



The Role of Gratitude in the Resilience of Mothers Who Have Children with Autism Spectrum Disorders

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Abstract

The resilience of mothers who have children with autism spectrum disorders in Indonesia has not been studied quantitatively. It is important to study because it is linked to the variable gratitude for resilience in mothers who have children with autism spectrum disorders. This research was carried out in the city of Medan in places that have mothers of children with autism spectrum disorders, such as special schools (SLB), both public and private, therapy places, or paediatrician clinics. In this research, the sampling technique used was non-probability sampling. Gratitude plays a positive and significant role in resilience in mothers who have children with autism spectrum disorders. Most research subjects had a high sense of gratitude and resilience, totalling 47 people. Subjects who had high feelings of gratitude with moderate resilience were 42, subjects who had moderate feelings of gratitude and moderate resilience were eight people, subjects who had moderate gratitude with low resilience were four people, subjects who had moderate gratitude with high resilience were two people, and subjects who had high gratitude with low resilience were one person.

Keywords: *Gratitude; Resilience in Mothers Autistic; Children on the Autism Spectrum.*

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Introduction

Social support has a positive relationship with resilience. (Ibrahim dkk., 2021; Mufidah, 2017; Poegoeh & Hamidah, 2016). (Hasanah & Noor, 2017) Stated that there is a positive relationship between social support and resilience in mothers who have children with multiple disabilities at SLB-G Bhakti Mitra Utama Baleendah Foundation, Bandung Regency. This means that the higher the social support, the higher the resilience. (Said dkk., 2021; Sari & Indrawati, 2016). This study also reported that all aspects of social support, including emotional or esteem support, tangible or instrumental support, informational support, and companionship support, were significantly correlated with resilience (Hasanah & Noor, 2017).

Social support from partners and family members can encourage mothers of children with special needs to achieve resilience, (Fatimah, 2021; Machmiyah, 2019) Where family support makes a mother feel accepted and appreciated, (Aulia, 2024; Pranoto, 2023) fosters optimism and enthusiasm for caring for children and avoids lonely (Sriwahyuni & Rusli, 2023).

Research reports that parents, including mothers with children with autism spectrum disorders, receive less social support from their surrounding environment. (Puspita, 2018). A preliminary study by (Era dkk., 2021) in their research regarding the description of community

support for families with autistic children, a total of 2 families in Limbungan Village, Pekanbaru, reported that many of their friends and neighbors looked down on them, often talked about their child's condition, often gossips and makes fun of him and often even says inappropriate things to his child. Apart from that, in a preliminary study conducted on seven residents, they reported that they never cared about the families of autistic children. Residents often isolate, ridicule, never take the time to interact with families of autistic children, never provide any assistance to families of autistic children, never provide health information to families of autistic children, often ignore families of autistic children, avoid meeting families of autistic children and never provide any support to the families of autistic children.

Other studies report different results. (Sriwahyuni & Rusli, 2023) Researched partner social support with resilience in mothers with children with special needs at the Learner's Inspiration Foundation, stating that social support such as partner support significantly influences the resilience of mothers who have children with special needs. In contrast, mothers who receive support from their partners tend to have the fighting power to rise from adversity and the various demands of adequate care. (Zhao & Fu, 2020) Also stated that parents of children with autism spectrum disorders who had a high level of resilience in China were found to have developed social support that came from family support, other parent groups, and teachers. These sources of support are important for parents of children with autism spectrum disorders. (Aurellia, 2022; Isfani & Paramita, 2021).

Based on the phenomenon above, it can be seen that internal protective factors, such as parental gratitude, and external protective factors, such as social support, influence resilience. Many studies have been conducted that examine resilience in mothers who have children with autism spectrum disorders, such as research on the dynamics of resilience (Astria & Setyawan, 2020; Dwitya & Priyambodo, 2020; Muniroh, 2010), as well as research using qualitative research methods. To further explore the resilience experiences of single-parent mothers in caring for children with autism spectrum disorders (Lamuna, 2024; Safitri, 2019). Likewise, research on resilience is only influenced by one research variable, namely the role of gratitude in resilience (Reswara, 2019), and also the role of social support on resilience in mothers who have children with autism spectrum disorders (Saichu & Listiyandini, 2018).

The novelty of this research is that research on the resilience of mothers who have children with autism spectrum disorders in Indonesia has not been studied quantitatively and is important to study because it is linked to the variable of gratitude for resilience in mothers who have children with autism spectrum disorders. Therefore, researchers consider it necessary to research "The Role of Gratitude on Resilience in Mothers Who Have Children with Autism Spectrum Disorders."

Metodologi

This paper uses a quantitative approach (Hasibuan dkk., 2022; Hasibuan & Rahmawati, 2019; Rahardjo, 2011). This research was carried out in the city of Medan in places that have mothers of children with autism spectrum disorders, such as special schools (SLB), both public and private, therapy places, or paediatrician clinics. In this research, the sampling technique used is non-probability sampling, which does not provide equal opportunities for all members of the population to be selected as members of the sample (Amin dkk., 2023; Firmansyah, 2022). In determining the sample size, researchers used the Lameshow, Hosmer, Klar, and Lwanga (1990) formula (Invader, 2018; Yuliawan & Wanniatie, 2021). The following Lameshow, Hosmer, Klar, and Lwanga 1990 formula was used:

$$n = \frac{Z^2 \cdot 1 - \alpha / 2 \cdot P (1 - P)}{d^2}$$

$n = (Z^2 \cdot 1 - \alpha / 2 \cdot P (1 - P)) / d^2$
 n = Number of samples
 $Z_{1 - \alpha / 2}$ = Z score at the 95% confidence level = 1.96
 P = Estimation of proportions
 d = Precision/error rate used

According to Lemeshow et al. (1990), three levels of confidence can be used, namely 90% (.645), 95% (.960), and the highest is 99% (.576). (Munafi, 2022).

Table 1. Determination of P Value (1-P)

Trust Level Value	P	P * (1 - P)
	.5	.25
	.4	.24
	.3	.21
	.2	.16
	.1	.09

Lameshow et al. (1990) stated that using a P value of 0.5 was sufficient to meet the requirements for determining sample size. So, the researcher determined the number with a maximum estimate of 50% (P = .5) and an error rate of 10% (d = .1). From the table above, the sample size in this study was 96.04, the researcher rounded it up to a minimum of 100 samples. (Prawiranegara dkk., 2023).

Hasil dan Pembahasan

Results of Multiple Linear Regression Test Hypothesis of the Role of Gratitude on Resilience in Mothers Who Have Children with Autism Spectrum Disorders

The results of the multiple linear regression test for hypothesis 3 of the role of gratitude and social support on resilience in mothers with children with autism spectrum disorders are described in Table 2.

Table 2. Hypothesis Multiple Linear Test Result

Model		Sum of Squares	Df	Mean Square	F	P
H	Regression	1823.730	2	911.865	7.479	< .001
	Residual	12312.770	101	121.919		
	Amount	14137.500	103			

Based on Table 1, it can be seen that the significance value is <.001 (p <.05), or the calculated F value = 7.479 is greater than the F table (3.087). Thus, it can be concluded that the third hypothesis in this study is accepted. This means that gratitude and social support play a positive and significant role in resilience in mothers who have children with autism spectrum disorders. Apart from that, the results of the R determination test on this research data can be seen in Table 3.

The Table 3, shows that the R-value between gratitude and resilience is .359, and the coefficient of determination (R square) value obtained is 129. This value means that gratitude and social support play a large role in resilience in mothers with children with autism

spectrum disorders, with 12.9%, while other variables outside this research model influence the remaining 87.1%.

Table 3. R Determination Test Result

Model	R	R ²	Adjusted R ²	RMSE
H ₀	.000	.000	.000	11.716
H ₁	.359	.129	.112	11.042

Furthermore, the equation of the multiple linear regression line of gratitude and social support on resilience in mothers with children with autism spectrum disorders can be seen in Table 4.

Table 4. Analysis of the Direct Role of Gratitude and Social Support on Resilience

Model		Unstandar dized	Standard Error	Standar Dized	t	P
H ₀	(Intercept)	71.750	1.149		62.456	< .001
H ₁	(Intercept)	35.170	13.315		2.641	.010
	Gratitude	.253	.077	.356	3.276	.001
	Social Support	-.011	.183	-.007	-.062	.951

Based on Table 4, the standardized value of the gratitude variable is .356, and the gratitude regression coefficient is .253 with a significance value of $p = .001$ ($p < .05$), while the standardized value of the social support variable is $-.007$ and the social support regression coefficient is $-.011$ with a significance value of $p = .951$ ($p > .05$). This shows that gratitude directly influences resilience. In contrast, the role provided directly by social support in resilience is not positive or significant.

Cross Tabulation of Categorization of Gratitude on Resilience in Mothers Who Have Children with Autism Spectrum Disorders.

The first cross-tabulation shows the distribution of data on gratitude for resilience in mothers with children with autism spectrum disorders by looking at the data categories for each variable in Table 6.

Table 6. Cross Tabulation of Gratitude on Resilience

		Resilience			Amount
		Low	Medium	High	
Gratitude	Low	0 (0.0 %)	0 (0.0 %)	0 (0.0 %)	0 (0 %)
	Medium	4 (3.8 %)	8 (7.7 %)	2 (1.9 %)	14 (13.4 %)
	High	1 (1.0 %)	42 (40.4 %)	47 (45.2 %)	90 (86.6 %)
Amount		5 (4.8 %)	50 (48.1 %)	49 (47.1 %)	104 (100 %)

Based on Table 6, it can be seen that the subjects who have high gratitude and high resilience are 47 people (45.2 %), the subjects who have high gratitude with moderate resilience are 42 people (40.4 %), the subjects who have moderate gratitude with low resilience are four people (3.8 %), subjects who have moderate gratitude with moderate resilience totalling eight people (7.7 %), subjects who have moderate gratitude with high resilience totalling two people (1.9 %), and subjects who have high gratitude with low resilience amounted to 1 person (1.0 %). Most of the research subjects had a high sense of gratitude and resilience, totalling 47 people (45.2 %).

Gratitude plays a positive and significant role in resilience in mothers who have children with autism spectrum disorders.

Based on the results of previous statistical analysis, it is known that this research obtained results that the first hypothesis was accepted, namely that gratitude plays a positive and significant role in resilience in mothers with children with autism spectrum disorders. This means that the higher the sense of gratitude that the mother of a child with autism spectrum disorder has, the higher her resilience. Vice versa, the lower the sense of gratitude a mother of a child with autism spectrum disorder has, the lower her resilience. The results of this research are supported by the research results of (Saputra & Fauziah, 2022), who found a significant positive relationship between gratitude and resilience. The research results by (Mangundjaya & Rezeki, 2024) also show that gratitude is a predictor of resilience, so it can be said that developing resilience can be done by developing a sense of gratitude.

The results of the analysis using cross-tabulation show that 45.2% of subjects with high levels of gratitude have a high level of resilience, and 40.4% of subjects with high levels of gratitude have a moderate level of resilience. The results of this study show that the majority of mothers who have children with autism spectrum disorders are in the high category and have high resilience.

(Listiyandini dkk., 2015) Define gratitude as a feeling of gratitude, happiness, and appreciation for the things obtained during life from God, humans, other creatures, and the universe, which then encourages a person to do the same things as he received. When a person has a high level of gratitude, (Wood dkk., 2008) He does not deny or ignore all the negative things in his life, (Effendy, 2012) But is grateful for and enjoys everything he has, (Zain, 2020) makes choices, gives meaning to his life, and feels satisfied in his life (Takdir, 2019).

A grateful individual will realize the benefits of something that happens to him (Zaman & Bahari, 2023). Gratitude has components of a sense of appreciation for God, other people, and life, positive feelings towards the life one has, and a tendency to act positively as an expression of positive emotions and appreciation. Individuals who feel grateful will appreciate whatever they receive as a gift and destiny from God (Aisyah & Chisol, 2020). The individual believes that God will help him face difficult situations. Belief in fate, grace, and help from God will also change negative emotions into more positive ones (A'yun, 2015). This becomes positive energy to increase an individual's ability to control difficult situations. Grateful individuals will also show more positive behavior, (Utami, 2020) So they remain persistent and do not give up easily, even when facing difficult obstacles. (Cahyono, 2014). Positive emotions make individuals more resilient in facing stressful or depressed conditions. (Nadhiroh, 2012).

The results of research by (Winata & Fairus, 2023) Regarding the gratitude of mothers who have children with autism, it was found that the subjects experienced deep feelings of gratitude in carrying out their role as mothers of children with autism spectrum disorders. Feelings of gratitude arise as a response to the presence of their children and the achievements they have achieved and become an incentive to see life from a more positive perspective. Feelings of gratitude play an important role in subjects' daily lives, helping them be more patient and creative in dealing with their challenges. Additionally, feelings of gratitude also influenced the subjects' perception of life as a whole, inspiring them to see the good in every

small moment and celebrate their children's achievements, no matter how small. Feelings of gratitude also positively impact the subject's psychological well-being. When seeing their children's development and achievements, subjects felt positive emotions, such as happiness and pride. Feelings of gratitude also provide a high enthusiasm for learning to understand their children's conditions better.

The proposition above can be concluded that a religious approach, which then gives rise to feelings of gratitude, makes individuals enjoy life more so that mothers will think that the presence of a child with autism spectrum disorder is not just a trial but also a challenge. As a gift from God, I believe that caring for autistic children is a field of charity that mothers will receive in the future. By being grateful, mothers will not complain, will not give up on caring for children with autism spectrum disorders, and will be more optimistic about their child's development. The feeling of gratitude felt by mothers who have children with autism spectrum disorders is to appreciate the development of the child's condition by saying Alhamdulillah and realizing the goodness received.

Conclusion

The resilience of mothers who have children with autism spectrum disorders in Indonesia has not been studied quantitatively. It is important to study because it is linked to the variable gratitude for resilience in mothers who have children with autism spectrum disorders. This research was carried out in the city of Medan in places that have mothers of children with autism spectrum disorders, such as special schools (SLB), both public and private, therapy places, or paediatrician clinics. In this research, the sampling technique used was non-probability sampling. Gratitude plays a positive and significant role in resilience in mothers who have children with autism spectrum disorders. Most research subjects had a high sense of gratitude and resilience, totalling 47 people (45.2 %). Subjects who had high feelings of gratitude with moderate resilience were 42 people (40.4 %), subjects who had moderate feelings of gratitude and moderate resilience were eight people (7.7 %), subjects who had moderate gratitude with low resilience were four people (3.8 %), subjects who had moderate gratitude with high resilience were two people (1.9 %), and subjects who had high gratitude with low resilience were one person (1.0 %).

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