

ABSTRAK

Penelitian ini bertujuan untuk mengetahui gambaran determinasi diri pada orangtua yang mempunyai anak berkebutuhan khusus. Subjek penelitian berjumlah 164 orangtua dari lima kecamatan di Aceh Utara. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis deskriptif, metode pengumpulan data dalam penelitian ini menggunakan skala dengan menyebarkan kuesioner. Analisis yang digunakan dalam penelitian ini merupakan analisis univariat. Teknik pengambilan sampel menggunakan teknik *non probability sampling* yaitu *sampling incidental*. Hasil penelitian ini diperoleh bahwa gambaran tingkat determinasi diri yang dimiliki subjek penelitian tergolong memiliki tingkat determinasi diri yang tinggi sebanyak (45,7%) artinya orangtua mampu merawat anaknya dan yakin akan kemampuannya yang berguna untuk membantu anaknya yang berkebutuhan khusus, orangtua mampu mengatur perilakunya sendiri tanpa melihat penilaian oranglain, mampu bertindak secara mandiri, dan mampu mengatasi segala permasalahan pada anaknya yang berkebutuhan khusus. Hasil berdasarkan aspek determinasi diri diperoleh nilai tertinggi terletak pada aspek *relatedness* (keterhubungan) sebanyak (41,5%), hasil berdasarkan jenis kelamin orangtua, ayah (orangtua laki-laki) berada di tingkat kategorisasi yang tinggi sebanyak (50%), hasil berdasarkan usia orangtua paling tinggi berada pada fase dewasa madya sebanyak (54,4%). Jika dilihat dari pendidikan, diploma merupakan kategori yang paling tinggi sebanyak (75%), sedangkan jika dilihat dari usia ABK, orangtua yang mempunyai ABK di fase kanak-kanak akhir berada paling tinggi sebanyak (52,4%).

Kata Kunci: *orangtua, anak berkebutuhan khusus, determinasi diri*

ABSTRACT

This study aims to determine the description of self-determination in parents who have children with special needs. The research subjects totaled 164 parents from five sub-districts in North Aceh. This study uses a quantitative approach with a descriptive type, the data collection method in this study uses a scale by distributing questionnaires. The analysis used in this study is univariate analysis. The sampling technique used non probability sampling technique, namely incidental sampling. The results of this study obtained that the description of the level of self-determination possessed by the research subjects is classified as having a high level of self-determination as much as (45.7%), meaning that parents are able to care for their children and believe in their abilities that are useful for helping their children with special needs, parents are able to regulate their own behavior without seeing other people's assessments, being able to act independently, and being able to overcome all problems with their children with special needs. The results based on aspects of self-determination obtained the highest value lies in the relatedness aspect (41.5%), the results based on the gender of the parents, the father (male parents) are at a high level of categorization as much as (50%), the results based on the age of the parents are highest in the middle adult phase as much as (54.4%). When looking at education, diploma was the highest category (75%), while when looking at the age of children with disabilities, parents with children with disabilities in the late childhood phase were the highest (52.4%).

Keywords : self determination, children with special needs, parents