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Review Article

The Effect of Social Support on the Parents with Disabilities Children in Experiencing Stress: Literature Review

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Abstract

Aims: Having children with special needs requires parents to be more creative in their care, and it is not uncommon for parents to feel stressed. Many studies demonstrate that good social support is essential for developing parents' coping skills. This study aimed to investigate the impact of social support on the stress-coping of parents with children with disabilities.

Methods: This study was a literature review. For relevant studies, articles were gathered from PubMed and Science Direct databases. The inclusion criteria were full-text papers that were free and in English; research was conducted on parents of children with disabilities; the article's content was relevant to the topic, and it was an original article published in the last seven years (2015-2021). There were five articles discovered that fulfilled the eligibility requirements.

Results: The results showed that social support significantly impacts the development of parental coping strategies for dealing with challenges or stress experienced by parents of disabled children.

Conclusions: This study concluded that offering adequate social support interventions to parents developed parental coping by being adaptive, allowing parents to overcome stress. The impact of this study influences how parents relate, behave, and care for their children, resulting in a favorable impact on their child's development.

Keywords :

Coping Styles, Parental Stress, Social Support, Children, Disabilities

INTRODUCTION

Parents with disabilities children, especially a mother, will experience a higher stress level than parents with children with normal growth (1). If the stress on parents continues, it will become the trigger of children's violence because the parents are exhausted and unable to deal with their children. According to the Ministry of Women and Children Empowerment's

Online Information System for the Protection of Women and Children (SIMFONI) and the Indonesian Child Protection Commission (KPAI), case reports are constantly increasing. According to the "Global Report 2017: Ending Violence in Childhood," 73.7 percent of Indonesian children aged 1 to 14 face physical and psychological abuse at home (2). This study demonstrates the importance of social support for parents to improve their coping

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abilities. Social support, such as friendship and emotional support, can be gained from others in their environment, helping parents support the growth and development of children with special needs .

Children with Disabilities have long-term physical, mental, intellectual, or sensory disabilities and may face challenges in engaging with the community's environment and attitudes that prevent them from participating entirely and effectively based on equal right (3). According to the basic health research report from 2018, 3.3 percent of Indonesian children aged 5 to 17 have a disability. Most disabilities affect teenagers aged 15 to 17, accounting for 4.2 percent of all children with disabilities in 2019, there were 134,045 children with disabilities (4).

Children with disabilities frequently endure various psychological issues due to congenital disabilities or environmental responses to the child's impairment. It becomes a major difficulty that children must face, especially if they do not receive social support from their family or environment. Support from the social environment significantly impacts the development of children with special needs (5). Children's health and ability to adjust are aided by social support from their families. As long as children with disabilities receive good social support in the form of emotional and social assistance from their families, they will be able to develop appropriate emotional and social skills. Children require a coping mechanism to develop good emotional and social skills; if children possess good emotional and social skills, their coping will be adaptive.

Because their children with disabilities have a shortage or hurdle in their ability to execute something and in their self-acceptance, parents of children with disabilities frequently require coping skills. A coping mechanism is any action in which a person interacts with their surroundings to solve a problem (6). When people have

non-positive coping or adaptive deficits, many rights will be violated, including parents' refusal to accept a disability condition in their child, which will impact their own mental, social, and emotional health, as well as their children's. In contrast, if parents of children with special needs have excellent or positive coping, they will exhibit good and positive support for their children, allowing parents to strengthen their care and love for their children, as well as positive things that children can feel. Children have no less remarkable achievements in form education when their parents have adaptive coping mechanisms. As a result, we must pay attention to the social-emotional talents of parents of disabled children in order to ensure that they have a pleasant existence that will aid their child's growth and development. Fauzia and Mangunsong (7) explain how parents' emotional and social support might increase parental coping and affect social emotions in disabled children. This study aimed to determine the effect of social support received by parents on the social-emotional ability of children with special needs through parental acceptance of children.

METHODS

This literature review is based on a PubMed/NCBI and Science Direct electronic database search. The findings were published using the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analysis) protocol, which was chosen based on the inclusion criteria. The search for articles was performed in November and December 2021. The strategy that used for searching the article from this journal is using PICO. where the population is the mothers who have disables children, who provides interventions in the form of social support and emotional support. the connection between stress problem that experienced by the parents with the output from the stress from the parents will solved with the adaptive coping. the keywords that

used in this study are kind of coping, parental stress, social support, children and disability. All articles that matched the research requirements for inclusion, namely: (1) Free full-text English papers from the last seven years (2015-2021), (2) Research on parents of children with special needs or disabilities, (3) content of relevant articles, and (4) original papers

will all be considered for inclusion in the study. The following items were excluded from this study: (1) research on children; (2) systematic review research; (3) research that did not fit the research theme; and (4) research process. The PRISMA figure in Figure 1 will provide a detailed explanation.

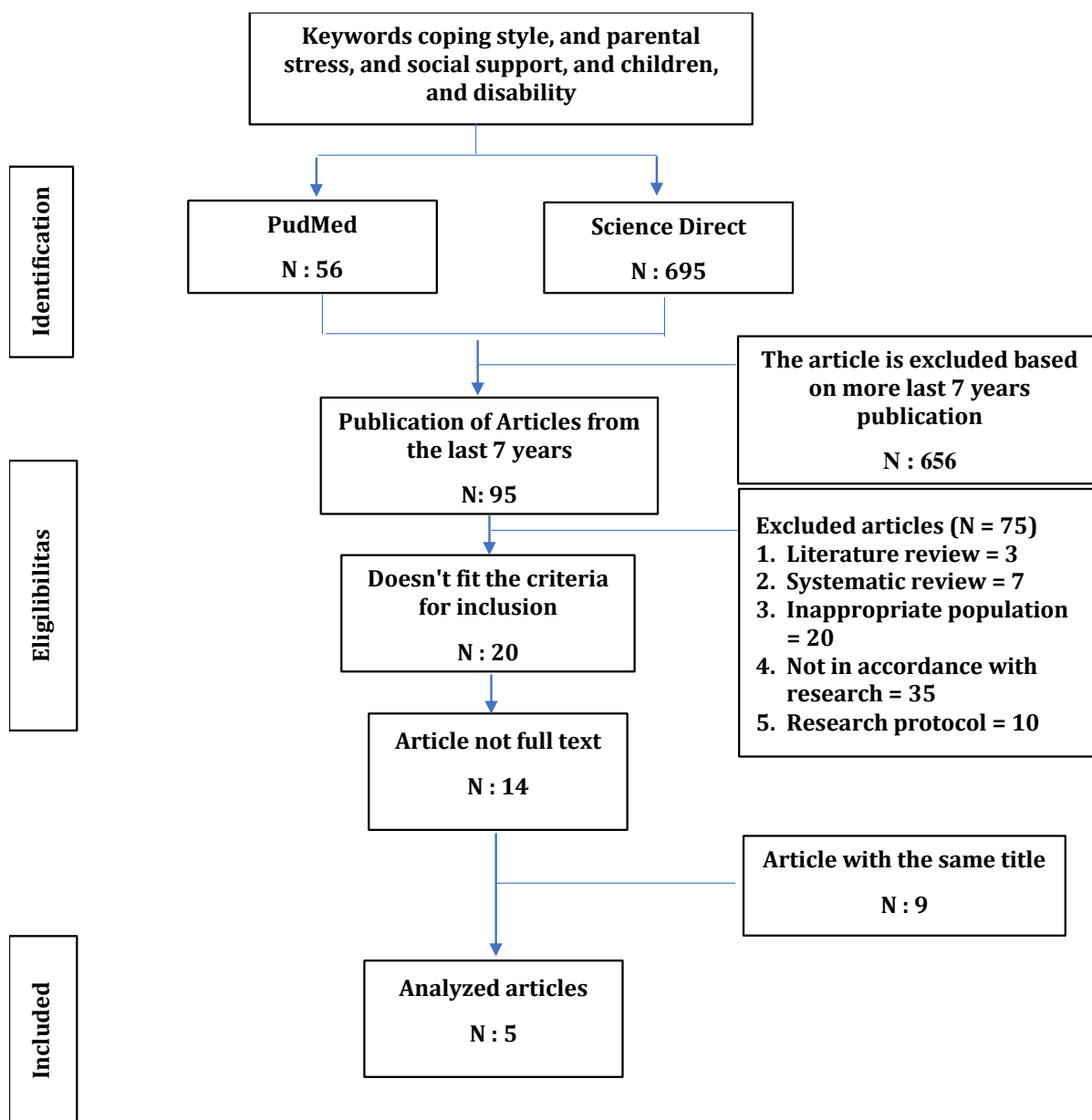


Figure 1. The PRISMA Flow Diagram

Data extraction was carried out after reviewing the study's quality on five publications deemed reasonable. Data were extracted by evaluating the Author's name, title, purpose, study technique, the number of samples, and research findings. Table 1 shows the outcomes of the data extraction. After screening and selecting papers based on inclusion, exclusion, and article eligibility criteria specified by the Author based on the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) guideline format, there are five articles in this review.

RESULTS

The average age criteria for the sample of parents in the five publications were 22-60 years old, in a hospital environment, and the average parent had children with autism, epilepsy, and Down syndrome. In the study, ordinary parents were asked to test their coping skills in dealing with the stress of having a child with a disability, as evidenced by the social support supplied by others.

The findings of research conducted by Jakobsen & Elklit (8) show that good self-control and coping responses will be able to overcome the stress experienced by parents if the social support needs are met. If social support is not met, it will not affect self-control and parental coping, so social support is no longer a contributing factor. Therefore, the need for social support for parents must be reviewed. Similar with study from by (9) Obeid & Daou , who claim that if parents of autistic children utilize coping methods and receive the appropriate

social support, their health will increase, and their stress levels will drop.

Research conducted by Bujnowska et al. (10) shows that every parent with a child with a disability experiences a high-stress level, so an excellent coping style and social support are needed to cope with the perceived stress. Problem coping strategies, rather than avoidance coping strategies, are preferred by most parents of disabled children because they lessen parental stress. Furthermore, the most common type of social support offered to parents is emotional and social support, as this type of assistance is better suited to assisting parents in adapting their coping strategies. In line with study from Fauzia & Mangunsong's (7) research, which found that providing social assistance in the form of emotional support to parents improves parental coping and kid coping. It will improve the child's growth and development process when dealing with adoptive children.

According to the findings of a study conducted by Çalışkan et al. (11), the most common problems faced by parents were caring for their children with disabilities, feeling misunderstood by those around them, and 61.1 percent expressing "sadness, disappointment, and anxiety" for their disabled children. Parents' emotional tiredness (stress) will be reduced as their quality of life improves. When parents' quality of life improves, it is influenced by the coping style they develop as a result of the social support they receive, resulting in a tighter bond between parents and their children.

Table 1. Data Extraction Results

No	Title/Author/Year	Purpose	Method and sample	Results
1.	Self-control and coping responses are mediating factors between child behavior difficulties	This study aimed to assess the need for parental support in terms of psychological	The study is descriptive and cross-sectional in design.	As long as sufficient social support is provided, self-control and coping

	and parental stress, and family impact on caregivers of children with severe epilepsy (8)	characteristics (self-control and coping strategies) that have trouble dealing with children's behavior, parental stress, and the impact of severe childhood epilepsy on the family.	One hundred sixty-two parents of children with severe epilepsy who were hospitalized were given a questionnaire about the impact of family, coping responses from social support, parental sense of control, and stress levels.	methods can help parents overcome their stress $p = 0.001$. The family is still sad, unhappy, and facing financial difficulties as a result of the damage.
2.	Coping with stress in parents of children with developmental disabilities (10)	This study aims to compare the stress management approaches and strategies of parents of children with developmental disabilities to parents of children without developmental disabilities.	This study used A cohort design. One hundred sixty-seven parents of children with developmental impairments and 103 parents with specific developmental disabilities freely participated in the study. At random, parents were chosen. The parents were given a questionnaire in which they were asked to rank their coping styles for stress situations. Coping strategies were categorized into three categories: task-oriented, emotion-oriented, and avoidance-oriented.	This study's results suggest substantial differences between parents of children with developmental impairments and parents of children without developmental disabilities. According to the data, they employed coping methods ($p = .001$) and coping styles ($p = .011$). The average parent with developmental impairments employs problem-solving-oriented coping to deal with stress, necessitating emotional and social assistance to improve their coping.
3.	Determination of burnout, life satisfaction, and stress coping styles of parents with	This study aims to assess the issues, weariness, life satisfaction, family stress, and coping	Design and Methods: Descriptive and cross-sectional study in which 191	The findings revealed that when parents' life happiness improved, so did



	disabled children (11)	techniques of families with disabled children and their relationships.	parents of children with disabilities volunteered.	their emotional weariness and their sense of personal accomplishment ($p = 0.05$). As a result, parents of children with impairments in dealing with perceived stress require adaptive coping techniques derived through social support to minimize fatigue and promote life satisfaction.
4.	The Effect of Social Support on the Social-Emotional Ability of Children with Special Needs Mediated by Parental Acceptance of Children (7)	The purpose of this study was to see how social support for parents of children with special needs affected their children's social-emotional capacities through the impact of parental acceptance.	This research method is an analytical survey where the participants include 291 parents, mothers or fathers, and elementary school children with special needs, both developmental and physical needs, in Indonesia. Researchers find participants by contacting communities that may consist of samples with predetermined characteristics such as inclusive elementary schools, special elementary schools, and communities.	The study's findings demonstrated that social support in the form of emotional support and mentoring had an indirect impact on children with special needs' emotional and social abilities. ($p=0.000$)
5.	The effects of coping style, social support, and behavioral problems on the well-being of mothers of children with	This study aims to see how coping techniques, social support, and children's behavioral symptoms affect the	This is a cross-sectional research method. A total of 163 moms with ASD children	The findings of this study show that if a mother employs a Release coping style or addresses



Autism Spectrum Disorders in Lebanon (9)	well-being of 65 women in Lebanon who have children with Autism Spectrum Disorders (ASD).	were recruited for this study, and questionnaires were delivered to them.	challenges with adequate social support, she perceived well-being could improve. (p = 0.001) p = 0.001 p = 0.001
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DISCUSSION

Parental stress can arise due to the significant role played by parents, particularly mothers, in caring for children with disabilities. Parents of children with disabilities have more significant psychological stress than parents without disabilities because children with disabilities require more parental assistance than children without disabilities (12). If allowed to continue, the stress experienced by parents would be extremely harmful since children will become a trigger for violence against children. Furthermore, when children do not receive the care and attention they require, it can negatively impact their quality of life. Thus many parents must consider their coping techniques.

Parents frequently require coping methods to deal with perceived challenges. Coping mechanisms are behaviors or countermeasures for any acts in which people engage with their surroundings to solve an issue (6). Focused on the issue is a parents' coping frequently employs to solve problems that are more problem-oriented, such as efforts to regulate or change the external situations that are the source of worry or do something to change the source of the anxiety. An external strategy is problem-focused coping. Finding and dealing with the main problem through learning new tactics or abilities to lessen the stressors people face or feel is the primary focus of problem-focused coping. In line with (10), which shows that parents of children with disabilities more often use coping strategies that focus on problems

rather than avoidance because they are considered more able to resolve the stress parents feel.

Social support is one of the main factors in positive coping; namely, people get help and support from family and friends in social interaction activities, including actual material objective support, subjective emotional support, and the use of support, which have a positive impact on the psychological stress felt by parents (13). If social support is high, it can help increase self-efficacy so that the adaptive coping style is positive, thereby reducing psychological stress levels. Individuals with more social support believe that they can get the support and assistance they need when faced with adversity or setbacks, so their confidence in their problem-solving abilities continues to increase (i.e., stronger self-efficacy). They are more likely to use a positive coping style to deal with issues, reducing the likelihood of developing psychological disorders. According to studies by (8), self-control and coping methods can help parents manage stress if they have strong and suitable social support. As a result, the parents' coping skills will become adaptive (p = 0.001). Parents who receive appropriate social support and professional assistance, report higher levels of life satisfaction and are better able to cope with stress.

To accept children's condition, parents require what is known as emotional and social support from their environment. Social resources and social support, such as friendship support and emotional support, are vital for parents of children with special needs to obtain from the people in their

environment so that parents can carry out their functions properly and ultimately encourage the growth and development of children with special needs. The emotional support that parents receive greatly impacts the emotional and social abilities of children with special needs since most parents reject the reality that their children have special needs. They may also bargain, express anger, and endure depression until they eventually accept reality. (7)research found that parents require social help in the form of emotional support to cope with their stress and that assistance has a direct and indirect impact on the emotional and social capacities of children with disability ($p = 0.000$).

The social environment's support for children with special needs significantly impacts their development (5). Children with exceptional needs who receive adequate social support from their environment can accomplish equally impressive results in both formal education and skills, allowing them to be self-sufficient in their lives. Furthermore, a positive coping style can improve the child's overall quality of life if the youngster has a positive coping style.

CONCLUSION

Overall, the five articles examined found that social support considerably impacted dealing with parents in problem-solving situations. When parents practice adaptive coping, their children's coping becomes adaptable. Further research should be conducted to address what kind of social support is required by parents of children with disability by using qualitative research.

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