

Family Resilience In Households Of Children With Disabilities: A Comprehensive Analysis

Avita Ayu Anggraini¹, M. Irfan Harianto² Nichatus Sholikah³ Sivanaya Nadila Putri⁴ Abdul Haris Fitri Anto⁵

¹²³⁴⁵ Islamic Family Law, Sunan Ampel State Islamic University, Surabaya, Jawa Timur, Indonesia

¹05010121007@student.uinsa.ac.id, ²05010121016@student.uinsa.ac.id, ³05010121026@student.uinsa.ac.id

⁴05010121037@student.uinsa.ac.id, ⁵ abdul.haris.fitri.anto@uinsa.ac.id

Keywords: family resilience, caregiver, children with disabilities, scoping review

Abstract: Despite the diversity of results from scientific research on family resilience in households with disabled children, systematic mapping of these findings is still limited. Therefore, this article aims to thoroughly map the existing literature on this subject, elucidating previous research dynamics and laying the groundwork for future studies. Using a scoping review approach, we sourced literature from Google Scholar, focusing on publications from the past decade (2013-2023). We followed the Preferred Reporting Items for Systematic Reviews (PRISMA) guidelines for literature selection, culminating in the review of 22 studies. The analysis focuses on three main themes: social support for families with disabled children, strategies and mechanisms for building resilience within these families, and various aspects of resilience in these contexts. Critical stakeholders in fostering family resilience include parents, partners, and family members serving as caregivers. The implications of these findings and opportunities for future research are discussed further.

1. INTRODUCTION

Family resilience refers to the robustness of a family in various aspects, including health, economy, education, and the ability to navigate cultural differences within the community. This resilience encompasses all family members, particularly parents. Generally, parents aspire for their children to grow and develop ideally, aligning with their expectations. Every parent desires their child to grow healthily and normally, possessing intelligence, good morals, social skills, and the potential to become independent and beneficial to their environment, nation, and country. Parents frequently observe and compare their child's condition with other children's. When parents realise that their child does not meet their ideal expectations or has certain imperfections, they often display a range of emotional reactions. These responses can include shock, denial, profound sadness, anger, and various other emotional reactions. The process of developing family resilience is crucial for effectively addressing these emotional challenges and fostering a supportive environment that accommodates the needs of all family members, particularly children with disabilities. It highlights the importance of strengthening the family's capability to adapt and thrive despite facing significant adversities.

In the realm of ideal family resilience, particularly concerning children with disabilities or special needs, it holds significant importance across various domains. This assumption should ideally be substantiated by a multitude of research outcomes. However, in reality, initial literature reviews on family resilience towards children with disabilities unveil diverse themes. Pertaining to family resilience in the context of children with disabilities or special needs, it involves those who face physical, psychological, cognitive, and social barriers hindering them from fulfilling their needs optimally. Examples include children who are deaf, blind, have speech impairments, physical disabilities, mental retardation, and emotional disorders. (Rahayu, 2019). The diagnosis of disability is often perceived as a traumatic experience for families, significantly influencing their lives, emotions, and behaviours.

Raising a child with intellectual disabilities is no easy task for parents, as highlighted by Cynthia and Hedi in their research. They found that individuals with autism often face numerous challenges that impose burdens on families economically, physically, psychologically, and socially. Communication difficulties are common among autistic children, leaving parents unsure of their children's actual needs. Their research demonstrated that resilience-building capabilities for children with autism at the Autism

House in Bandung were weak, particularly in the dimension of problem analysis, with a rate of 62.5%. This was attributed to parents' insufficient understanding of their children's needs, necessitating greater education and guidance, especially for mothers, regarding autism spectrum disorders. Such efforts would enable parents, particularly mothers, to better handle and care for autistic children promptly and effectively (Sampurno & Wahyudi, 2017). The findings were supported by Nurul and Miftahur's research, aiming to enhance the independence of deaf children. Parents of deaf children should receive guidance and support. Parent and family guidance services should involve various experts such as teachers, school principals, social workers, doctors, and others. Ideally, guidance services for parents and families with deaf children should be provided through consultation bureaus (Khairiah & Ridho, 2021).

The topic of family resilience towards families with disabled children has been extensively researched in previous studies. However, from the findings gathered, most discussions tend to concentrate solely on the factors and aspects of family resilience. For instance, Hermawati's work focuses exclusively on three resilience factors—"I Am, I Have, and I Can"—with limited consideration of broader resilience aspects. (Hermawati, 2018) Research findings on family resilience towards families with disabled children reveal varied focuses and outcomes, yet lack literature presenting a comprehensive mapping and development of these findings. Based on empirical findings, subthemes can be tentatively categorised, such as social support for families with disabled children, strategies for building resilience in these families, and various aspects of family resilience towards disabled children. However, a more comprehensive literature review is necessary to track the progression and mapping of current research themes. In reality, the results of scoping reviews on the theme of family resilience towards families with disabled children are quite limited. This indicates that despite extensive research on the topic,

there is currently no comprehensive scoping review that systematically analyses and synthesises these findings into a scholarly narrative. The literature's limitations in mapping research findings on family resilience towards families with disabled children represent a gap that this article aims to address.

The aim of this article is to address the limitations of scoping reviews in the theme of family resilience towards families with disabled children. Specifically, the author intends for this paper to present a comprehensive landscape of findings from previous research and serve as a cornerstone for future research themes on this topic. Beyond scholarly objectives, this study also aims to inspire effective family resilience towards families with disabled children. Consequently, it is expected to have a positive impact on the psychological development of children, parents, and family harmony, particularly in fostering resilience amidst the challenges posed by a child's disabilities.

2. METHODS

The research methodology employed is scoping review, a literature research method aimed at mapping the development of findings from searches related to specific themes. Data gathered from the scoping review is derived from credible and accountable journal articles. The steps involved in conducting a scoping review are as follows: Firstly, identifying the review question. In this scoping review, the question format used is populations, exposure, outcome, and study design (PEOS). The research issue addressed in this study is "how has family resilience towards families with disabled children evolved over the past decade?"

Secondly, identify relevant literature sources. Relevant literature is defined with inclusion and exclusion categories as follows:

Table 1. Inclusion and exclusion criteria.

No	Inclusion	Exclusion
1	Published from 2013-2023 and accessible at scholar.google.co.id	Scientific articles with theoretical research methods and literature reviews
2	Written in Indonesian or English	E-Books and Book Chapters
3	The purpose and discussion of the article focuses on "family resilience towards families with children with disabilities	Scientific articles without the full-text version or the full version cannot be accessed
4	The population involves parents and children who experience disabilities	Working paper without publication identity
5	The article carries an appropriate empirical methodology according to the research objectives	Thesis, dissertation, etc

The third step involved in this study was the selection of literature. Literature sources were gathered using the scholarly article search engine, scholar.google.co.id. Following the Preferred Reporting Items for Systematic Reviews (PRISMA) guidelines, researchers systematically managed the literature files. A search was conducted on the Google Scholar page (scholar.google.ac.id) using the key phrase "family resilience towards children's disabilities". The search was limited to the past decade, from 2013 to 2023, and was conducted in November 2023. Initial search results yielded 983 articles. Subsequently, the literature files were filtered based on predefined criteria

The stage of filtering article files are as follows:

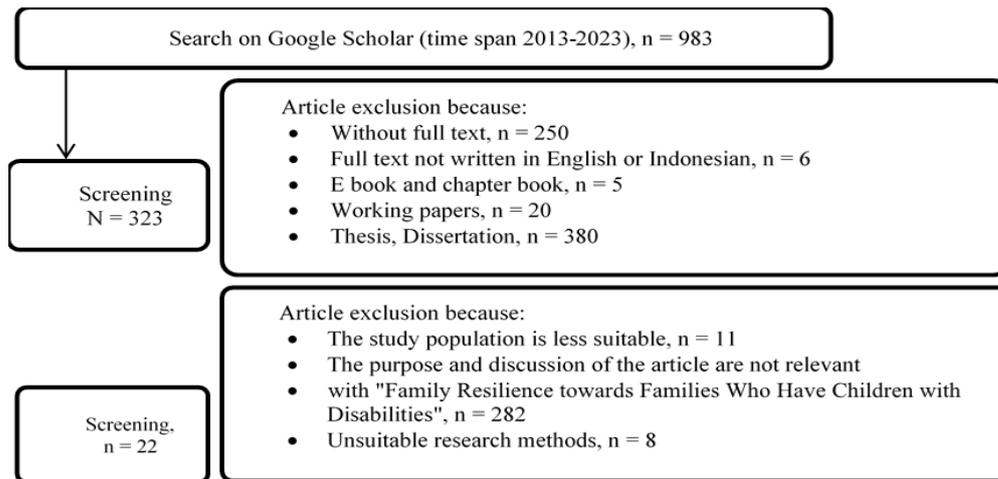


Figure 1: Article screenings

3. RESULT

each article. This data includes: title, method, and findings from the research. The search results can be detailed in the following table:

Based on the 22 selected articles, data charting was performed out to detail the data obtained from

Table 2. Data charting

No	Research titles	Author(s)	Methods	Results and discussions
1.	<i>Resiliensi Keluarga dengan Anak Disabilitas Tunarungu di Kota Samarinda</i> (Resilience of Families with Deaf Children in Samarinda City)	Nurul Khairiah and Miftahur Ridho (2021).	Using qualitative research methods, while the data analysis method used in this research is a descriptive analysis of the Miles and Huberman model and includes empirical research with 5 subjects.	Family resilience is having positive thinking towards the condition of deaf disabled children in their respective families, although positive thinking towards deaf children is shown in different ways and having skills in helping deaf disabled children in their respective families become independent. Respectively, people with disabilities can communicate well, although in other ways, this article also explains the factors and aspects of

				family resilience towards children with disabilities, there is also guidance for families with deaf children.
2.	<i>Resiliensi Orang Tua dengan Autism Spectrum Disorder (ASD) di SLB Aisyiyah Tulangan Sidoarjo.</i> (Resilience of Parents with Autism Spectrum Disorder (ASD) at SLB Aisyiyah Tulangan Sidoarjo)	Defi Kumala Sari and Lely Ika Mariyati (2023).	Using qualitative phenomenological methods, the subject is mothers who have ASD children. Data analysis uses triangulation techniques, and this type of research is empirical.	In this article, it is explained that each parent of a child with Autism Spectrum Disorder (ASD) has the characteristics of insight, independence, relationships, initiative, creativity, humor, morality and has the resilience factor I Have, I Am, I Can so that they are able to rise from downturn. Each subject is also influenced by factors, where the subject has confidence and submission to the destiny of Allah SWT. In this research it was also found that spirituality is also able to influence individuals to achieve resilience. Thus, it can be concluded that resilience is a dynamic process that involves the role of individual and social or environmental factors, which reflect a person's strength and resilience to recover from negative emotional experiences when facing stressful difficult situations..
3.	<i>Hubungan antara Dukungan Sosial Pasangan dengan Resiliensi Ibu yang Memiliki Anak Berkebutuhan Khusus di Yayasan Inspirasi Pembelajar</i> (The Relationship between Spouse's Social Support and the Resilience of Mothers Who Have Children with Special Needs at the Learners' Inspiration Foundation)	Annisa Sriwahyuni and Devi Rusli, (2023)	The method uses quantitative, and includes empirical research.	That the social support of partners significantly influences the resilience of mothers who have ABK at the Learners' Inspiration Foundation. Mothers who receive support from their partners tend to have the power to rise above adversity and adequately handle various parenting demands. This article also discusses the relationship between a partner's social support and the resilience of mothers who have children with special needs, that social support is one of the external predictor factors that can influence individual resilience. Apart from that, this research also supports that there is a positive and significant relationship between the intensity of family meetings

				and resilience in mothers who have children on the autism spectrum, meaning that the higher the frequency of meetings with family members, the higher the mother's perception of support.
4.	<i>Gambaran Resiliensi dan Kebersyukuran Caregiver pada Anak yang Mengalami Down Syndrome di Wilayah Kota Semarang</i> (Description of Caregiver Resilience and Gratitude for Children with Down Syndrome in the Semarang City Area)	Megana Lova Wijaya, Laura Khatrine Noviyanti, Sri Hartini, (2023)	Quantitative research method, the research used is empirical research. The research population was 344 in 2022-2023, Down syndrome children from SLB Semarang. The sample had a total of 100 people and only got 30 respondents.	Resilience among caregivers of children with Down syndrome is recognised as a foundational strength crucial for cultivating emotional and psychological resilience. It serves as the bedrock for fostering traits like courage, perseverance, and rationality. This research highlights the presence of significant levels of resilience and gratitude within families. The family unit, comprising parents and children, plays a pivotal role in caregiving. Families often care for children born with physical or mental disabilities, commonly referred to as children with special needs, underscoring the importance of gratitude from those closest to them. Caregivers, including family members, friends, and professional caregivers, bear the responsibility of providing support and care to individuals with mental or physical disabilities, or those experiencing compromised health due to illness. Their role is crucial in offering necessary assistance and care to those who require it and are unable to manage independently.
5.	<i>Resiliensi Orang Tua Sunda yang Memiliki Anak Berkebutuhan Khusus</i> (Resilience of Sundanese Parents Who Have Children with Special Needs)	Nisa Hermawati,(2018)	The data source is a native Sundanese married couple by conducting interviews, the research used is empirical.	Resilience in a Sundanese married couple raising children with special needs is characterised by three essential factors: personal strength (I AM), external support (I HAVE), and interpersonal skills (I CAN). These qualities resonate deeply with Sundanese cultural values such as physical and spiritual well-being

				(cageur), moral integrity (bener), and harmonious relationships (silih asih). The couple exemplifies resilience by navigating challenges, growing stronger, and positively transforming through adversities, embodying the Sundanese ideals of strength, integrity, and community spirit in their journey.
6.	<i>Resiliensi ibu yang memiliki anak down syndrome di sekolah luar biasa (SLB) negeri 1 Sumbawa</i> (Resilience of mothers who have children with Down syndrome in special schools (SLB) Negeri 1 Sumbawa)	Asfiah Nursilmi Kaffah, Yossy Dwi Erliana, and Ivon Arisanti, (2019)	Qualitative with a descriptive approach. Purposive sampling with n = mothers aged 30-45 who have Down Syndrome children.	The three mothers who have Down Syndrome children attending the Sumbawa Special School have different resilience abilities, some fulfill and some do not fulfill the seven aspects of building resilience. Subject R is a resilient individual because he is one of three subjects who is able to fulfill the seven aspects of forming resilience. Meanwhile, subjects L and H cannot fulfill several aspects of resilience. Subject L did not meet the aspects of optimism and causal analysis, while subject H did not meet the four aspects of resilience, namely emotional regulation, impulse control, empathy and causal analysis.
7.	<i>Dukungan Sosial Keluarga Bagi Anak Berkebutuhan Khusus di Sekolah Luar Biasa Peduli Anak Nagari Kecamatan Akabiluru</i> (Family Social Support for Children with Special Needs at the Nagari Children Care Special School, Akabiluru District)	Saputri Kelana,(2022)	Qualitative descriptive, field research, interviews and observations.	Emotional support means that parents pay attention to their child's development even though they have a lot of work to do. Informative support means that parents give advice to children so they can be independent and parents provide motivation so that children can do something that is useful for themselves. Instrumental support, namely parents meeting the child's daily needs and school requirements. Appraisal support or appreciation means that parents give praise to children if they do something that is beneficial to themselves and beneficial to others.

8.	<p><i>Gambaran Resiliensi Ibu Yang Memiliki Anak Tunadaksa Sejak Lahir (Studi Di Kelurahan Sendangmulyo Kecamatan Tembalang Kota Semarang)</i> (Description of the Resilience of Mothers Who Have Children with Physical Impairments Since Birth (Study in Sendangmulyo Village Tembalang District, Semarang City))</p>	<p>Nita Angraini, Besar Tirta Husodo, Syamsulhuda B. Musthofa (2017)</p>	<p>Qualitative, interviews and observations n = 20</p>	<p>Resilience plays a role in the process of controlling stress, especially for fathers. Resilience is a moderator that can attenuate the development of anxiety and depression associated with high levels of parenting stress in ASD. Through resilience skills, fathers can see that parenting a child with autism is not suffering or a source of stress but rather a valuable lesson. Resilience ability through internal factors which include the ability to regulate emotions well, good self-control, able to analyze the causes of autistic disorders, the ability to empathize, able to develop an optimistic attitude through acceptance of their child's condition, confidence in overcoming their child's behavioral problems, and the presence of good behavior. positive, namely the courage to open up about your child's condition to the surrounding environment.</p>
9.	<p><i>Resiliensi Ayah Yang Mengasuh Remaja Dengan Gangguan Autis Pada Suku Batak Toba di Kota Sidikalang</i> (Resilience of Fathers Who Care for Teenagers with Autistic Disorders in the Toba Batak Tribe in Sidikalang City)</p>	<p>Rahma Febiyana,(2019)</p>	<p>Using qualitative methods, data collection techniques use interviews and observation</p>	<p>Resilience plays a crucial role in mitigating stress, particularly for fathers, in navigating the challenges associated with parenting a child with Autism Spectrum Disorder (ASD). Resilience serves as a moderator, reducing the likelihood of developing anxiety and depression amidst heightened parenting stress. Fathers equipped with resilience skills perceive parenting a child with autism not as a burden or stressor, but rather as an enriching experience. Internal factors contributing to resilience include emotional regulation, self-control, analytical understanding of autism disorders, empathy, cultivation of an optimistic outlook through acceptance of their child's condition, confidence in managing behavioural challenges, and</p>

				displaying courage in openly discussing their child's condition within their social environment.
10.	<i>Dinamika Resiliensi Ibu Single parent dengan Anak Tuna Ganda</i> (Dynamics of Maternal Resilience Single parent with children with multiple disabilities)	Uswatun Hasanah & Sofia Retnowati (2019)	Total 3 single parents. interviews and observations.	Support provided to mothers by a group of peers who also have children with special needs is perceived as more beneficial and effective in fostering maternal resilience compared to support from other sources such as neighbours, family, and friends who lack experience in caring for children with special needs. Three participants rationalised and attributed a child's multiple disabilities and their divorce to mystical causes. The resilience dynamics of single mothers raising children with multiple disabilities form a recurring cycle. Over time, the demand for this resilience grows, particularly given the increasing challenges faced by single mothers in this situation.
11	<i>Peran Efikasi Diri Dan Motivasi Intrinsik Terhadap Resiliensi Orangtua Dengan Anak Berkebutuhan Khusus Pada Sekolah Luar Biasa (SLB) Di Bali</i> (The Role of Self-Efficacy and Intrinsic Motivation on the Resilience of Parents with Children with Special Needs at Special Schools (SLB) in Bali)	Ni Nyoman Maherni Wulandari (2017)	The subjects of this research were parents of children with special needs aged 7-12 years.	Self-efficacy and intrinsic motivation together in explaining the variance in resilience of parents with children with special needs at SLB in Bali, self-efficacy has a significant role in explaining the variance in resilience of parents with children with special needs at SLB in Bali, intrinsic motivation has a significant role in explains the variation in resilience of parents with children with special needs at SLB in Bali. Resilience, self-efficacy and intrinsic motivation of parents with children with special needs at SLB in Bali are classified as very high.
12.	<i>Hubungan Antara Resiliensi dengan Psychological Well Being pada Ibu yang Memiliki Anak Dengan Gangguan Autis</i> (The Relationship Between Resilience and	Dhiya Athaya Purwanti & Erin Ratna Kustanti, (2020)	The data analysis method used to test the research hypothesis is simple regression analysis using SPSS version 20.0. This research focuses on 101 mothers who have children with autistic disorders in South Jakarta.	There is a positive and significant relationship between resilience and psychological well-being ($r_{xy} = 0.87$; $p < 0.001$), meaning that the higher the mother's resilience ability, the higher the mother's psychological well-being,

	Psychological Well Being in Mothers of Children With Autistic Disorder)			and vice versa. Resilience contributes 77% to psychological well-being. So it can be concluded that there is a positive relationship between resilience and psychological well-being in mothers who have children with autistic disorders in South Jakarta. The higher the resilience, the higher the psychological well-being received.
13.	<i>Gambaran Resiliensi Ibu yang memiliki Anak Autis di Taman Pelatihan Harapan Makassar</i> (Description of Mothers with Autistic Children at the Harapan Training Park in Makassar)	Beatrix Edyta dan Eka Damayanti, (2016)	Data collection was carried out by observation and interviews. The subjects in this research were three mothers at Harapan Training Park who had the youngest child who was autistic.	The three participants exhibited varying resilience dynamics across emotional control, impulse regulation, optimism, problem analysis, empathy, self-efficacy, and fostering positive aspects. Initially shocked and devastated by their children's autism diagnoses, they eventually accepted the situation and maintained a positive outlook on their children's future improvement. One participant successfully analysed the causes of their child's condition, avoiding self-blame and attributing fault. Additionally, religiosity emerged as a supportive factor in fostering resilience among individuals facing these challenges.
14.	<i>Komunikasi Orang Tua yang Memiliki Anak Retardasi Mental Dalam Membangun Ketahanan Keluarga di SLB Handayani Sukabumi</i> (Communication between parents who have mentally retarded children in building family resilience at SLB Handayani Sukabumi)	Olivia Alvira Aurellia & Maulana Rezi Ramadhana, (2022)	The method in this research uses qualitative methods by collecting data through interviews with ten informants, namely five fathers and five mothers of mentally retarded children.	Communication among parents of children with intellectual disabilities, aimed at fostering family resilience, encompasses creating a new normal, setting aside negative emotions to focus on constructive actions, and affirming identity anchors. These processes contribute to eleven themes, including communication with partners, collaboration, social engagement, establishing new routines, spiritual engagement, seeking support to establish normalcy, dialogue with partners, leveraging challenges as strategies, confidence in asserting identity, storytelling, and

				seeking assistance during challenging times, which are crucial factors in enhancing family resilience.
15.	<i>Studi Deskriptif mengenai Resiliensi Ibu yang Memiliki Anak Autis di Rumah Autis Bandung</i> (Descriptive Study Regarding the Resilience of Mothers Who Have Autistic Children in Bandung Autistic Homes)	Cynthia Paramitha Sampurno dan Hedi Wahyudi, (2017)	This research uses population research on 16 mothers who have autistic children. Using the Resilience Quotient measuring tool which has been adapted by researchers with a total of 48 valid statements.	Among mothers with children diagnosed with autistic disorders at the Bandung Autism House, the dimension of empathy shows the highest resilience level at 93.8%, with 15 individuals classified as high and 1 as low. Conversely, the dimension of problem cause analysis exhibits the lowest resilience level at 62.5%, with 10 individuals rated high and 6 rated low. Given this finding, it is recommended that the Bandung Autism House enhance outreach and support initiatives for parents, particularly mothers, to improve understanding of autism spectrum disorders and enhance their ability to care for and support their children effectively.
16.	Living with Hope: Resilience Among Parent/s of Children with Autism in Palembang Therapy Center	Diajeng Laily Hidayati and Maulita Noor Aisha (2022)	This paper is based on field research that applies a phenomenological approach. The informants in this study were parents who have autistic children who seek treatment at PTC, and therapists who carry out therapy at PTC.	The resilience of parents examined in this study varied significantly, influenced by their specific challenges in caring for their children. Key themes identified regarding parental resilience included self-acceptance, self-efficacy, and adaptability. Factors such as personal capabilities, the child's condition, environmental factors, and religious beliefs were found to significantly impact parental resilience in caring for autistic children. This research elucidates how varying degrees of caregiving challenges result in diverse forms of resilience among parents or caregivers.
17.	<i>Pengaruh Self Concept Terhadap Resilensi Pada Orangtua Anak Berkebutuhan Khusus Di Slb Negeri Pembina Tingkat Provinsi Sumatera Utara</i> (The	Siska Dwi Ningsih and Sri Ramadhani (2022).	The type of research used in this research is quantitative. The sampling technique used in this research is Probability Sampling.	The research results obtained in this study are that Self-Concept influences the Resilience of Parents of Children with Special Needs at the Elementary School Level at the Pembina State Special

	Influence of Self-Concept on Resilience in Parents of Children with Special Needs at the State Guidance School at the North Sumatra Province Level)			School at the North Sumatra Province Level. This is shown based on the results of a simple linear regression test with values shown at a significance level of $0.000 < 0.05$. This means that the more positive a person's self-concept, the higher their resilience; conversely, the more negative their self-concept, the lower their resilience.
18.	<i>Resiliensi ibu dengan anak Autis</i> (Resilience of mothers with autistic children)	Claudia Chyntia Dewi and Putu Nugrahaeni Wideasavitri (2019)	The research method used is qualitative research with a phenomenological approach. The sampling technique is purposive sampling.	The presence of a child with autism in the family initiates both internal and external crises for mothers. Internal crises encompass shock, disbelief, confusion, anxiety, sadness, and shame, influencing social withdrawal. External crises include financial strain, role conflicts, managing the child's needs, dietary adjustments, therapy processes, and societal responses. These crises impact mothers' physical and psychological well-being, daily activities, social interactions, and may lead to parental conflict. To foster resilience, mothers develop adjustment mechanisms tailored to their child's characteristics and responses to their environment, alongside emotional and problem-focused coping strategies.
19.	<i>Ketahanan Ibu yang Memiliki Anak Down Syndrome di Sidoarjo</i> (Resilience of Mothers with Down Syndrome Children in Sidoarjo)	Fiqqi Anggun Lestari, Lely Ika Mariyati (2016).	This research uses descriptive qualitative methods. The subjects in this research were parents specifically for mothers who have children with Down syndrome at a young age and used a purposeful sampling technique which was based on the characteristics of the subject because it was in accordance with the objectives of the research to be carried out.	The resilience of the three mothers in this study varied based on their educational background, employment status, and economic circumstances. Factors influencing their resilience included family support and the encouraging role of their environment, motivating them to overcome sadness and accept their child's condition. Each mother underwent a personal journey towards resilience following their child's diagnosis with Down syndrome, highlighting a lack of educational and

				outreach support from local health services.
20.	<i>Hubungan Antara Penerimaan diri dengan Resiliensi pada ibu yang memiliki anak berkebutuhan khusus di SLB Semarang</i> (The relationship between self-acceptance and resilience in mothers who have children with special needs at SLB Semarang)	Latifah Fauziah (2022).	The population used in this research is the parents of students from the Semarang State Special School. The sample for data collection and research used as subjects the mothers of Semarang State Special School students.	There is a significant positive relationship between self-acceptance and resilience in mothers who have children with special needs. This statement shows that the hypothesis proposed is acceptable. So it can be concluded that the higher the self-acceptance of mothers who have children with special needs, the higher the level of resilience, and vice versa, if the level of self-acceptance is low, the resilience of mothers who have children with special needs will also be low.
21.	<i>Resiliensi dan Hubungannya dengan tingkat stress orang tua yang memiliki penyandang autism spectrum disorder (ASD)</i> (Resilience and its Relationship with the stress level of parents who have autism spectrum disorder (ASD))	Ariani Putri Maharani dan Ria Utami Panjaitan (2019).	Research Method uses a correlative analytical design with a cross sectional approach. The subjects of this research were 30 parents of students at Mandiaga School, South Jakarta, using the total sampling method.	This relationship between resilience and stress levels can occur because aspects of resilience can influence an individual's ability to control their stress. The aspects of resilience are emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. This is explained in a source which states that resilience can create a positive attitude from individuals. For example, an individual who has good emotional regulation will be able to remain calm when facing pressure on himself, which will then result in a low level of resilience.
22.	<i>Analisis Faktor-Faktor Yang Berhubungan Dengan Resiliensi Orang Tua Anak Retardasi Mental (Down Syndrome) Studi Di Sdlb-c Yayasan Bhakti Luhur Kota Malang.</i> (Analysis of Factors Associated with Resilience of Parents of Children with Mental Retardation (Down Syndrome) Study at Sdlb-c Bhakti	Dian Pitaloka Priasmoro, and Nunung Ernawati (2017).	The method in this research is correlative observational with a cross sectional approach with a total sample of 36 taken using total sampling.	In this study, individual factors exhibited high significance, while family and community factors showed moderate significance. Pearson correlation analysis revealed significant associations ($p < 0.05$) between resilience and individual ($p = 0.000$, $r = 0.616$), family ($p = 0.001$, $r = 0.547$), and community factors ($p = 0.000$, $r = 0.634$). Multivariate analysis using multiple linear regression confirmed

	Luhur Foundation, Malang City.)			that individual, family, and community factors ($p = 0.000 < 0.05$) were significantly related to parental resilience, with the strongest correlation observed in individual factors ($\beta = 0.360$). These findings underscore a robust and positive relationship, indicating that higher levels of individual, family, and community factors are associated with greater parental resilience, with individual factors demonstrating the greatest contribution.
--	------------------------------------	--	--	--

Based on the review of each literature, the themes considered most relevant to the focus of the review are mapped in table 3 below.

Table 3. Generated themes.

No.	The theme of family resilience for families who have children with disabilities	Sub themes and article item numbers
1	Social support for families with children disability children.	Social Support (3), (12), (10), (7), (19) Caregiver's concern for children with disabilities (4), (21)
2	Strategies for building resilience in families with disability children.	Resilience skills in parents (9), (1), (15) Parent and child communication patterns (14), strengthening moral and spiritual values (2), (5)
3	Aspects of family resilience in family with disability children.	Resilience aspects (14), (6), (13) The role of self-efficacy and intrinsic motivation (11), (8) The relationship between self-concept and resilience in parents (20), (17) Level of difficulty and emotional regulation of parents (15), (22)

4. DISCUSSION

Based on the analysis of the 22 articles above, themes can be grouped such as social support for families with children with disabilities, strategies for building resilience for families with children with disabilities, and aspects of family resilience for children with disabilities. The dialectic between articles within these themes is explained in the discussion below.

4.1. Social support for families with children disability

This thematic exploration initially surfaced from the article review, focusing on social support as a catalyst for bolstering resilience in families with children facing disabilities. This overarching theme branches into two distinct sub-themes: social support mechanisms and caregivers' dedication to children with disabilities or impairments.

Within the realm of social support for families navigating disabilities, several critical dimensions emerge. Firstly, emotional regulation entails the capacity to maintain composure amidst challenges, effectively managing feelings of frustration, sadness, anxiety, or anger that may arise during problem-solving. Secondly, impulse control pertains to how mothers of children with disabilities navigate emotional upheavals and societal responses, exhibiting resilience in the face of varying reactions. Thirdly, optimism reflects a hopeful outlook and aspirations for their child's future independence and educational opportunities, underscoring their commitment to fostering self-sufficiency. Lastly, empathy signifies the ability to empathetically understand others' experiences, contributing to a nuanced understanding of their child's needs. These dimensions collectively shape the resilience levels observed among mothers caring for children with disabilities, highlighting varying degrees of proficiency across these fundamental aspects. (Kelana, 2022)

It can be asserted that not every individual possesses the capability to exhibit resilience, particularly mothers caring for children with disabilities. Some individuals have attained resilience, while others are still in the process of developing it. Undoubtedly, this journey requires considerable time and perseverance (Hasanah & Retnowati, 2019). Each experiences a different process from others, especially from various levels of education, economy, family support, and religiosity. These three subjects have different

backgrounds in education level, age, economy, and occupation, so they have different perspectives and responsibilities regarding children with disabilities. These results are in line with the theory presented by Rutter (Hendriani 2018) that social support is one of the external predictor factors that can influence individual resilience. Apart from that, this research also supports the results found by Saichu and Listiyandini (2018) that there is a positive and significant relationship between the intensity of meeting family and resilience in mothers who have children on the autism spectrum, meaning that the higher the frequency of meetings with family members, the higher mother's perception of support. Based on the results of several studies, it is indirectly known that resilience is related to social support.

Mothers of children with disabilities face unique stressors distinct from those encountered by mothers of typically developing children. These stressors stem from the challenges in managing children with special needs and the difficulties in fostering their development, particularly when mothers must also juggle employment. Developing resilience is essential for these mothers to adapt to and surmount the adversities and complex situations they encounter. Research indicates that mothers of children with disabilities often exhibit high levels of resilience, bolstered significantly by social support from their partners. There is a positive correlation between partner-provided social support and maternal resilience, suggesting that the extent of a partner's support can predict the resilience exhibited by the mother. An increase in partner support typically enhances maternal resilience, whereas a decrease in support can diminish it. Thus, there exists a significant relationship between a partner's social support and the resilience of mothers caring for children with disabilities.

In examining caregiver concerns for children with disabilities, it was found that the majority of respondents exhibit a remarkably high level of resilience. Specifically, 22 out of 30 respondents demonstrated this high resilience, and all respondents expressed profound gratitude for their children with Down syndrome. These findings align with Zudeta's (2023) research, which similarly indicated that families exhibit elevated levels of resilience and gratitude. As the fundamental unit of society, the family—comprising a husband, wife, and children—plays a crucial role in caregiving. Children born with physical or mental disabilities, commonly referred to as children with special needs, necessitate considerable gratitude and support from their immediate family members. This acknowledgment and appreciation are essential in

fostering a nurturing and resilient caregiving environment. (Wijaya et al., 2024).

Children with disabilities or impairments require specialised education and caregiving services tailored to their unique needs, which may include physical, emotional, mental, or social challenges, as well as exceptional intelligence or talents. These services are essential to foster their optimal development in line with their human potential. A caregiver is an individual—whether a family member, friend, or paid professional—responsible for providing care to someone suffering from mental illness, physical disabilities, or health issues due to illness. The primary role of a caregiver encompasses offering assistance and care to those who are unable to manage on their own.

Resilience in caregivers of children with Down syndrome or disabilities is considered a fundamental strength underpinning all positive character traits essential for building emotional and psychological fortitude. Without resilience, there would be no courage, perseverance, or rationality. Numerous studies have affirmed that an individual's thinking style is heavily influenced by their resilience, which also plays a crucial role in determining their success in life. Families with a child diagnosed with Down syndrome undergo a specific process that enables them to endure and adapt, eventually becoming a resilient family unit. Some parents may initially react with disappointment and a sense of their child's difference from others. Resilience can be understood as the positive aspect of individual differences in response to stress and other adverse situations, as highlighted by Smet (Desmita, 2011). While resilience is the capacity to withstand stressful situations, it is not an inherent trait but rather a dynamic process. (Lestari, 2016).

Family resilience can act as a mitigating factor against the escalation of an individual's depression levels, particularly in relation to high parental stress. Furthermore, research indicates that high family resilience is associated with lower family stress levels. This correlation between resilience and stress levels underscores the significant impact that various aspects of resilience can have on an individual's ability to manage stress. Individuals with Autism Spectrum Disorder (ASD) experience elevated stress levels. Consequently, this study aims to provide healthcare professionals, particularly in nursing, with insights into the challenges faced by parents of children with ASD. Armed with this knowledge, nursing professionals and other healthcare providers can better anticipate and address potential mental health issues in parents. Nurses can implement regular counselling

programmes with parents as preventive, promotive, and curative measures. Such initiatives are essential for enhancing resilience and reducing the incidence of stress among parents of children with disabilities. (Maharani & Panjaitan, 2019.)

4.2. Strategies for building resilience in family with disability children.

In the second theme, drawn from a review of literature on strategies for fostering resilience in families with children with disabilities, three sub-themes emerge: the development of resilience skills in parents, the communication dynamics between parents and children, and the reinforcement of moral and spiritual values.

Parents face unique challenges in raising children with disabilities, which differ significantly from the upbringing of typical children. This necessitates specific strategies, particularly the development of specialised parenting skills. Rahma Febiyana elucidates that, through resilience skills, fathers can perceive the task of raising a child with autism not as a source of suffering or stress but as a valuable learning experience (Febiyana, 2019). A similar perspective is articulated by Nurul Khairiah and colleagues, who assert that parental skills are instrumental in fostering the independence of children with hearing impairments within their families (Khairiah & Ridho, 2021).

According to research by Febiyana, parents must possess the ability to control and manage their emotions when caring for their children. This requires exceptional patience and the capacity to suppress negative anger. Additionally, the communication patterns between parents and children must be maintained. Aurellia and colleagues' study on communication strategies used by parents of children with mental retardation to build family resilience highlights three key areas: a) communication in establishing a new normal, b) communication in setting aside negative feelings and prioritising productive actions, and c) communication in affirming identity anchors (Aurellia & Ramadhana, 2022).

Parents exhibit an unwaveringly optimistic attitude and maintain positive hopes for the future, believing that their fate, bestowed by God, is ultimately for the best. This perspective is corroborated by Kumala et al.'s research, which discovered that spirituality significantly contributes to individual resilience. The study, involving three subjects, highlighted that belief in Allah's omnipotence, acceptance of divine destiny, and faith

that Allah's trials are within one's capacity to endure, are crucial elements of spirituality. Consequently, a higher level of spirituality correlates with enhanced resilience (Sari & Mariyati, 2023).

Parents' ability to perceive and understand that their child's disability stems from neurological impairments, rather than attributing blame to themselves or their spouse, is emphasised by Febiyana (Febiyana, 2019). Supported by Sampurno et al.'s research, parents often undergo a phase where they tend to focus on factors beyond their control, such as self-blame for actions that may have contributed to their child's disability, or attributing blame to other aspects of their lives, disregarding supportive elements. Their primary aspiration is for their child to develop akin to typical children (Sampurno & Wahyudi, 2017).

The Sundanese couples raising children with special needs demonstrate resilience through three core factors, identified as I AM, encompassing personal fortitude and perseverance; I HAVE, involving external support networks such as friends who provide respect and affection; and I CAN, indicating adeptness in maintaining positive interpersonal relationships with neighbours and relatives (Hermawati, 2018). This approach is similarly adopted by parents of autistic children, as noted in research by Kumala Sari et al., where each parent exhibits attributes including insight, autonomy, interpersonal skills, initiative, creativity, humour, and moral integrity. These qualities, coupled with the resilience factors of I Have, I Am, I Can, enable them to navigate challenges effectively and emerge resilient from adversity (Sari & Mariyati, 2023).

The three factors align closely with the Sundanese cultural traits of cageur, bageur, bener, singer jeung pinter, which signify physical and spiritual health, goodness, correctness, introspection, and intelligence. The term "cageur," representing physical health in Sundanese culture, holds a deeper philosophical meaning beyond mere physical well-being. It reflects a community's ability to think and act rationally and proportionally based on moral values. "Bageur," meaning goodness, portrays a society characterized by humanitarian virtues and upholding noble morals towards others, emphasizing mutual love, empathy, tolerance, and sympathy (silih asih). "Bener," or correctness, epitomizes a community known for its trustworthiness, integrity, and honesty, where actions consistently align with words, embodying honesty and steadfastness (Hermawati, 2018)

4.3. Aspects of family resilience in family with disability children

The trajectory of resilience among parents of children with disabilities spans from the initial diagnosis of their child's condition to the ongoing process of assimilating and comprehending the implications of their child's disability. Initially, upon receiving the diagnosis, parents commonly experience cognitive distress, characterized by shock, heightened stress levels, and introspective thoughts (Mumun, 2010). Affective states of disappointment, confusion, and sadness are commonly experienced by parents of autistic children. Following a process of adaptation and interpretation, both cognitively and affectively, parents of children with disabilities begin to transform. They tend to adopt a more positive outlook towards the challenges they face and demonstrate greater acceptance, fostering motivation to seek solutions for their child's well-being (Desmita, 2007).

In maintaining or rising above adversity within families of children with disabilities, a strong fortress is crucial. Self-competence and high standards as potential subjects are essential to optimize in facing challenges (Desiningrum, 2016). Individuals can fortify themselves by engaging in positive activities and mastering the ability to control irrational thoughts that often hinder resilience processes. The resilience process requires self-control, involving the subject's ability within the family to demonstrate changes in their life (Mumun, 2010).

Furthermore, factors influencing family resilience towards children with disabilities encompass individual characteristics, family support, and community factors. (Hasdianah, 2013). Family support, including from parents, is also a crucial factor influencing family resilience towards children with disabilities. This statement is encapsulated within the aspects of family resilience towards children with disabilities, which include resilience factors, self-efficacy, intrinsic motivation, the relationship between self-concept and resilience in parents, and parental emotional regulation.

The aspects of resilience in individuals or families inherently vary in magnitude, indicating that not everyone possesses the same resilience capacity. Each family member, such as mothers, fathers, and children, exhibits varying levels of resilience, some fulfilling and others not meeting the aspects required for resilience formation. Not all individuals have the capacity for self-resilience,

particularly mothers of children with Down Syndrome (Erliana, 2019). Some individuals have achieved resilience, while others are still developing it, which inevitably requires considerable time. Each person undergoes a distinct process, influenced notably by differences in education, economic status, family support, and levels of religiosity.

Reivich and Shatte (Widuri, 2012) outline seven aspects that shape family resilience towards members with disabilities. Firstly, Emotional Regulation stands as the cornerstone. Emotional regulation is crucial within the facets of resilience. Valentia (2017), defined it as the ability to remain composed under stressful conditions. Those lacking in emotional regulation find it challenging to build and maintain relationships. The ability to regulate emotions is essential in families with children who have disabilities. Secondly, Impulse Control is pivotal. It refers to an individual's capability to manage desires, impulses, preferences, and internal pressures, thus preventing loss of control. Individuals with low impulse control often experience emotional volatility, leading to impaired thinking and behaviour, manifested through irritability, impatience, impulsiveness, and aggression.

The third aspect is Optimism. Individuals demonstrating resilience are inherently optimistic, believing that circumstances can improve, maintaining hope for the future, and trusting in their ability to exert direct control over their lives. They focus on problem-solving strategies within controllable factors and strive for positive change, thereby gaining strength, leadership capabilities, resilience, and a hopeful outlook towards the future (Valentia 2017). Additionally, Causal Analysis is another critical aspect of resilience. It pertains to an individual's capacity to accurately identify the root causes of the challenges they face. Those unable to pinpoint the underlying causes of their issues are prone to repeating mistakes persistently.

The fifth aspect is Empathy (Edyta & Damayanti, 2016). Empathy is the ability to understand and show concern for others. Empathetic individuals can sense and comprehend others' emotions without being emotionally swayed themselves, often fostering positive social relationships. Individuals with low empathy tend to repeat patterns observed in non-resilient individuals, such as disregarding others' desires and emotions. The sixth aspect is Self-Efficacy and Intrinsic Motivation (Wulandari, 2017). Self-efficacy arises from successful problem-solving experiences, representing a belief in one's capability to solve problems and achieve success. Those with high self-

efficacy exhibit commitment to solving their challenges and persist despite setbacks in their current strategies. Intrinsic motivation, on the other hand, is an internal drive that compels individuals to excel in tasks or activities. Its dimensions include autonomy, competence, and relatedness. Both aspects are crucial in family resilience as they relate to individuals' problem-solving abilities.

The final aspect is reaching out. Resilience extends beyond an individual's ability to overcome adversity and bounce back from setbacks; it encompasses more than that. Reaching out involves the ability to grasp the positive aspects or derive lessons from life after experiencing adversity. Families with children with disabilities need to enhance their positive outlook on every challenge they encounter. Rising from adversity should be remembered and practiced. Extracting lessons from each event is essential. The key to sincerity and extracting lessons can foster family resilience towards families with disabled children.

In addition to the aforementioned seven aspects, there is a need for effective communication processes between fathers and mothers of children with disabilities, which are fraught with challenges (Aurellia & Ramadhana, 2022). Communication in this context encompasses three main areas: a) communicating in the establishment of new norms, b) communicating in setting aside negative feelings and prioritizing productive actions, c) communicating in affirming identity anchors. These three processes give rise to eleven themes, including communication with one's partner, collaboration, social activities, new routines, spiritual closeness, support in creating norms, discussions with one's partner, using obstacles as strategies, confidence in explaining identity, sharing stories, and receiving support during difficult times, all contributing factors to building family resilience.

With the seven aspects outlined and additional elements, it is hoped that these aspects can be applied within families with disabled children. However, many families still have limited implementation. It is important to note that each family possesses unique family resilience. With strong resilience and a positive direction, meaning an increase in individual, family, and community factors understanding resilience aspects, parental resilience towards families with disabled children can be enhanced.

5. Conclusions and suggestions

Research on family resilience towards children with disabilities demonstrates extensive dynamics.

Nonetheless, aligned with the research objectives, this article effectively presents the landscape of research outcomes on family resilience towards children with disabilities over the past decade, focusing on three major themes: social support for families with disabled children, strategies for building resilience in these families, and aspects of family resilience towards children with disabilities.

Beyond these themes, it can be concluded that family resilience is crucial for the well-being of children with disabilities. Regarding the aspect of resilience in this article, it interconnects with other themes, where each element plays a significant role in family resilience, particularly towards children with disabilities. There are seven aspects: emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and intrinsic motivation. Strengthening these seven aspects is expected to enhance family resilience towards children with disabilities, fostering a positive direction. Thus, with an increased understanding of resilience factors at the individual, family, and community levels, parental resilience towards families with disabled children can be heightened.

References

- Angraini, N., Husodo, B. T., & Syamsulhuda, B. M. (2017). *Gambaran Resiliensi Ibu yang Memiliki Anak Tunadaksa Sejak Lahir (Studi di Kelurahan Sendangmuljo Kecamatan Tembalang Kota Semarang)*. 5(52), 1063–1071.
- Aurellia, O. A., & Ramadhana, M. R. (2022). *Komunikasi Orang Tua yang Memiliki Anak Retardasi Mental Dalam Membangun Ketahanan Keluarga di SLB Handayani Sukabumi*. 9(1).
- Dewi, C. P. D. C., & Widiasavitri, P. N. (2019). Resiliensi ibu dengan anak autisme. *Jurnal Psikologi Udayana*, 6(01), 193. <https://doi.org/10.24843/JPU.2019.v06.i01.p19>
- Edyta, B., & Damayanti, E. (2016). *Gambaran Resiliensi Ibu Yang Memiliki Anak Autis di Taman Pelatihan Harapan Makassar*. 4(2), 181–366.
- Erin Ratna Kustanti, D. A. P. (2018). Hubungan Antara Resiliensi Dengan Psychological Well Being Pada Ibu Yang Memiliki Anak Dengan Gangguan Autis. *Jurnal Empati*, 7, 283–287.
- Fauziah, L. (2022). Hubungan antara Penerimaan Diri dengan resiliensi pada Ibu yang Memiliki Anak berkebutuhan Khusus di SLB Negeri Semarang [Universitas Islam Sunan Agung]. <https://repository.unissula.ac.id/28848/>
- Febiyana, R. (2019). *Resiliensi Ayah Yang Mengasuh Remaja Dengan Gangguan Autis Pada Suku Batak Toba di Kota Sidikalang*. 2(3), 560–571.
- Hasanah, U., & Retnowati, S. (2019). *Dinamika Resiliensi Ibu Single parent dengan Anak Tuna Ganda*. 3(3), 151–161. <https://doi.org/10.22146/gamajop.44106>
- Hermawati, N. (2018). *Resiliensi Orang Tua Sunda yang Memiliki Anak Berkebutuhan Khusus*. 1(2), 67–74.
- Hidayati, D. L., & Aisha, M. N. (2022). Living with Hope: Resilience Among Parent/s of Children with Autism in Palembang Therapy Center. *INKLUSI*, 9(1), 81–98. <https://doi.org/10.14421/ijds.090105>
- Kaffah, A. N., Erliana, Y. D., & Arisanti, I. (2019). Resiliensi Ibu Yang Memiliki Anak Down Syndrome Di Sekolah Luar Biasa (SLB) Negeri 1 Sumbawa. *Jurnal Psimawa*, 2(1), 28–34.
- Kelana, S. (2022). *Dukungan Sosial Keluarga bagi Anak Berkebutuhan Khusus di Sekolah Luar Biasa Peduli Anak Nagari Kecamatan Akabiluru*. 4(2), 99–111. <https://doi.org/10.38035/rj.v4i2.441>
- Khairiah, N., & Ridho, M. (2021). *Resiliensi Keluarga dengan Anak Disabilitas Tunarungu di Kota Samarinda*. 2(1), 46–75.
- Lestari, F. A., & Mariyati, L. I. (2016). Resiliensi Ibu Yang Memiliki Anak Down Syndrome Di Sidoarjo. *Psikologia: Jurnal Psikologi*, 3(1), 141. <https://doi.org/10.21070/psikologia.v3i1.118>
- Maharani, A. P., & Panjaitan, R. U. (2019). Resiliensi dan Hubungannya dengan dengan Tingkat Stress Orang Tua yang Memiliki Anak Penyandang Autism Spectrum Disorder. 2(1), 47–54.
- Ningsih, S. D., & Ramadhani, S. (2022). Pengeruh Self Concept terhadap Resiliensi pada Orangtua Anak Berkebutuhan Khusus di SLB Negeri Pembina Tingkat Provinsi Sumatera Utara. *JURNAL PSYCHOMUTIARA*, 5(2), 85–92. <https://doi.org/10.51544/psikologi.v5i2.3596>
- Priasmoro, N., Pitaloka, D., & Ernawati. (2017). Analisis Faktor yang Berhubungan dengan Resiliensi Orang Tua Anak Redartasi Mental (Down Syndrome) Studi di SDLB-C yayasan Bhakti Luhur Kota Malang. 5(1), 16–24.
- Purwanti, D. A., & Kustanti, E. R. (2020). Hubungan antara resiliensi dengan psychological well-being pada ibu yang memiliki anak dengan gangguan autis. *Jurnal Empati*, 7(1), 283–287.
- Sampurno, C. P., & Wahyudi, H. (2017). Studi Deskriptif mengenai Resiliensi Ibu yang Memiliki Anak Autis di Rumah Autis Bandung. 3(2). <https://karyailmiah.unisba.ac.id/index.php/psikologi/article/view/6733>
- Sari, D. K., & Mariyati, L. I. (2023). *Resiliensi Orang Tua dengan Autism Spectrum Disorder (ASD) di SLB Aisyiyah Tulangan Sidoarjo*. 2(1), 1–7. <https://doi.org/10.47134/researchjet.v2i3.5>
- Sriwahyuni, A., & Rusli, D. (2023). *Hubungan antara Dukungan Sosial Pasangan dengan Resiliensi*

- Ibu yang Memiliki Anak Berkebutuhan Khusus di Yayasan Inspirasi Pembelajar*. 7(1), 1853–1860. <https://doi.org/10.31004/jptam.v7i1.6083>
- Wijaya, M. L., Noviyanti, L. K., & Hartini, S. (2024). *Gambaran Resiliensi dan Kebersyukuran Caregiver pada Anak yang Mengalami Down Syndrome di Wilayah Kota Semarang*. 2(1), 85–93. <https://doi.org/1055606/jikg.v2i1.2108>
- Wulandari, N. N. M. (2017). *Peran Efikasi Diri Dan Motivasi Intrinsik Terhadap Resiliensi Orangtua Dengan Anak Berkebutuhan Khusus Pada Sekolah Luar Biasa (SLB) Di Bali*. 4(2), 347–356.