. pola asuh protektif memicu lahirnya karakter yang introvert, pasif, dan sensitif; sedangkan pola asuh fleksibel menghasilkan karakter yang ekspresif, penyayang, dan adaptif. Pembiasaan domestik tersebut kemudian dimatangkan secara terstruktur di sekolah pusat kegiatan belajar masyarakat (PKBM Wira Kasih) melalui latihan regulasi emosi dan aktivitas kreatif, serta disempurnakan oleh kualitas interaksi di masyarakat. Ketika masyarakat memberikan penerimaan yang inklusif dan ramah, anak tumbuh menjadi pribadi yang ekstrovert, namun jika lingkungan membiarkan adanya stigma atau perundungan terselubung, anak cenderung mengalami trauma emosional dan menarik diri dari kehidupan komunal.

Kata Kunci: Kepribadian, Pola Asuh, Interaksi Sosial

ABSTRACT

This study aims to analyze and describe the process of personality formation in three children with Down Syndrome through interactions within three primary environments: family parenting styles, learning dynamics at school, and social acceptance in the community. This qualitative research utilizes a Psychological Anthropology perspective with a life history study approach in Deli Tua District, Deli Serdang Regency, North Sumatra. Data were collected through participant observation, in-depth interviews with key, primary, and additional informants, as well as documentation, which were then analyzed qualitatively. The results indicate that the personality of children with Down Syndrome is not static, but rather develops through a process of behavioral reinforcement from their environment. Differences in parental treatment evidently produce contrasting character variations among the three subjects. The implementation of a democratic parenting style shapes a resilient, independent, and confident child personality. A protective parenting style triggers the emergence of an introverted, passive, and sensitive character; meanwhile, a flexible parenting style produces an expressive, affectionate, and adaptive character. This domestic habituation is then structurally matured at school community learning activity center (PKBM Wira Kasih) through emotional regulation exercises and creative activities, and is further perfected by the quality of social interaction in the community. When the local community provides inclusive and friendly acceptance, the child grows to be an extroverted individual; however, if the social environment allows the existence of stigma or covert bullying, the child tends to experience emotional trauma and withdraw from communal life.

Keywords: Personality, Parenting Style, Social Interaction