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## Psychological well-being on housewives who have children with special needs

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### ABSTRACT

A housewife is a woman who is married and has been given the gift of children in her marriage. Housewives have a big role in the process of child development. So that mothers must be understand and find out about the conditions and needs of their children, especially in taking care of children with special needs (Special Needs Children). Therefore, this study aims to find out about how the picture of psychological well-being in housewives who have children with special needs based on aspects and factors, how about their self-acceptance, positive relationships with others, independence, purpose in life, and personal growth of the subjects used. Then this can be supported by one or several demographic factors, social support, evaluation of life experiences, and their locus of control. This research is a qualitative research with a phenomenological approach. The data collection technique used is the interview method. This study uses 3 subjects as sources of information in extracting data, plus 3 secondary subjects as reinforcement of information sources from the main subject. The data collection technique used to get the subject is the snowball sampling technique which will meet the criteria: 1) housewives who do not work, and 2) mothers aged 30 – 40 years. The results of the research that have been obtained state that the three subjects have psychological well-being based on aspects and factors of the psychological well-being. In addition, there are other influences that support the psychological well-being of the subject, namely gratitude, self-adjustment, self-concept, and regulations that exist in the three subjects.



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## Introduction

Humans are a creature entity that will always be in contact with other humans. Humans are like people who cannot live alone, but also need help and the role of the people around them. In this life, humans will always need each other. As a society, humans can never live alone. Whenever and wherever, humans always need to cooperate with other people. In order to maintain and develop life, humans form social groups with each other.

Raising children is a challenge that carries great responsibility. A mother and father have a balanced role in raising their children, the task of both parents must complement each other in order to help children develop themselves and get their identity. That way a mother and father must work together in responsibility so that later their child can become a good and useful person. When mothers and fathers are gifted with being able to

care for and raise children with special needs, the situation is very different. There is a lot of moral support that must be given greater, discussions that must be carried out regularly, cooperation that must be well established, and must be able to provide a great sense of affection for spouses and children so that a harmonious household life can be established (Rahmitha, 2011).

According to Dwijayanti (2017) a housewife is a woman who has spent her time at home and devotes all her time to being able to care for and educate her children according to the model that exists in societal norms. Mothers who have children with special needs are women who have given birth to children with unique physical and mental characteristics so that they require special services in delivering and receiving them (L. Alfons, 2017).

Choosing to be a housewife is a pleasure for a certain person, because it has a lot of positive impacts. Some things are like having far more time at home so that they can become role models for their children. It cannot be replaced by a maid or television broadcast. Mothers can be easy to accompany and even guide children when conditions are difficult for them, as in the opinion of the U.S. Department of Human Service, a child who does not get guidance or assistance from parents for a long period of time, they tend to be more prone to problems with their behavior (Apsaryanthi & Lestari, 2017).

When a child is born abnormally like children in general (children with special needs), and parents will certainly be sad because their child was born as expected. Geniofam (2010) argues that in this case children with special needs are children with different characters and characteristics from ordinary children, and do not always show mental, emotional or physical disabilities. Children who can be called children with special needs are: blind, deaf, speech impaired, mental retardation, physical disabilities, mental retardation, behavioral disorders, learning difficulties, health problems, gifted children, ADHD (Attention Deficit Hyperactive Disorders) and autism.

Desiningrum et al. (2019) says that mothers of children with special needs are vulnerable to experiencing stress and depression. In this case, the family is the first environment that must be able to provide positive social support for the welfare of mothers who have children with special needs. Psychological well-being is needed to foster a positive attitude and soul to be able to optimize in raising their children. From the subjects studied, the result is that the supporting factor for having psychological well-being is social support that comes from the subject's family.

Psychological well-being is the individual can reach the highest state. Psychological well-being is also called an idea that has optimal positive functioning (Pelzer et al., 2017).

According to Ryff (1989), there are several factors and aspects of psychological well-being, there are several factors that reveal how the psychological well-being of individuals, namely, locus of control factors, evaluation of life experiences, social and demographic support.

According to Carol D. Ryff (1989) Psychological well-being is a dynamic concept which includes subjective, social, psychological, and behavioral dimensions related to individual well-being. The aspects contained in it are self-acceptance, positive relationships with others, autonomy, life goals, environmental mastery, and also the growth and development of a person's personality (Latifah, 2017).

All children born must have different potentials or abilities. Every other child will have different intelligences and talents. Parents and society should not generalize or compare one child with another.

According to the data obtained in the article According to the data I obtained in Flo's article (2018), it is stated that among the children adopted by the Wings Mother Foundation, around 70% are children with special needs, and their parents neglect the children. In this case, they were deliberately abandoned by their parents.

In line with these data, there are cases of murder of children with special needs by their own mothers. Because the mother is annoyed with her child who is considered unruly and the mother has reasoned that she is tired of taking care of her daughter who is paralyzed and has a mental disorder (Judge, 2019).

Based on an article published by idntimes.com mothers of children with special needs do not always feel discouraged or even disappointed. There are some of them who feel happy, touched and even happy if their children can reach milestones such as being able to feed themselves, eat and so on. They also appreciate simple things that have a positive impact, such as getting a kiss on the cheek or a hug from their child with special needs. These mothers have psychological well-being based on aspects of self-acceptance (S. M. W, 2019).

In line with the article above, the subject named Kartika as a mother with 3 children who have needs, the mother has gone through feelings of crying, acceptance, and patience, Kartika's mother will always remember

the sentence, namely QS. Al Insyirah verse 5-6, which means "Where there is difficulty there is ease" and "Pain is an abortive of sin". Judging from the existing phenomena, mothers who have children with special needs get a lot of pressure from their environment or social environment. The mother may experience stress or feel ashamed of the environment. Can not accept yourself and also do not control the surrounding environment.

Not wanting to lose enthusiasm, a mother with experience of having children with special needs and getting full support from her husband and extended family. Kartika also doesn't want other mothers out there to feel discouraged, so she often campaigns from the experiences she has experienced. Mrs. Kartika also always shares knowledge with her friends, such as on social media, namely blogs and Facebook, until Mrs. Kartika also shares her experiences in several communities (Pramita, 2019).

On the other hand, as parents, we must understand the shortcomings, limitations, and privileges of young children physically and psychologically. This is because the mother has not been able to accept that her child is autistic. Novira Faradina (2017) says that a mother often experiences conflicts with herself and feels a heavy burden alone, prolonged sadness, and even feels heavy in living life. The results showed that the three subjects had different self-acceptance in accepting and dealing with children with special needs. The AS subject has positive self-acceptance because the subject is resigned to his child's condition but tries to understand his child's condition and is not ashamed of his child's shortcomings. The second subject of SL has positive self-acceptance because the subject can try to be sincere and understand his child's condition and always support all children's activities including school matters. The third subject of the hospital had negative self-acceptance because the subject felt that his child's condition was not in line with his expectations and the subject always felt ashamed and afraid when other people knew the condition of the subject's child who had developmental disorders.

Based on the results of interviews conducted with both respondents, the result is that mother A appears to have psychological well-being in the aspect of self-acceptance. Then mother B has psychological well-being based on aspects of self-acceptance, personal growth, and is also supported by social support factors obtained from her child's school environment.

## Method

This research method uses research with a qualitative approach. The qualitative approach itself is defined by Bogdan & Taylor (in Moleong, 1996) stating that the qualitative approach acts as a stage of an activity that functions as a descriptive data generator whose use is written or oral based on the subject as well as an observable behavior.

### Data Collection Techniques

In this study, there are techniques in collecting data that will be used in case studies, namely interviews and observations.

#### Interview

This interview technique is often used by qualitative research in exploring and searching for data. According to Tersiana (2018), interviews are a way of collecting research data directly to the subject through question and answer with the object to be studied. When conducting interviews, so that the focus of the problem can be directed or structured, the researcher can use a semi-structured interview guide. The following are the results of interviews from respondents who are housewives who have children with special needs:

"Since the beginning of my pregnancy I have decided to be ready to be a mother and accept whatever happens to the child. So when I know that my child is an extraordinary child, I have encouraged myself to always be patient with all of my child's behavior. I develop my child by sending my child to the right place". (A, Interview, 09 April 2021).

"At the beginning of my child's birth there was no physical disability, but after entering elementary school, it turned out that my child was different from his friends. When the test results, my child has learning difficulties and ADHD. So that my child can go to an inclusive school but he needs to be accompanied by a shadow teacher. The good thing is that I feel helped by the accompanying teacher, I was told how my child's development was. So I feel like I've been on par with normal children usually. (B, Interview, April 16, 2021).

### Data Analysis Techniques

Data analysis is a process of explaining and compiling the data that has been collected. Data analysis also has a goal where researchers can refine understanding based on the data that has been obtained, then it can be presented to other parties clearly about what has been obtained or found through the field that is happening

(Ramdhan, 2021). The study conducted data analysis while the researcher was in the field. The data analysis in this study is the Miles and Huberman model. Data analysis can be carried out while collecting ongoing data and when it is finished collecting data within a predetermined period (Rijali, 2019)

The technique in analyzing the data used in this study is the interactive data analysis model belonging to Miles and Michael Huberman, it consists of: (1) Data Reduction, (2) Data Presentation, and (3) Drawing Conclusions and Verification.

## Results and Discussions

### Results of Subject Data Analysis

After describing by writing down the results of the description of the findings in the previous stage. In the next stage, data analysis will be carried out from subject I, subject II, and subject III, then a comparison table will be presented from the three subjects to make it easier to see the overall results.

**Table 1.** Subject identity

Information	Subject I	Subject II	Subject III
Interview code	S	T	U
Gender	Woman	Woman	Woman
Status	Housewife	Housewife	Housewife
Age	38 years old	37 years old	30 years
Number of children	2	2	1

**Table 2.** An overview of psychological well-being aspects of housewives who have children with special needs

Information	Subject I	Subject II	Subject III
Accepting yourself	Mother S has a good self-acceptance which can be seen from the way she accepts everything that is given to her. Be grateful for everything that is given by caring for and taking care of his children, living life with sincerity and making it a useful thing for his child's life and the subject in the next life.	Subject T accepts with a feeling of relief whatever the condition of his child and himself. The subject feels that there are still many people out there who have more trials than him. The subject is grateful for what God has willed. The subject feels that having a child with special needs gives them the experience of taking care of an extraordinary child. Subjects can understand how their child's condition is, and understand that every child has their own needs.	Subject U feels that every life journey that has been chosen must have its ups and downs. The subject said that he had to accept and live everything that his god had given him. With this the subject understands that every child has their own specialties. So the subject must love his child.
Positive Relationship	The subject has a positive relationship with his extended family. The subject is a calm person, not looking for trouble. All his extended family understand each other and appreciate how the values of life are applied by the subject's small family. His big family always gives positive affirmations to the subject and his children. In contrast to his extended family, which supports him. In fact, there are some of his neighbors who seem to give advice to the subject but	The subject has a small family that is warm and supportive of each other, besides her husband, the subject's sister and brother-in-law are very concerned and love the subject's children as their own children. The neighbors are very kind and friendly to their families. Because the subject himself is a sociable person and friendly to everyone. So all neighbors in the neighborhood can immediately accept the subject immediately. The	The subject has a positive relationship with his own family, with that the subject's mother and sister are always ready to help the subject if he needs help. However, this is inversely proportional to the family of the husband who does not give a good response to the subject because the subject is considered to have snatched his husband from his first wife. Even when the subject had a child with special needs, the husband's extended family

Information	Subject I	Subject II	Subject III
	seem to mock and look at his son Aliya strangely. But this does not make the subject angry or even away from the neighbor. Because basically the subject is a calm person and does not want any fuss. This is only found in a few neighbors. The rest of the neighbors are neighbors who get along well and understand each other.	subject really likes to add new relationships with many people. So the subject's relationship with the people around him can be said to be positive.	said that it was karma that was received by the subject.
Independence	Subjects felt happy to be able to fully take care of the house and supervise and look after their children. So that the subject can monitor the growth and development of the child. The subject prepares all the needs and needs of the children and her husband herself without complaining or even asking to find a household assistant. Before Aliya entered school age, the subject found her own Therapy class to help provide a stimulus for Aliya. Also take care of all the school needs of the child. Even so, sometimes the subject is still assisted by his husband or mother to take care of his child when the subject has a need that makes it impossible to bring his child.	According to the subject, being a housewife is an extraordinary thing. Because being a full-time housewife, the subject takes care of all the needs needed by the child, teaches what is needed according to his age because it needs repetition, ensures that the child is able to pass the stages of development according to his age, finds the right inclusive school, and finds a personal shadow teacher for his child. . In addition, the subject tries to always learn about their children and seeks information from mothers who have experience about children with special needs. Not only that, the subject also reads children's development books, as well as articles to get information about mentally retarded children independently.	Subjects have independence in managing and taking care of all their needs and the needs of their children who have special needs. So that the subject is able to run his life regularly. Subjects are able to understand how their children are by always learning and sharing knowledge with other mothers who also have children with special needs. All things related to the house and their children, the subject always takes care of everything himself because her husband comes to the subject's house every once or twice a week on Saturdays and Sundays. Then, the subject's parents are also in another city so the subject cannot ask anyone for help. Except relying on himself.
Environmental Mastery	The subject is a calm person so that the subject can overcome and control his environment. When there is a situation that makes him uncomfortable, the subject chooses to remain silent or chooses not to respond to things that are uncomfortable for him..	Subjects can control their environment by controlling the growth and development of mentally retarded children as experienced by their children. The subject judges that all have the right to judge himself, but the subject also feels that he has the right to ignore the judgment of others. When the subject feels that the environment is difficult, then what is done is to stay at home or maybe leave the house to find a new atmosphere.	The subject is a mother who is able to control her environment where she is able to control and manipulate her environment so that she can stand and survive in her situation. The subject tries not to act in a negative way, it is enough to just listen. Because according to the subject it is able to relieve the problem.

Information	Subject I	Subject II	Subject III
Purpose of life	The subject feels that there are still many who love their children and themselves. The subject believes that everything that has been assigned to him is a destiny that must be lived well and sincerely, so that it becomes a field of reward in the next life. Because God still gave him the grace of life to be able to continue to care for and love his children.	The subject has the belief that the child that God has entrusted to us is to be cared for and educated until the child is an adult and can live independently. For this reason, the subject felt relieved and proud of the child's achievement because his development was much better than that of a mentally retarded child of the same age as his child.	Subjects are individuals who have meaning in their lives to love and take care of their children, because they are destiny that has been given by their God who deserves to be cared for and educated. In addition, if as a parent you have taken care of, cared for, and cared for your child well, it will give good results for his life in the next world.
Personal Growth	The subject feels that everything is destiny that must be lived. The subject realizes that the older he gets, the more he can understand how the concept of life is always spinning. From the results of exchanging knowledge with mothers who have children with special needs, the subject also realized that it was not only him whose life was heavy, even many who were heavier under him. Subjects still have desires that need to be pursued and worked out, such as raising their children. And the subject really loves his little family.	The subject realized that he was married at a fairly mature age. So he can handle his emotions well. Plus the subject gets internal motivation from himself to be able to fight and take care of his children. By looking at the past 8 years, the subject can remain happy with what he is doing sincerely.	Subjects feel that the older they get, the more they are able to control their emotions. The more mature, the subject is more able to accept all situations sincerely. The subject understands that responding to a problem with emotion is something that will trigger new problems. ssThe subject feels that when she gets older, who will take care of her other than her own child, considering that her husband is dead.

**Table 3.** Overview of Psychological well-being factors of housewives who have children with special needs

Factor	Subject I	Subject II	Subject III
Social Support	The subject gets moral support from his husband who provides all the facilities and needs needed by the subject. Love and attention are also obtained from the husband who is willing and always ready to help the subject when he needs it. Support from the extended family is also obtained by giving full attention and affection to Aliya and the subject. The subject feels protected in the family. In some neighbors, many pay attention and support each other.	Subjects get social support from their partner or husband and also their extended family. The subject felt that all his family gave extraordinary attention to himself and his children. Her husband always asked the subject to be able to go for a walk alone for me time and leave her child to be taken care of by her husband.	The subject has good social support from her husband. Although her husband rarely comes home because he has to divide his time for his two wives. However, the attention and taste given is able to make the subject feel that he gets good social support from his husband.
Life Experience Evaluation	Subjects do a lot of activities together with mothers who have children with special needs such as their son Aliya. As he got	The subject said that life taking care of children requires age maturity so that this emotional maturity can provide good	The subject is a housewife who tries to always learn from the mistakes she experiences in her life.

older, the subject felt that he could spend a lot of time taking care of his house, husband, and children so that he knew all the problems he faced. Subject is getting more comfortable at home with her husband and children.	parenting for their children. Subjects realize that the way each child develops and his needs will be different. Taking care of children with special needs is an extraordinary experience according to the subject.	Even though at a young age the subject treated his child harshly, at this time the subject is trying to always give attention and affection to his child.
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**Table 2.** Description of other variables in psychological well-being of housewives who have children with special needs

Variable	Subject I	Subject II	Subject III
Gratitude	The subject is always grateful by accepting all the circumstances given by his Lord. And take care of God's deposit as best as possible.	The subject has a sense of gratitude for the destiny that has been determined by God to be lived sincerely. The subject feels that many people are not as lucky as his life. Therefore the subject should always be grateful for his life.	The subject said that he was grateful to be able to live his life well, and had the opportunity to improve himself as well as trying to become a more humble person for something that had been assigned to him.
Self concept	The subject said that he was grateful to be able to live his life well, and had the opportunity to improve himself and try to be a more humble person for something that had been assigned to him.	The subject assumes that other people have the right to judge anything about him, but even the subject feels entitled to ignore other people's responses or words. As long as no one disturbs his family, the subject doesn't feel the need to care about it.	The subject has a view of his life regarding to always understand the situation. Not everything can be bought right away. The subject also teaches his children to always help others who are in trouble. It doesn't only help with finances, but the basic concept taught is to help with the smallest things.
Adjustment	The subject tries to adjust to his child with special needs by learning how to handle Aliya when she is in a tantrum or doing other things. Learn something that can help the child's development process from the therapy class that his child is undergoing.	The subject tries to be able to adapt to the different developments of his two children, then the subject tries to adjust himself to the surrounding environment. Because the subject feels that being able to adapt is a must to be able to survive in his social environment and life.	Subjects can run their lives by always adapting themselves to all new situations experienced with their children. The subject tries to be able to give understanding to his child by using a good way.
Self-Regulation	When sometimes the subject feels bored with the monotonous atmosphere and activities, the subject feels relieved and calm by going out of the house to get fresh air. When the subject is tired and there are negative emotions that want to be expressed, the subject immediately avoids and moves away from his children first. Then diverted to other things such as doing homework or sleeping if too tired.	Subjects are able to regulate themselves from things that can trigger problems regarding their children, namely by giving understanding to everyone that their children need more understanding to be able to understand something, so that other people are able to understand the character and condition of their children. If there is something outside the child, the subject will be more silent and not do anything. The subject is able to regulate his emotions by being able to hold and control his emotions	In adolescence the subject has gone through being a young wife and having children with special needs, at that time the subject felt that he had not been able to restrain and regulate himself to control his behavior. So that when facing a problem the subject with his child always uses a physical and loud voice. But at this time the subject controls his behavior by doing other things by cleaning the house and sewing things. Subjects are still not able to express their negative emotions into a good thing. So that the

Variable	Subject I	Subject II	Subject III
		because the subject recalls, he is in a condition like this is something the subject wants alone without any coercion from anyone. So he did it with pleasure.	subject used to express negative emotions with negative feelings as well. However, until now the subject has tried to remain silent even though his facial expressions still show a sense of discomfort.

### Results of Data Analysis of Significant Other

After describing by writing a description of the findings from the results of the interview, further data analysis will be carried out from the significant other of each subject. The following will present a comparison table of the significant other subject I, the significant other subject II and the significant other subject III to make it easier to see the whole.

**Table 1.** The description of aspects that exist in psychological well-being according to significant others on the subject

Aspect	Subject I	Subject II	Subject III
Accepting yourself	The subject has a child, Aliya is of a mature age, so that she is able to accept her child's existence sincerely and has also prepared patience to take care of and raise the children.	Be grateful for what God has entrusted and accept whatever circumstances have been set so that you can accept yourself sincerely and lightly	The subject is able to accept himself and his child at this time, even though in the past he had bad contact with his environment
Positive Relationship	The subject has a good relationship with other people. The subject has a slightly reserved nature, however, that is precisely what makes the subject respected by others	Alhamdulillah, all big families can be harmonious and support each other. With the neighbors is also very good	The subject has a good relationship with his own family, but it is not good and there is a distance from the husband's family
Independence	Subjects are able to cope and meet the needs of their children on their own, without the need for help from others	Choosing to resign from work and become a housewife is to be able to take care of the family completely and also take care of all the needs of her children by herself.	Because from the start of having children, the subject was already used to being abandoned by her husband. The subject becomes a very independent person in every way
Environmental Mastery	With a sense of patience and silence, the subject is able to cope with his environment well	Subjects are able to control their environment by ignoring the negative things that exist	Able to control the environment. Even though people think it's bad, but the subject tries to ignore it
Purpose of life	The subject feels that the purpose of life is to meet the needs of their children and can share knowledge with all parents who also have children with special needs	The subject tries to remind all parents, especially a mother, to understand that children are a gift from God that must be protected and cared for forever	The subject tries to be able to balance and teach his child to be able to survive at this time
Personal Growth	Based on the time that has passed and must be passed, the experience gained by the subject feels that it must be accepted and passed because it has become destiny	The subject felt that the presence of his child was God's destiny and accepted it with a happy feeling. The subject is able to live his life by forgetting his past regrets	The subject tries to raise his child well, to be able to live together with his child

**Table 2.** Description of factors that exist in psychological well-being according to significant others on the subject

Aspect	Subjek I	Subjek II	Subjek III
Social Support	Subjects get from their husbands and extended families who are very attentive, what is needed by the subject, the husband tries to fulfill these needs	The subject's husband gives full attention and affection, even the extended family pays attention to their children without discriminating	Since the husband died, the neighbors have given more attention and support to the subject
Life Experience Evaluation	As they get older, subjects can live their lives more relaxed and understand how to overcome various difficulties	Based on the passage of time the subject is able to live his life well	The subject has a fairly large change in attitude since the child is getting older and is abandoned by her husband

Based on the results of research conducted with the interview method with subjects and secondary subjects, it was found that mothers who had children with special needs experienced psychological well-being. As for what was experienced, namely with self-acceptance, the three subjects had good acceptance of themselves and their environment even though in the early years they felt heavy and felt disappointed and embarrassed, but these feelings were eventually defeated with the passage of time. This is in accordance with the research conducted by Tumanggor (2021) that the process of self-acceptance to parents who have children with special needs is indeed a very stressful thing and causes feelings of sadness, disappointment, confusion, until the subject experiences stress. Although in the end all subjects can accept the situation they are experiencing.

Then furthermore the subjects have positive relationships with other people, especially with family and neighbors in the surrounding environment. One of the three subjects has an unfavorable relationship with his extended family, especially from his husband's family. But even so the subject admitted that there was indeed a mistake that could not be forgiven. This is in accordance with the notion of a positive relationship which states the ability of individuals to establish warm interpersonal relationships and also trust each other, and can build friendly relationships with other people in their environment.

The three subjects have independence in self-regulation and take care of all the needs of their families. Because indeed the three subjects are housewives who in fact care for and take care of all household needs including the needs of their children and husband. None of the three subjects needed the help of others to help take care of their family's needs, especially in terms of taking care of all the needs of their children with special needs. In the aspect of environmental mastery, the subjects have the ability to survive by controlling their environment from within themselves. The subjects are able to overcome and control the conditions experienced in their environment.

The three subjects have aspects of their respective life goals, for subject I believes that what has been determined by his god then that is the destiny that must be lived by the subject so that it can become a field of reward for him. Subject II has the belief that the child God has entrusted to us is to be cared for and educated until the child is an adult and can live independently. Then the subject III has meaning in his life to love and take care of his children, because they are destiny that has been given by his God who deserves to be cared for and educated. In addition, if as a parent you have taken care of, cared for, and cared for your child well, it will also give good results to other things.

Next is the personal growth that exists in the three subjects, namely the ability of the subject to grow with continuous self-change from time to time in accordance with the knowledge that the subjects already have. This can be seen in subjects I and II realizing that the older they get, the more they can understand how the concept of life is always spinning. From the results of exchanging knowledge with mothers who have children with special needs, the subject also realized that he was not the only one whose life was hard, even many who were heavier under him. Subject III felt that the older he got, the more the subject was able to control his emotions. The more mature, the subject is more able to accept all situations sincerely. The subject understands that responding to a problem with emotion is something that will trigger new problems.

The biggest and strongest social support obtained by the subjects was the support from their partners, namely their husbands. The subjects felt that they received more affectionate attention from their husbands. Husbands also understand and understand the pressures of being a housewife and caring for children with special needs.

Evaluation of the life experiences of these subjects said that increasing age made them more mature and mature in dealing with all the problems that exist in life. They are all in the end able to accept and be tough in living life with the life experiences they have lived.

This research does not escape from a number of limitations that are known through observations throughout the course of the study. There are several factors that become limitations in this study, namely, using only limited data collection in the form of interviews from primary and significant other subjects, not using additional data that can be obtained from social media. Because the subjects in this study did not use social media actively, the researchers decided not to take data from social media. The criteria for determining the research subject are less specific.

In addition, there are other variables that appear in this study, namely, the three subjects have gratitude for the life they live as housewives who have children with special needs. Subject I and subject II have gratitude for God's gift regardless of the condition of their child, then subject III gets a better life experience process because they have children with special needs. This is in accordance with the results of research conducted by Nura & Sari (2018) which said that the four respondents who had been interviewed were grateful for the presence of their children who had special needs. The form of gratitude expressed is to accept the presence of the child as an extraordinary gift, be grateful for the achievements of his child, with the child making the subject able to learn about life in a more positive view and also consider all developments that appear in his child are source of gratitude.

The self-concept that appears on the subjects regarding the views or perspectives in themselves makes a positive self-assessment format in their environment. Subject I does not care about everything that appears negatively in his life and also everyone only needs to take care of their own lives. If the subject II assumes that everyone has the right to judge how he is, but he himself has the right not to care about other people's responses, especially negative things. However, if the subject III says that in the process to accept and become a better person is to always understand the situation so that everything cannot be bought with money. This is in accordance with the results of research conducted by Farah et al., (2019) which states that a positive self-concept can lead to a more positive personality, so that the subjects are able to have good self-regulation.

The self-adjustment possessed by the three subjects, it is known that the subjects are able to adapt themselves to their environment even though they have children with special needs even though they experience an initial process that is less able to bring up their adjustment. This is in accordance with the results of research conducted by Rahayuningsih & Andriani (2011), self-adjustment requires a process so that the subjects are able to adapt to their children with special needs. This adjustment will be effective if there is positive social support from the people around him.

The ability of the subjects in self-regulation is to divert them with activities that can calm themselves even with more positive activities and it is also better to be silent if they are still in an environment that creates negative emotions. This is in accordance with the results of research conducted by Alfidha et al. (2022) who said that the subjects were able to exercise self-control by controlling their emotions and behavior so that the subjects were able to build positive social relationships with other people. Although it takes time and a long process because it can change based on age, experience and social support.

## Conclusions

The study's findings suggest that self-acceptance best captures the essence of psychological health as measured across the three variables. According to the story, all three protagonists are capable and conscious of embracing their destinies as laid down by God. One of the three participants' relationships with her in-laws was less than ideal. Although, the couple gets along well with their relatives and neighbors. The three participants appeared to be quite self-reliant, since they appeared to manage their households (including their husbands and children) with little to no outside assistance. The three main characters in Environmental Mastery frequently overlook issues that may have a harmful effect, and have complete control over the surrounding conditions wherever the subject may be. In order to provide for, care for, educate, and nurture their children is one of the three subjects' primary motivations in life. In terms of maturation as a person, all three participants agreed that gaining some age-related life experience can be beneficial. In order to ensure the mental health and survival of stay-at-home mothers who are also caring for disabled children (ABK).

Social support, particularly from husbands, and reflections on one's life serve as pillars on the path to mental health. Mothers are able to love and accept their children because they understand that children are a blessing from God. The appreciation felt by the three subjects is an example of an ancillary variable; it is important to be thankful no matter what one's circumstances or fate may be. For the sake of self-preservation

and self-mastery in the subject's current setting, a healthy and realistic self-concept is developed. Based on his life experiences, the subject is able to adjust to his surroundings and the people in it, including children with special needs. Both respondents' self-regulation was excellent at processing emotions and controlling behavior. Even though subject III had low self-regulation, he was able to control his emotions and conduct with age and life experience.

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