

The Psychological Well-Being with Gender among Parents Who Have Autism Spectrum Disorder Children

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ABSTRACT

Background: Psychological well-being in a person is influenced by several factors, one of which is gender, where this factor is a differentiator between psychological well-being that is owned by a father or mother as a parent which will affect the ability to overcome problems that occur in the family, especially problems child health.

Purpose: This study aims to determine differences in Psychological Well-Being viewed by gender in Depok City.

Methods: The study population was parents who have children with autism spectrum disorder (ADS) at SEKOLAH LUAR BIASA Budi Lestari and Harapan Utama Ananda School. This type of research was quantitative with a correlation descriptive design. The sampling technique to be used was total sampling (n=30). Data collection was carried out on 23 – 27 June 2022. The instrument in this research uses the Psychological Well-Being Scale (PWBS) instrument.

Results: The results of data analysis obtained sig value. with a positive correlation coefficient of 0.695, which means that the strength of the relationship is strong.

Discussion: The level of psychological well-being in each person is different. One of the factors that influence a person's psychological well-being is their belief in the roles they carry out on a daily basis. This gender difference determines how the parenting pattern is given or carried out by parents to their children.

Conclusion: There is a strong and positive relationship between gender and parents with psychological well-being in parents who have children with autism spectrum disorder (ASD).

Keywords: Autism; Gender; Psychological Wellbeing; Parents.

BACKGROUND

Psychological well-being has the meaning of a person's condition consisting of several combinations of affective and positive, for example happiness and having an optimal function of effectiveness in social life. People who have high psychological well-being will have feelings of happiness, ability, and satisfaction in life (Winefield et al., 2012).

Psychological well-being itself originates from individuals who live life with a complete, satisfying process and can realize their own development (Keyes, 2006; Ryff & Singer, 1998). Psychological well-being in the Ryff model consists of six dimensions: The first dimension is a dimension of self-acceptance, which relates to the positive attitude that one has about past events and acceptance of one's own characteristics. The second dimension is the dimension of positive relationships with other people, this dimension discusses how a person establishes relationships with other people in the right way, is in harmony and can satisfy and shows prosperity in relationships.

Furthermore, there is the dimension of autonomy in which this dimension is used to determine the level of individual ability to determine things independently. The fourth dimension is a dimension related to environmental mastery, a dimension that assesses individual abilities in how to handle, utilize and empower the environment with the aim of fulfilling the sustainability of life. Then there is the dimension of life goals in which it discusses the hopes or goals and ideals of individual life so that individuals can feel the meaning of life.

Then the last dimension is the dimension of personal growth which refers to sustainable self-growth so that the individual can feel that he is capable of developing his potential. (Haturahim et al., 2016; Ryff, 1989; Ryff & Keyes, 1995; Sutinah, 2016). Several studies have also used Ryff's model for more than two decades. Psychological well-being is not only a matter of psychological development and self-realization, but is important in physical health (Ryff, 2013, 2014).

Things that can affect a person's psychological well-being include demographic factors, individual personality factors, marital status, social status, economic status, income and employment levels, family background, past trauma and individual health both physically and mentally (Handayani et al., 2011). One part of the demographic factor is gender, where this factor is a differentiator between the psychological well-being of a father or mother as a parent which will affect the ability to deal with problems that occur in the family, especially children's health problems.

Parents have a role as advocates for children, as first teachers for children, and as caregivers. In parenting, parents must be able to help children develop their abilities, such as communication, motor, cognitive, and social skills. Role is a pattern of behavior that must be shown by individuals who hold roles in common situations. For example, mothers have a role in raising and educating children, managing the household, and helping to improve family welfare (Asmarani & Sugiasih, 2019).

Family members, especially fathers and mothers, have different roles. In general, the father is the head of the family, while the mother is responsible for raising children and taking care of household needs. However, currently there is an increase in the involvement of fathers in taking care of children so that the role and duties of the mother have begun to be shared with the father. Even though both are involved, the mother has a general role for nurturing and caretaking, while the father is specifically for the child's playmate (Dannisworo & Amalia, 2019).

Previous research conducted by Haturahim dan Halimah (2016) which discussed psychological well-being showed that parents who have children with autism have good psychological well-being with high scores in the six dimensions found in psychological well-being.

Autism or known as autism spectrum disorder (ASD) is a condition characterized by difficulties in communication, social interaction and related to neurodevelopment (Yosep et al., 2022). This ASD situation shows psychiatric symptoms so that it will pose a significant threat to the quality of life of patients and their families.

Autism Spectrum Disorder or by another name ADS (Autistic Spectrum Disorder) is a condition of a person experiencing neurodevelopmental disorders according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). One can be said to experience this condition when one has to show two types of symptoms, namely deficits in the realm of communication and social interaction and limited and repetitive behavior, interests or activities (Aurelia et al., 2022)

People with ASD have different learning, thinking, and problem-solving abilities ranging from the gifted to the intellectually challenged. Some people with ASD need a lot of help in their daily lives, but there are also those who can carry out activities independently (CDC, 2020).

Children diagnosed with this disorder will basically show several symptoms, namely deficits in three domains consisting of disturbances in social interaction, communication, and repetitive/limited behavior. These symptoms are symptoms that indicate a real disturbance in the form of non-verbal behavior, for example, differences in eye gaze, changes in facial expressions, changes in body posture, and repetitive behavior that will show stereotypes and lose interest in social functions, communication and activities (Sharma et al., 2018).

Based on several previous studies, it was stated that a dimension that shows a clear difference between men and women is a positive relationship with other people (Ryff, 1989; Ryff & Keyes, 1995). The score of the results of the study showed that the results for women had a higher positive relationship score compared to the scores obtained for men. This can happen in general due to differences in mindset that will affect what type of coping strategy will be used when facing a problem. Conditions like this show a woman will be more expressive in showing her emotions and easy to establish relationships with other people (Hickey et al., 2020; Yosep, Hikmat, & Mardhiyah, 2023c).

A condition of health and the ability to adapt to a change in a family is a condition that can be created and influenced by the circumstances of a family itself (Rania et al., 2022). The family has an interdependent relationship, so if the family is able to create a healthy environment with good communication and relationships, the child's physical and psychological growth will be well maintained, especially in families who have children with autism spectrum disorder (ASD).

This can explain that individuals, especially parents who have children with autism spectrum disorder (ASD), are very important to have good psychological well-being. These conditions will influence parents to strengthen and provide support so that these conditions can be handled and accepted properly (Hardjo et al., 2020; Yosep, Hikmat, Mardhiyah, et al., 2023).

Seeing that there are several parents who experience difficulties when raising children with autism, it is important to know the quality of the level of psychological well-being that is owned by parents, both fathers and mothers. Parents with high psychological well-being tend to be able to avoid parenting stress during the process of caring for children with autism. So that the results of this study will serve as the basis for information to consider the ways and patterns of parenting parents in raising children with autism.

OBJECTIVE

This study aimed to determine differences in Psychological Well-Being viewed by gender.

METHODS

This study used a quantitative method with a correlation design and used a cross-sectional research design conducted at SEKOLAH LUAR. The population of this study were all parents who had children with autism spectrum disorder (ASD) who were at SEKOLAH LUAR BIASA Budi Lestari and Harapan Utama Ananda School, totaling 30 people. The sampling technique used in this study is total sampling. In order to obtain a research sample of 30 people. The inclusion criteria of the research respondents were parents who had children with autism spectrum disorder (ASD) who were at SEKOLAH LUAR BIASA Budi Lestari and Harapan Utama Ananda School. The instrument in this study used the Psychological Well-Being Scale (PWBS) instrument developed by Carol D. Ryff and modified by Fahmy AM in 201.

The Psychological Well-Being Scale (PWBS) is an instrument used to measure a person's level of psychological well-being as measured by assessing the six dimensions of well-being, which consist of autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self -acceptance. This instrument consists of 22 question items measured by a Likert scale. The points used are a 4-point scale, namely 1 (Strongly Agree), 2 (Agree), 3 (Disagree), 4 (Strongly Disagree).

Tabel 1. Instrument Psychological Well-Being

Skor	Level of Psychological Well-Being
$x \geq 55$	High
$x < 55$	Low

Researchers collected data by entrusting questionnaires to teachers at the research location so that they could be given to parents, with a time limit for completing the questionnaire for 2 weeks.

Data collection was carried out on June 23-27 2022 Sekolah Luar Biasa Budi Lestari, and Harapan Utama Ananda School. The data collection process was carried out by means of researchers giving questionnaires to respondents. After the data is collected, data analysis will be carried out using the Spearman test to find out the results of the correlation hypothesis and get the final results of the study.

This study has a research ethics number, namely 442/UN6.KEP/EC/2022 using research ethics which includes the principle of autonomy, the principle of benefiting, the principle of not harming (non-maleficence), the principle of justice, and the principle of confidentiality.

RESULTS

The research results obtained a sample of 30 respondents. The data tabulation is based on demographic data which includes age and gender which can be seen in the following table:

Table 2. Distribution Demographic Data Frequency (n=30)

Demographic Variables	F	%
Age		
18-40	14	47
41-60	16	53
Gender		
Man	21	70
Women	9	30
Last education		
Elementary School	0	0
Junior High School	0	0
Senior High School	12	40
D3	0	0
S1	16	53
Other	2	7

Demographic Variables	F	%
Children's Education		
Elementary School	12	40
Junior High School	6	20
Senior High School	12	40
Job status		
Work	11	37
Doesn't work	19	63

Based on Table 2. data obtained by age shows that the majority of respondents are in the age range of 41-60 years (53%). Furthermore, the research data according to gender showed that the male sex was more numerous than the female sex with a male value of 70% and 30% female. When viewed from the last education most of the respondents were at the last Bachelor's education as much as 53%, with the children's education being mostly at the elementary and high school levels each as much as 40%. Then for employment status, 63% of the respondents did not work.

Table 3. Frequency Distribution of Psychological Well Being Levels

Psychological well being levels	F	(%)
High	27	90
Low	3	10
Total	30	100

Based on Table 3. It can be seen that as many as 90% of the respondents are in the high category of Psychological Well Being. This shows that almost all respondents, namely parents at SEKOLAH LUAR BIASA Budi Lestari and Harapan Utama Ananda School in general, have been able to make their own decisions independently.

Table 4. Frequency Distribution of Psychological Well Being Levels by Gender

Gender	Interpretation PSWB			
	Low		High	
	f	%	f	%
Men	3	14,3	18	85,7
Women	0	0	9	100
Total	30		100	

Based on Table 4. It can be seen that the results of the interpretation of Psychological Well Being on male parents are in the high category as many as 18 people (85.7%) and are in the low category as many as 3 people (14.3%). Whereas for parents who are female, all of them are in the high category, namely as many as 9 people.

Table 5. Results of Spearman's Gender Test with Psychological Well Being

Significance Value	Correlation coefficient
0,038	0,695

Based on Table 5. The significance value between gender and Psychological Well Being is 0.038. This shows that there is a relationship between gender and Psychological Well Being because the significance value is <0.05 . While the strength level of the correlation is positive 0.695. Then the value of the relationship between gender and Psychological Well Being is related to the level of the strong correlation coefficient.

DISCUSSION

This study discussed the differences in Psychological Well Being as seen from the sex of the parents at SEKOLAH LUAR BIASA. According to the research results in Table 2, it shows that there are more male respondents than female respondents. In Table 3 which discusses the frequency distribution of psychological well-being levels, it shows that almost all respondents are already in the high category, namely as much as 90%. Furthermore, there is Table 4 which shows the frequency distribution of respondents to the level of psychological well-being based on gender showing the result that respondents who are in the high category in psychological well-being are dominated by male respondents.

The results of this study are in line with research conducted by Hickey et al (2020) which discusses the relationship between psychological well-being of parents and children with autism. The study was conducted on 150 families with ASD children. The results of this study stated that parents, especially mothers of children with autism, tend to experience higher parenting stress and depressive symptoms compared to the fathers of these children. Mother-child and father-child relationships are both affected by the psychological well-being of parents in families of children with ASD (Baghdadli et al., 2014; Dorol--Beauroy-Eustache & Mishara, 2021). This shows that the level of psychological well-being in men is higher than in women.

However, the results of this study contradict previous studies which discussed the same matter. The results of this study indicate that mothers of autistic children have a closer relationship with their children than fathers. The good quality of the relationship between mother and child can be caused by an increase in mother's time spent in childcare (Corbett et al., 2016; Hickey et al., 2019).

Someone's acceptance of the presence of a child who has a disorder, especially autism disorder, is very diverse. This happens to mothers and fathers as parents who will be fully responsible for the survival of their children (Haturahim et al., 2016; Yosep, Hikmat, & Mardhiyah, 2023b). Not a few parents, especially mothers, will experience stress, disappointment, lose enthusiasm, feel excessively worried and try to find the best treatment for their child's recovery in the future. Some families have a long journey of showing their own emotions.

The level of psychological well-being in each person is different. One of the factors that influence a person's psychological well-being is their belief in the roles they carry out daily (Anggraini et al., 2013). Most women who carry out their role as housewives show more symptoms of distress and dissatisfaction with life compared to working women. This is because housewives sometimes feel bored with routine and monotonous daily household tasks.

When viewed from Maslow's theory which is related to reading the five gender injustices which include violence, subordination, marginalization, stereotypes and double burdens, it shows that gender inequality can be an obstacle in fulfilling human needs (Nur A, 2020). This will burden the woman and can trigger conflicts with herself including frustration and feelings of stress.

Women have a double burden that must be borne so that women are placed in a position as a party that has responsibility for domestic issues (Miniarikova et al., 2021; Nur A, 2020). So that this situation will increase conflict with a woman and trigger psychological stress, so that her level of psychological well-being will not be good, especially when parents are in a condition of caring for a child who has autism.

Previous research has been conducted by Sa'diyah (2016) showing the results that the psychological well-being of a person, especially parents if they are in the low category can increase stress during childcare. Parenting stress can lead to parental dysfunction in childcare. Individuals with a low level of psychological well-being will tend to use maladaptive coping stress, for example, such as blaming themselves for problems that occur, imagining fantasy conditions and being indifferent to other problems they face.

Whereas someone with good psychological well-being tends to be able to adopt adaptive coping strategies such as commitment, positive assessment, and seeking emotional support (Freire et al., 2016). If these six aspects of psychological well-being are well developed, they can help deal with the problem of parenting stress experienced during parenting of children with autism. Optimal psychological functioning not only requires a person to achieve previous characteristics, but also that a person continues to develop his potential, to grow and develop as a person.

Psychological well-being in the Ryff model consists of six dimensions: The first dimension is a dimension of self-acceptance, which relates to the positive attitude that one has about past events and acceptance of one's own characteristics. The second dimension is the dimension of positive relationships with other people, this dimension discusses how a person establishes relationships with other people in the right way, is in harmony and can satisfy and shows prosperity in relationships.

Furthermore, there is the dimension of autonomy in which this dimension is used to determine the level of individual ability to determine things independently. The fourth dimension is a dimension related to environmental mastery, a dimension that assesses individual abilities in how to handle, utilize and empower the environment with the aim of fulfilling the sustainability of life. Then there is the dimension of life goals in which

it discusses the hopes or goals and ideals of individual life so that individuals can feel the meaning of life.

Then the last dimension is the dimension of personal growth which refers to sustainable self-growth so that the individual can feel that he is capable of developing his potential. (Ryff, 1989; Ryff & Keyes, 1995). Several studies have also used Ryff's model for more than two decades. Psychological well-being is also not only limited to health problems related to psychological development and relationship development, but is also closely related to physical health problems (Ryff, 2013, 2014).

In solving problems, it is inseparable from the factors that influence it, one of which is the difference in the quality of problem solving that can be seen based on differences in gender (Hidayah et al., 2020). Gender differences have been developing for quite a long time in culture, especially in traditional patriarchal societies where certain traits are associated with certain genders, for example men are described with strong, tough and mighty masculine traits and are associated with the world of work, conquest, expansion and aggressiveness, while women are depicted with nurturing feminist traits such as gentle, shy, compassionate.

One of the six dimensions in psychological well-being is environmental, which is the highest dimension after the growth dimension. This dimension is a dimension that can assess a person's ability to take advantage of the opportunities around him effectively (Ryff, 2013, 2014). A mother who has a child with special needs often gets various kinds of negative responses from her surroundings. Often mothers respond by instilling positive thoughts and being grateful can help mothers adapt to their environment.

A mother who has an autistic child often cannot accept her child's condition when she is first diagnosed with autism. Parents often blame themselves for the conditions experienced by their children. However, as time goes by, some parents are able to accept their child's situation (Aurelia et al., 2022). But not all mothers who were taking care of children with autism would have positive thoughts, so that would make the difference between mothers and fathers as parents at the level of psychological well-being (Ghonyah & Savira, 2015).

Parents with high quality psychological well-being tend to be able to avoid parenting stress during the process of caring for children with autism. The results of the research by Rodriguez et al (2019) show that behavior problems in autistic children such as social withdrawal, hyperactivity, and impulsive behavior in children are one of the factors that support increased parenting stress in parents.

In caring for autistic children, parents have a role to recognize the problems experienced by children, seek information, seek treatment, regulate nutrition, and carry out therapy to help the child's development. Parents can find information about autism through the internet or their closest friends. Parents can also seek information by consulting doctors and psychologists for children with autism. In addition, parents also have a role in regulating nutrition in autistic children by limiting consumption of flour and milk (Sutinah, 2016).

Based on the results of correlation testing using Spearman's rank which can be seen in Table. 5 above, it was found that the research was conducted on respondents who were parents with children with autism spectrum disorder (ASD) who were at SEKOLAH LUAR BIASA Budi Lestari and Harapan Utama Ananda School, totaling 30 people, getting a significance value of 0.038, which means a significance value $<0,05$, the results of the study show that there is a relationship between gender and the psychological well-being of parents.

The strength of the relationship can be seen from the value of the positive correlation coefficient of 0.695, which means the strength of the relationship in this study is related to a strong correlation. The independent variable which is gender can be said to be able to influence the dependent variable, namely the psychological well-being of parents. This gender difference will determine how the actions and parenting styles of parents will be applied to children with autism. So that these differences will have an influence on how parents can take care of their children and their relationship with their psychological well-being.

However, this study has several limitations, namely the use of the sample used is still relatively limited for the category of parents with children with autism in Depok City. In addition, the researcher could not go down directly to monitor the process of filling out the questionnaire for each respondent, so the researcher did not know and understand the situation and also some of the respondents' constraints when filling out the questionnaire. These conditions require researchers to distribute questionnaires assisted by teachers from the school, this will increase the possibility of respondents giving inaccurate answers and the results of the questionnaire will experience biased data.

In this case the mental nurse has a role as an educator. Nurses can educate parents to maximize parental knowledge in stress management, caring for autistic children, and self-managing autistic children (CDC, 2020; Qolina et al., 2017; Yosep, Hikmat, & Mardhiyah, 2023a). Psychiatric nurses have a role to empower families with children with disabilities. Nurses can help parents to develop adaptive coping strategies, teach effective communication within the family, and teach families to use strategies and conflict management.

CONCLUSION

Based on the results of the correlation analysis that was carried out using the Spearman rank correlation technique, it was found that the significance value was $0.038 < 0.05$. As for the strength of the relationship, it can be seen from the correlation coefficient value that was positive 0.695 so it can be concluded that there is a strong relationship between gender and psychological well-being in parents with children with autism spectrum disorder (ASD) who are at Sekolah Luar Biasa Budi Lestari and Harapan Utama Ananda School.

ACKNOWLEDGMENTS:

All authors say thanks to Universitas Padjadjaran who has support us in this study.

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