

Psychological Well-being in Terms of Parenting Self-efficacy and Resilience in Mothers with Autistic Children in Jakarta, Bogor, Depok, Tangerang and Bekasi

Asmadi Alsas, Rila Sovitriana and Agustina Ekasari

Universitas Persada Indonesia – YAI, Jl. Pangeran Diponegoro, DKI Jakarta, Indonesia

Keywords: Psychological Wellbeing, Parental Self Efficacy, Resilience.

Abstract: The psychological dynamics that arise on mothers with autistic children indicate a low psychological well-being. Parental self efficacy and resilience are the factors that can increase psychological well-being, as a result mothers with autistic children can have self-acceptance, personal growth, purpose of life, environmental mastery, autonomy and having positive interpersonal relationships. This study aims to examine the theoretical model of parental self efficacy effect to psychological well-being with resilience as mediator among mothers with autistic children in Jakarta, Bogor, Depok, Tangerang, and Bekasi. In this study, 184 were drawn by purposive sampling and data were collected with psychology scale. SEM (Structural Equation Modelling) techniques from AMOS (Analysis of Moment Structure) v.24 were used for data analyzing. This study concluded that theoretical model of parental self efficacy effect to psychological well-being with resilience as mediator were fit with the empiric data. Mother who faced many adversities for rearing her autistic child have to build resilience thru confidence with their competence as parents so that mother can achieve an optimal psychological well-being.

1 PRELIMINARY

Having a child was a beautiful give form god for parents. Children become source of happiness and giving a purpose to life. Most of the parents hoping for a healthy child, unfortunately not all children were born with normal condition, some blessed with unique conditions such as autistic spectrum disorder (ASD).

Berkell (Hanapi, 2017) explained that autism is a highly complex pervasive development disorder (PDDs). Symptoms and characteristics shown might be vary with the degree that associated with cognitive impairment, this evolving pattern can make diagnostic process difficult in some cases. Tunrkington (Hanapi, 2017) stated that autism disorder is a severe development disorder that can affected communication skill, interaction with others, and giving appropriate respond to stimuli from the environment. Furthermore, children with autistic were obsessed with uniformity and repetitive behaviour (Safaria, 2005).

As a development disorder, symptoms can appear during the first three years of childhood and

last throughout life. This condition made some ASD child couldn't get along with normal lifestyle, but children with ASD can achieve good social functioning if they done some therapy. In Indonesia, therapy for children with ASD were limited. Most of those therapy clinics can be access on urban area such as Jakarta, Bogor, Depok, Tangerang and Bekasi (Jabodetabek). Based on demographical survey from 184 respondents on Jabodetabek area, we found that 130 mothers with autistic child under go therapy on clinic or hospital, school for special needs children, calling therapist to home and mixed of clinic therapy and calling therapist to home.

This survey indicated that easy accesses to therapy doesn't mean parents with autistic child will go for therapy. Even though this survey didn't explore family social economic, we predict that high price of autistic treatment become obstacle for parents to giving their child proper (Pradana and Kustanti, 2018). When children with autism not having proper treatment symptom could be worse and become burden for parents, especially mothers.

Mothers as the main caregivers often deal directly with many difficulties that arise from her

autistic child condition. Some previous researches stated that mother with autistic children prone to stress (Lewis et al., 2006; Nikmat, et al., 2008; Muniroh, 2010). Those difficulties not only came from her child behaviour, but also challenges that came from family relationship, marriage or lack of knowledge (Pradana and Kustanti, 2018). Eventually, this prolonged condition may threaten mother's psychological well-being.

Mother could overcome this stressful condition if she had good psychological well-being (2010). Psychological well-being helped mother to understand her role as caregiver, creating warm relationship with her children and others and also mother can develop her ability continuously. This modality could be increased by several factors, such as parental self-efficacy, resilience, religiosity and spouse social support.

2 THEORETICAL MODEL

Having autistic child giving mother extraordinary challenge. Many adjustments should be made from daily routine through family expenses. After her child got diagnose with autism disorder some mothers still feel guilty because of her child condition and that kind of remorse can lead mother to greater stress (Muniroh, 2010). When mother thinks she causing her child autism disorder, can lead mother into desperation and neglecting her autistic child. Mothers also facing some problems from society, such as negative label that society gave to autistic child and effort from raising her autistic child heavier than mother with normal child. In general, mothers with autistic child are more depressed, anxious and stressed due to financial constraints, lack of facilities, lack of professional staff, also social and family pressures (Pradana and Kustanti, 2018).

Nikmat et al. (2008) find that mother with autistic child has higher tendency to experience psychological disorder by 90,4% and clinical disorder on psychological well-being aspect by 50,3%. This study also reports that mother psychological well-being more affected than father. Presence of children with autism in family caused greater challenge compared with other disorder. Lewis et al. (2006) stated that mother with autistic children experience more pressure compared to mother with down syndrome child, this caused by mother feels worry about her child future and facing lots of family conflicts. This caused by autistic children won't make eye contact and refuse to

socialize with others, have a special attachment to an object, have difficulty communicating in two directions, tantrums, aphasia, the possibility of aggressive or hyperactive actions and even self-harm, and loss of emotional response (Safaria, 2005).

Moreover, mother with autistic children experiencing high social isolation and low marital intimacy. This caused by rearing an autistic child takes up a lot of mother's times, not to mention if the mother has to keep working so there is only little time to rest or have social interactions that are used for recreation.

Study from Ilias et al. (2016) revealed the psychological dynamics experienced by parents with autistic children from before the diagnosis was established until the experience when raising children with autism. Most of the subjects has a long and tiring journey. Limited knowledge about autism and the influence of culture in the surrounding environment that gives negative labels to children with autism, make the diagnostic process and treating autism hampered.

Even after the child got diagnosed with autism, family facing great impact from raising their child. Conflict arose between parents some of them caused by lack of father participation on rearing their autistic child, mother as primary caregiver feels lonely and isolated because there is no time to socialize with her friends or others and feels overwhelmed when raising their child because of daily challenges related to behavioural disorders in autistic children. In this study, some parents reported they have been transformed to a better person. They become more proactive in finding solutions, more resilient in facing difficulties, flexible and able to adjust expectations for their autistic children and also have a better spiritual life (Ilias et al., 2016).

Kiani and Nami (2017) found that mother with autistic children has high psychological well-being on meaning of life, compared to mother with normal or blind children. The presence of special need child in mother life can promote their psychological well-being, especially meaning of life aspect. Nurturing and providing children needs made some mother.

According to a study conducted by Sa'diyah (2016), mothers with autistic children who has high psychological well-being are able to reduce parenting stress, because they can accept child's condition, didn't feel pressured or burdened in rearing their child. Mothers with high psychological well-being has good interpersonal relationship with their children and others (Sa'diyah, 2016; Ilias, 2017; Hermawati, 2018). High psychological well-

being on mother tend to giving warm parenting style and more emotionally engage with their children, as a result mothers can establish strong emotional bond with their autistic child and can fully functioning as herself. Mother with high psychological well-being also can manage their thoughts and feelings to deal with challenges that arise on nurturing journey. With this modality, mother can solve any obstacle that occur in her life and also enjoying her life as a being.

On the other hand, parents with low psychological well-being tend to feel they have failed in their life and viewed that raising children with autism is burdensome (Larson, 2010). Low psychological well-being of mother with autistic child can also cause by fear for their child's future after mothers passed away (Cox et al., 2015). They afraid that no one will understand their child condition or accept them as they are. This thing made mother in constant worry for their child future (Hastie and Stephens, 2019). This kind of fear presumably common among mother with special needs child. According to Hewett and Frenk (Riandita, 2017) mother from special needs child carry many different roles such as being an advocate for their children needs on society, as a main caregiver that help on child therapy process, and as a teacher and as a therapist out of school hour. With this roles mother tend to be more understand their child behavior, what kind of treatment suitable for them and what they need. Having low psychological well-being tend to make mother feel hopeless and pessimist of their child condition, mother also do not dare to face the problems occur while rearing their child. Mother can leave their role as mother of special needs child and in some cases, mother will be neglecting her special needs child when she cannot find purpose of nurturing her autistic child.

When mother become resilience, she can carry on her tasks and solve some problems as well (Reivich & Shatte, 2002). In order to promote mother psychological well-being, resilience is the key to build sense of optimism for a better and sustainable life. Mother who highly resilience may find this challenging situation as a momentum to develop their ability on many aspects such as. character development, coping strategies, communication skill as an advocate for their children needs and how mother articulate their needs to spouse or others.

Based on Muniroh (2010) research, mother who had resilience more accepting their child condition and had broader minded that can help mother to determine which treatment can support child development. With this modality, mother will be less

burden with their children behaviour. Same result also discovered by Yahya (2017), he stated that 52% parents with autistic children had got accept their child condition. This acceptance shown by parents become more enthusiast to treat their autistic children, suppressing their trauma of having another child, and anticipating many problems that will occur. The presence of resilience on mother with autistic children can help them giving meaning on hardship she faced, more optimistic, openness and appreciate little things in life and other positive character mother had (Bayat, 2007).

The difficulty of raising an autistic children make resilience as a key to survive to nurturing them. In a study conducted by Mardawati et al. (2010), found that parents resilience influenced by internal factor such as personal competence, tolerance for negative influences, positive self-acceptance, self-control, religiosity and self-efficacy. Resilience also influenced by external factor like social support from spouse, family and friends.

Ardel and Eccles (Irawati, 2012) define parental self-efficacy as parents' belief in their ability to influence children and the environment that will provide success and child development. According to Schwarzer dan Warner (2013) self-efficacy is an ability to controlling and shaping oneself to achieve the desired goal. For mothers with autistic children their main goal is help children to be able to function socially and independently.

Sari dan Ayriza (2018) stated that parents with special needed child must have good parental self-efficacy to be able to adapt with all eventualities that occur. Low parental self-efficacy has been shown to be associated with behavioural conditions that are more prone to giving up, feeling anxious, depressed, frustrated, and reporting feelings of lack of social support, partner support, feeling hopeless and experiencing higher levels of stress (Shumow dan Lomax, 2002). Beside that, low parental self-efficacy on mother with autistic children can be affecting child therapy process (Smart, 2016). The difficulty of rearing autistic child force mother to have positive mental state, some of it are ability to regulate their thoughts, believing on themselves and ability to bounce back. Mother who doesn't trust her ability on nurturing their autistic child tend to think therapy just wasting their time and can be controlled by negative feeling. The hardship of rearing an autistic child force mother to have an ability to bounce back, this ability can help mother to adapting positive and warm parenting style and also can help her autistic child to become another fully functioning human being

2.1 Psychological Well Being

Psychological well-being is a condition when individuals can fully functioning on psychological aspect and continuously in their life cycle, can maximize their full potential, have maturity, and have positive mental health. Wellness on Ryff's perspective not only feels happy or free from negative feelings, but the extent to which individuals accept themselves, their environmental mastery, self-autonomy, positive relationships with other individuals, clarity of purpose and feelings of self-growth (Ryff dan Keyes, 1995). According to Ryff dan Keyes (1995) the foundation of psychological well-being is individuals who are able to positive psychological functioning. There are six dimensions that fully functioning person has: wellness which includes a positive appraisal of oneself and one's past life (self-acceptance), the desire to have good relationships with others (positive relations with others), a feeling of being independent (autonomy), the capacity to control one's life and effectiveness of environment (environmental mastery), a belief that individual life has purpose and meaning (purpose in life), and self-development (personal growth).

2.2 Parental Self-efficacy

According to Hess et al. (2004) parental self-efficacy is a belief or appraisal about individual ability to be successful parent. García-López, et al. (2016) found relationship between parental self-efficacy and psychological well-being on mothers with autism children in Spain. Same result also found by Hassan and Roslan (2017) where self-efficacy is the most significant predictor for resilience. The results of this study revealed that individuals with good parental self-efficacy showed higher levels of psychological well-being. Mother with good parental self-efficacy will try to provide their child needs and the same time they become more aware of their role as a mother of autistic child.

Sarwar et al. (2019) found that high parental self-efficacy was strong predictor for life satisfaction on mother with autistic children. Solihati (2021) stated that parental self-efficacy reduce affect of stress on mothers with autistic child. Mothers who confidence whit their parenting ability and seeing positive result of their action tend to promote positive parenting style, as a result mothers do not feel pressured by their child's condition and are able to act as caregivers really well.

Kuhn dan Carter (2006) stated that mother of autistic children who had high parental self-efficacy

didn't feel guilty for their children condition, because of that mother can actively involve in various activities that can support their child development. Parents who believe in their ability for raising their child will be more optimistic, because of that parents will optimize their efforts to involve on children's therapy. Same thing also found by Fitriyah and Rachmahana (2018) on 72 mothers with children with special needs, where parents who have high parental self-efficacy have an optimistic view of their children's future. This shows that parental self-efficacy helps mothers to evaluate their past experiences, so that mothers know which aspect needs to be improved in the future. With this development, mothers will be able to prepare themselves and creating their environment to support the their children . On the other hand, Irawati (2012) study found that mother who have hard hearing children and have high parental self-efficacy become advocate for their children by approaching certain parties to make improvements in order to provide conducive stimuli for her child.

2.3 Resilience

Siebert (Setyaningrum and Nur'aeni, 2019) defined resilience as an individual's ability to cope well with life changes at a high level, maintain health under stressful conditions, rise from adversity, overcome adversity, change the ways of life when old ways are no longer suitable to existing conditions, and face problems without resorting into violence. Research conducted by Guo (2017) and Sastaviana (2020) found a significant relationship between resilience and individual quality of life.

Study by Hermawati (2018) found that mothers who have special need children and high resilience, tend to maintain warm interpersonal relation with their child or others. In addition, Ilias et al. (2017) found that resilience transforms character of mothers with autistic child to more assertive and proactive and also mother have warmer relationship with their children. In line with that result, Hasanah dan Retnowati (2019) also found that resilience strengthens mothers and child bond.

Bekhet, Johnson and Zauszniewski (2012) found that resilience in mothers who have children with autism helps mothers to manage the difficulties they face when raising their children. Halstead et al., (2018) stated that resilience on mother with autistic child help them to maintain family harmony and reducing stress and loneliness level The existence of resilience helps mothers to control the surrounding environment to achieve their goals. As stated before,

mothers from special needs children became their advocate to create desirable stimuli that can promote their child needs or development.

On general, self-efficacy does promote well-being. Some study had shown that resilience has positive effect on psychological well-being (Oktaviani, 2016; Digdyani and Kaloeti, 2018; Winesa and Saleh, 2020). Resilience helping individual to adapting with their environment, prosocial acts and interconnection between a person and their society. According to Ryff (2014) resilience make person able to maintain or achieve prosperity when individuals face difficulties.

3 METHOD

3.1 Design and Purpose

This study using quantitative design with model method. This study aims to see linkages between psychological well-being and other independent variable such as spouse social support, religiosity, parental self-efficacy and resilience. In this paper we limited our discussion only two independent variables that is resilience and parental self-efficacy. With this model we want to see how psychological well-being of mother with autistic children created.

This study purpose to examined:

- 1) Fitness of structural model of parental self-efficacy influence on psychological well-being through resilience with empirical data
- 2) Effect of resilience to psychological well-being on mothers with autistic children in Jakarta, Bogor, Depok, Tangerang and Bekasi.
- 3) Effect of parental self-efficacy to psychological well-being on mothers with autistic children in Jakarta, Bogor, Depok, Tangerang and Bekasi.
- 4) Meditating effect of resilience on parental self-efficacy to psychological well-being.

3.2 Participant

This study used 184 mothers with autistic child as the subject. Participant were gathered by purposive sampling with following characteristics: 1) mother who have children with autism disorder or ASD (Autism Spectrum Disorder); 2) Having a partner or husband, this study originally were designed for exploring mother's psychological well-being from

many perspective and one of them was spouse social support; 3) Domiciled on Jakarta, Bogor, Depok, Tangerang, and Bekasi.

3.3 Data Collection and Analysis

3.3.1 Psychological Well Being

Psychological well-being questionnaire build from Ryff (Ryff and Keyes, 1995) theory of psychological well-being. It consists six dimension there are: positive relation with other, self acceptance, autonomy, environmental mastery, life purpose and personal growth. This questionnaire contains 36 number of statements that can be answered with six options Liker Scale from strongly agree to strongly disagree. This questionnaire had low convergent validity ($0,38 < 0,5$) and good construct reliability ($0,74 > 0,7$).

3.3.2 Resilience

Resilience questionnaire build from Connor and Davidson (2003) theory. It consists five aspects there are: personal competence, high standards, and tenacity, trust in one's instincts, tolerance of negative affect, and strengthening effects of stress, positive acceptance of change, and secure relationships, control, spiritual influences. This questionnaire contains

9 number of statements that can be answered with five options of Liker Scale from strongly agree to strongly disagree. This questionnaire had good convergent validity ($0,52 > 0,5$) and good construct reliability ($0,84 > 0,7$)

3.3.3 Parental Self-efficacy

Parental self-efficacy questionnaire build from Bandura (1994) theory. It consists three aspect there are level, generality, and strength. This questionnaire contains 29 number of statements that can be answered with five options of Liker Scale from strongly agree to strongly disagree. This questionnaire had low convergent validity ($0,36 < 0,5$) and low construct reliability ($0,56 < 0,7$).

3.3.4 Analysis

Data were analyzed with Structural Equation Modeling (SEM) technique using AMOS for processing the data. This technique use for measure the theoretical model with data in the field whether it is fit or not and to test the proposed hypothesis.

4 RESULT AND DISCUSSION

Testing the first hypothesis or the major hypothesis in this study is to prove the effect of parental self-efficacy on psychological well-being through resilience as a mediator is fit with empirical data.

The second hypothesis shown that resilience has positive and significant effect on psychological well-being, with weighted standardized regression of resilience (RS) to psychological well-being (KP) 0.726 and p: 0.003. This showed that the resilience on mothers with autistic child has a direct effect on their true happiness, on self-acceptance, quality of interpersonal relationships, life goals, self-meaningfulness and the ability to control the environment.

Highly resilience person can overcome stress and difficulties to achieve optimal functional levels of life, against specific obstacle that only occur at certain stages of life. From life span perspective, resilience were formed by long process that involving various protective and risk factor at each stages of life. Person with high resiliency not free from hardship, but a person who can get over the traumatic event and have many ways to recover they psychological condition (Hendriani, 2017). A resilient person able to bounce back from every hardship or adversity, they tend to be actively involved in dealing with problems and pressures in their lives.

Most of the respondents had high resilience level, although psychological well-being in moderate level. This difference probably influenced by the uncertainty that occur during pandemic. A resilience mother could be facing every obstacle on her life because of her mature age and having qualified academic degree that help them learn from their experiences and build effective problem-solving skills. This ability made mother facing her obstacle on life, from nurturing her autistic child through any emotional turmoil. With resilience mother also can adapt in tough situation and achieved true happiness regarding how much obstacles she faced.

This true happiness come from mother transformation during nurturing her autistic child. Mother become more assertive, having warm relationship with her children and others, also because her ability to adapt on stressful situation mother finding her sense of purpose on her life.

Based on data analyze, there is no significant effect on parental self-efficacy to psychological well-being with weighted standardized regression parental self-efficacy (EDP) to psychological well-

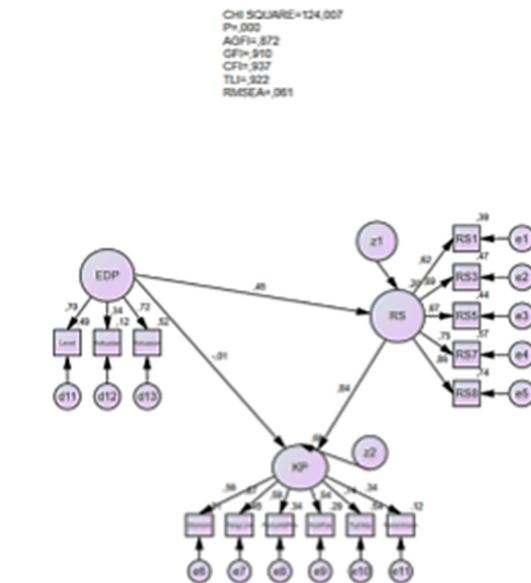


Figure 1: SEQ Figure *ARABIC 1: Model analysis.

being (KP) is -0.013 and p: 0.884. This study result has similar result on some pervious research.

Nihayati et al. (2020) found inverse correlation between self-efficacy with quality of life from parents with schizophrenia child. Parents with high self-efficacy tend to have sufficient knowledge about how to take care schizophrenia patient, with this modality parents constant paying attention to every stimuli that can trigger their children anger. The existence of this demands made parents losing their rest time or free time for doing some hobbies.

In addition, research from Al-Kandari (2017) reported that mother who knew her child condition or got her child diagnosed with ASD before 3 years old have poor quality of life. The poor quality of life is related to mothers who want to find out what kind of problems that her child experience. This situation also related to mother education degree, because higher education degree associate with deeper understanding impact of ASD on her children, so that they experience dissatisfaction when this problems arise.

In this study, most of the respondents had a moderate level of parental self-efficacy, and moderate level of psychological well-being. Most of the subjects have 2 children and one of them is autistic, of course, it does not mean mother become an expert in caring, nurturing and accompanying their autistic children. Having an autistic child is mean there are always raises new challenges and obstacles in every stage of its development. This situation made mother to constant learning, because of that mother felt that she didn't have enough

confidence and competency in dealing with her autistic children. As a developmental disorder, on every stage of development often raise new concerns about the continuity of the treatment and new obstacles that will be faced by the child. Beliefs about their parenting competence are never sufficient to influence their psychological well-being.

In line with the opinion of Bandura (1994) where self-observation related to self-efficacy only provides little information as a basis for a person to react. Where the process of giving meaning to behavior (based on personal standards or other standards that are important to the them) becomes the basis for forming reactions. Then, after the appraisal process becomes a behavior that already filtered by some personal standards and then becomes a framework for judging their behavior as a successful or unsuccessful reaction. These filters are influenced by cultural norms and values, and the social context in which the behavior occurs. The final component is self-reaction, which is a response to others behavior, which is based on internal standards. Thus, a person will take actions that produce positive self-reactions and avoid behaviors that lead to poor self-assessment (self censure).

According to Krok and Zarzycka (2020) based on the Meaning Making Model and the Broaden-and-Build Theory it was found that the effect of self-efficacy on psychological well-being is mediated and moderated by giving meaning and perceived affect to coronary heart patients. In line with this, the results of this study also show the effect of resilience as a mediator in the effect of parental self-efficacy on the psychological well-being of mothers who have children with autism.

Parents who have children with autism should have high resilience, so that they will be able to face various difficulties faced from the time they get a diagnosis and while accompanying their children through a series of therapeutic processes and other treatments. Resilient parents will be able to respond positively to unexpected events, focus and think clearly to find the right treatment and steadfast in the face of difficult parenting dynamics.

The fourth hypothesis shown that there was positive and significant effect on parental self-efficacy to resilience on mother with autistic child weighted standardized regression EDP to RS is 0.446 and $p: 0.000$. Parents with high self-efficacy show a high level of resilience. Therefore, parents can respond and face the challenges or pressures they experienced, and are able to adapt to various situations. Mother with autistic children who feel

quite competent and skilled as parents will have various alternative solutions when facing problems related to their autistic children. Every obstacle that exists will not make her fall into hopelessness and make her giving up on herself or for her autistic child.

Mother with good parental self-efficacy have broad understanding of what kind of situation she being faced—especially those related to her autistic children—her belief about her own ability using an effective parenting style on rearing got increase too. Eventually, mother of autistic child who have this kind of belief, will ultimately builds the resilience of her selves.

Coleman and Karraker (2000) stated that parental self-efficacy of mothers with autistic children refer to their ability to carry out role as caregivers. In addition, high parental self-efficacy is strongly associated with the capacity of parents to provide an adaptive, stimulating and protective environment for children. If parents have difficulty to carrying out this process, it will be causing a negative impact on parents, such as: high stress, defensive and controlling parenting behavior, passive and negative stress coping styles, feelings of helplessness and frustration

Resilience has an important role for fostering psychological well-being in parent with an intellectual disability child. Positive attitudes such as optimism, empathy, acceptance, positive relationships with others are shown by parents in seeing the reality of life they are currently experiencing. Then a positive psychological condition is formed that brings psychological well-being to parents (Lestari & Mariyati, 2015).

Based on the results of the analysis using Sobel test, the results were 4.171 and $p: 0.000$, which means that RS significantly mediates EDP on KP. The results of this study indicate that there is a positive and significant effect of parental self-efficacy on resilience, but parental self-efficacy does not directly affect psychological well-being. This is because of parental self-efficacy is significantly mediated by resilience to affect psychological well-being.

This shows that feeling competent as a parent in parenting will make parents feel strong and able to face various obstacles and difficulties in the rearing process, which in turn affects their true happiness or psychological well-being. To help writer understand more situation of subjects, writer conducted interviews and counseling with several mothers who have autistic children

The results of interviews and counseling with

several mothers with autistic children during the pandemic, show that most mothers do experience more challenging conditions than before the pandemic. The increasing number of domestic tasks due to the process of studying and working from home, plus nurturing and rearing their autistic child who cannot undergo their regular therapy, has potential to reduce quality of mother's psychological well-being. Some mothers complained that it was difficult to allocate time to do these tasks, while some others felt increasingly worried about the condition of their autistic children who did not receive proper therapy, which often increased the symptoms of the disorder. While her partner, husband, who was expected to be able to help, often become source of new problems since having to work from home. Support from therapists and doctors who have been treating their autistic children has also been hampered and not optimal during the pandemic.

All those various conditions that they have been experienced by mothers who have children with autism, have acknowledge those condition affecting their mental state. However, when external parties are considered no longer able to help and support as usual, it is recognized that internal aspects such as the level of submission to God's provisions and the belief that he is able to face everything, turn out to be the main aspects that play a role in maintaining his psychological well-being and happiness.

5 CONCLUSION

This study conclude that: structural model of parental self-efficacy influence psychological well-being through resilience as a mediator is fit with empirical data; there is a direct, positive and significant effect on resilience to psychological well-being of mothers with autistic children; there is no direct, positive and significant effect on parental self-efficacy to psychological well-being of mothers with autistic children; and resilience significantly mediates the effect on parental self-efficacy to psychological well-being.

This study result cannot be generalized to the whole population because of the sampling technique used in this study and limited number of respondents. Furthermore, this study using online questionnaire made us cannot monitoring respondent directly.

REFERENCES

- Al-Kandari, S., Alsalem, A., Al-Mutairi, S., Al-Lumai, D., Dawoud, A., & Moussa, M. (2017). Association between sleep hygiene awareness and practice with sleep quality among Kuwait University students. *Sleep health, 3*(5), 342-347. <https://doi.org/10.1016/j.sleh.2017.06.004>
- Bandura, A. (1994). *Self-Efficacy Defined*. Encyclopedia of Human Behavior.
- Bayat, M. (2007). Evidence of resilience in families of children with autism. *Journal of intellectual disability Research, 51*(9), 702-714. <https://doi.org/10.1111/j.1365-2788.2007.00960.x>
- Bekhet, A. K., Johnson, N. L., & Zauszniewski, J. A. (2012). Resilience in family members of persons with autism spectrum disorder: A review of the literature. *Issues in mental health nursing, 33*(10), 650-656. <https://doi.org/10.3109/01612840.2012.671441>
- Coleman, P.K., & Karraker, K.H. (2000). Parenting self efficacy among mothers of school age children: Conceptualization, measurement, and correlates. *Family relations, 49*(1),13-24. <https://doi.org/10.1111/j.1741-3729.2000.00013.x>
- Connor, K. M., & Davidson, J.R. (2003). Development Of A New Resilience Scale: The Connor Davidson Resilience Scale (CD-RISC). Depression And Anxiety Online Library. Retrieved From <https://Onlinelibrary.Wiley.Com/Doi/Abs/10.1002/Da.10113>.
- Cox, C. R., Eaton, S., Ekas, N. V., & Van Enkevort, E. A. (2015). Death concerns and psychological well-being in mothers of children with autism spectrum disorder. *Research in Developmental Disabilities, 45*,229-238. <https://doi.org/10.1016/j.ridd.2015.07.029>
- Digdyani, N., & Kaloeti, D. V. S. (2020). Hubungan Antara Regulasi Diri Dan Resiliensi Dengan Kualitas Hidup Pada Perawat Rumah Sakit Swasta X Di Kota Semarang. *Empati, 7*(3), 1013-1019.
- Fahmy, M. I. (2017). Hubungan Antara Efikasi Diri Pengasuhan Dengan Psychological Well-Being Ibu Yang Memiliki Anak Dengan Disabilitas Intelektual di SLBN Kota Batu. *Thesis* Malang: Universitas Muhammadiyah.
- Fitriyah, R. A., & Rachmahana, R. S. A. (2020). Hubungan Antara Parenting Self-Efficacy Dengan Future Time Perspective Pada Ibu Yang Memiliki Anak Berkebutuhan Khusus. *Jurnal Psikologi TALENTA, 6*(1),58-64. <https://doi.org/10.26858/talenta.v6i1.15062>
- Garcia-López, C., Sarriá, E., & Pozo, P. (2016). Parental self-efficacy and positive contributions regarding autism spectrum condition: An actor-partner interdependence model. *Journal of autism and developmental disorders, 46*(7), 2385-2398. DOI 10.1007/s10803-016-2771-z
- Guo, Y. (2017). Relationship between Social Support and Life Satisfaction of College Students: Resilience As a Mediator and Moderator. <http://dx.doi.org/10.14746/eip.2017.2.3>

- Halstead, E., Ekas, N., Hastings, R. P., & Griffith, G. M. (2018). Associations Between Resilience And The Well-Being Of Mothers Of Children With Autism Spectrum Disorder And Other Developmental Disabilities. *Journal Of Autism And Developmental Disorders*, 48(4), 1108-1121. <https://doi.org/10.1007/s10803-017-3447-z>
- Hanapi, T. N. (2017). Hubungan antara perceived spouse support dan resiliensi ibu dari anak dengan autism spectrum disorder. Skripsi. Makassar: Universitas Hasanuddin.
- Hasanah, U., & Retnowati, S. (2019). Dinamika Resiliensi Ibu Single parent dengan Anak Tuna Ganda. *Gadjah Mada Journal of Psychology (GamaJoP)*, 3(3), 151-161. <https://doi.org/10.22146/gamajop.44106>
- Hastie, J. L., & Stephens, C. (2019). Vicarious futurity: Parents' perspectives on locating strengths in adolescents with autism. *Aotearoa New Zealand Social Work*, 31(1), 89-100. doi/10.3316/infor.mit.385745475803843
- Hendriani, W. (2017). Resiliensi Psikologis Sebuah Pengantar. Jakarta: PrenadaMediaGrup.
- Hermawati, N. (2018). Resiliensi Orang Tua Sunda yang Memiliki Anak Berkebutuhan Khusus. *Jurnal Psikologi Islam dan Budaya*, 1(1), 67-74. <https://doi.org/10.15575/jpib.v1i1.2345>
- Hess, C., Teti, D., & Hussey, Gardner, B. (2004). Self Efficacy and parenting of high risk infant: the moderating role of parent knowledge of infant development. *Applied Developmental Psychology*, 25, 423-437. <https://doi.org/10.1016/j.appdev.2004.06.002>
- Heward, W.L. (2003). *Exceptional Children, An Introduction to Special Education*. New Jersey: Merrill, Prentice Hall.
- Ilias, K., Liaw, J. H. J., Cornish, K., Park, M. S. A., & Golden, K. J. (2017). Wellbeing of mothers of children with "AUTISM" in Malaysia: An interpretative phenomenological analysis study. *Journal of Intellectual & Developmental Disability*, 42(1), 74-89. <https://doi.org/10.3109/13668250.2016.1196657>
- Irawati, I. (2012). Hubungan antara parenting self-efficacy dengan psychological well-being ibu dari anak usia kanak-kanak madya dengan gangguan pendengaran. *Thesis*. Depok: Universitas Indonesia.
- Kiani, B., & Nami, M. (2017). A comparative analysis on psychological well-being in mothers of autistic, blind, and normal-functioning children. *Psychology & Neuroscience*, 10(1), 83. <https://psycnet.apa.org/doi/10.1037/pne0000079>
- Krok, D., & Zarzycka, B. (2020). Self-Efficacy and Psychological Well-Being in Cardiac Patients: Moderated Mediation by Affect and Meaning-Making. *The Journal of Psychology*, 154(6), 411-425. <https://doi.org/10.1080/00223980.2020.1772702>
- Kuhn, J. C., & Carter, A. S. (2006). Maternal self-efficacy and associated parenting cognitions among mothers of children with autism. *American Journal of Orthopsychiatry*, 76(4), 564-575. <https://doi.org/10.1037/0002-9432.76.4.564>
- Larson, E. (2010). Psychological wellbeing and meaning making when caregiver for children with disabilities: Growth through difficult time or sinking inward. *Occupation, Participation, and health*, 30(2), 78-87. <https://doi.org/10.3928%2F15394492-20100325-03>
- Lestari, F. A., & Mariyati, L. I. (2015). Resiliensi ibu yang memiliki anak down syndrome di Sidoarjo. *Psikologia: Jurnal Psikologi*, 3(1), 141-155. <http://doi.org/10.21070/psikologia.v3i1.118>
- Lewis, P., Abbeduto, L., Murphy, M., Richmond, E., Giles, N., Bruno, L., & Schroeder, S. (2006). Cognitive, language and social-cognitive skills of individuals with fragile X syndrome with and without autism. *Journal of Intellectual Disability Research*, 50(7), 532-545. <https://doi.org/10.1111/j.1365-2788.2006.00803.x>
- Mardiawan, O., Sari, Y., dan Prakoso, H. (2010). Program peningkatan resiliensi pada ibu yang memiliki anak autis di Bandung. *Prosiding SnaPP 2010 Universitas Islam bandung*
- Muniroh, S. M. (2010). Dinamika resiliensi orang tua anak autis. *Jurnal penelitian*, 7(2). <https://doi.org/10.28918/jupe.v7i2.112>
- Nihayati, H. E., Isyuniarsasi, I., & Tristiana, R. D. (2020). The Relationship of Self-Efficacy Between Resilience and Life Quality of Caregivers Toward Schizophrenics. *education*, 65, 30-1.
- Nikmat, A. W., Ahmad, M., Oon, N. L., & Razali, S. (2008). Stress and psychological wellbeing among parents of children with autism spectrum disorder. *ASEAN Journal of Psychiatry*, 9(2), 65-72.
- Oktaviani, Asri N. (2018). Pengaruh Resiliensi Terhadap Kesejahteraan Psikologis Guru Sekolah Luar Biasa. *Thesis*. Jakarta: Universitas Negeri Jakarta
- Pradana, A. P., & Kustanti, E. R. (2018). Hubungan Antara Dukungan Sosial Suami Dengan Psychological Well-being Pada Ibu Yang Memiliki Anak Autisme. *Empati*, 6(2), 83-90. <https://ejournal3.undip.ac.id/index.php/empati/article/view/19734>
- Reivich, K., Shatte, A. (2002). *The resilience factor*. New York: Broadway Books.
- Riandita, A. A. (2018). Tingkat stres ibu yang memiliki anak berkebutuhan khusus. *Thesis*. Malang:, University of Muhammadiyah Malang).
- Ryff, C. D. (2014). Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychotherapy and psychosomatics*, 83(1), 10-28. <https://doi.org/10.1159/000353263>
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychology well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719-727. <https://psycnet.apa.org/doi/10.1037/0022-3514.69.4.719>
- Sa'diyah, S. (2016). Gambaran psychological well-being dan stres pengasuhan ibu dengan anak autis. *Seminar ASEAN Psychology & Humanity*, 394-399.
- Sabouripour, F., Hassan, C. N., & Roslan, S. (2017). Predictors Of Resilience Among Iranian Graduate Students In University Putra Malaysia. *International Journal Of Academic Research In Business And Social*

- Sciences*, 7, 996-1011. DOI: 10.6007/IJARBS/v7-i14/3756
- Safaria, T. (2005). *Autisme : Pemahaman Baru Untuk Hidup Bermakna Bagi Orang Tua*. Yogyakarta : Graha Ilmu.
- Sari, P. P., Ayriza, Y. (2019). The Relationship of parenting self-efficacy as a predictor of resilience to parents of children with special needs in inclusive schools. *Advances in Social Science, Education and Humanities Research*, 296. 29-32. <https://dx.doi.org/10.2991/icsie-18.2019.6>
- Sarwar, F., Panatik, S. A., Rajab, A., & Nordin, N. (2019). Social Support, Optimism, Parental Self-efficacy and Wellbeing in Mothers of Children with Autism Spectrum Disorder. *Indian Journal of Public Health Research & Development*, 10(9), 1824-1829. DOI: 10.5958/0976-5506.2019.02719.0
- Sastaviana, D. (2020). Hubungan antara Psychological Capital dengan Kesejahteraan Psikologis Karyawan di PT. X. *Jurnal Psikologi TALENTA*, 6(1), 30-36.
- Schwarzer, R., & Warner, L. M. (2013). Perceived self-efficacy and its relationship to resilience. In *Resilience in children, adolescents, and adults* (pp. 139-150). Springer, New York, NY.
- Setyaningrum, L., Nur'aeni. (2019). Resiliensi dan kesejahteraan psikologis pada orangtua yang memiliki anak disabilitas intelektual. *Prosiding Seminar Nasional Prodi PAI UMP*, 147-154.
- Shumow, L., & Lomax, R. (2002). Parental efficacy: [predictor of parenting behavior and adolescent outcome. *Parenting science and Practice*, 2, 127-151. https://doi.org/10.1207/S15327922PAR0202_03
- Smart, L. K. (2016). *Parenting Self-Efficacy In Parents Of Children With Autism Spectrum Disorder*. *All Theses And Dissertation*. Paper 5842.
- Solihati, Y. M. (2021). Hubungan Efikasi Diri Pengasuhan Terhadap Kecemasan Orangtua Anak Dengan Autisme. *Psyche 165 Journal*, 14(1), 40-44.
- Winesa, S. A., & Saleh, A. Y. (2020). Resiliensi Sebagai Prediktor Teacher Well-Being. *Jurnal Ilmiah Psikologi MIND SET*, 11(02), 116-128.
- Yahya.,Y. A. (2017). Resiliensi orang tua yang memiliki anak autis. (Studi fenomenologis orang tua yang memiliki anak autistik yang memenmpuh pendidikan di sekolah inklusi). *Thesis*. Universitas Islam Negeri Sunan Kalijaga. Jogjakarta.
- Yuksel, A., & Bayrakci, H. (2019). Self-efficacy, psychological well-being and perceived social support levels in pregnant women. *International Journal of Caring Sciences*, 12(2), 1-10.