

The Relationship Self Compassion and Resilience with Parenting Stress in Parents of Dyslexia Children

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ABSTRACT

This research aims to empirically test the relationship between self-compassion and resilience and parenting stress in parents of dyslexic children. Self-compassion or self-love which consists of aspects of self-kindness, common humanity and mindfulness as well as resilience which is a person's ability to solve problems in adapting themselves to difficulties that occur becomes capital for someone to overcome negative emotions so that they can make positive efforts in dealing with stressors in parenting. for children who have dyslexia. This research uses a correlational quantitative approach. Data was obtained from 135 parents who have dyslexic children using the parenting stress scale, self-compassion scale and resilience scale. Research analysis uses parametric analysis techniques, Multiple Regression Analysis. The research results show that self-compassion and resilience have a very significant negative correlation with parenting stress in parents of dyslexic children.

Keywords: *Self Compassion, Resilience, Parenting Stress, Dyslexia*

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INTRODUCTION

Having a child is a goal for parents to have a marriage relationship, so parents need to learn how to provide the best care for their child. The role of parent is a role desired by many married couples, but it turns out that this new role is a challenge in itself for parents (Sanders and Morawska, 2018). Every parent definitely wants to have a child who grows and develops both physically and psychologically, so that he can maximize his potential as an individual. In fact, in some cases there are many children who grow and develop with various kinds of disorders, so they are less able to maximize their potential. Some children are able to develop optimally psychologically, there are also those who experience obstacles in the development process. The problems that arise become challenges for parents in the process of caring for and providing education.

Specific learning difficulties (dyslexia) are learning difficulties experienced by children with a normal level of intelligence related to language, reading, writing and mathematics abilities (Sperry et al, 2014). Ihksan (2020) said that dyslexia is a learning disorder that makes it difficult for a person to read, write and spell. Dyslexic sufferers will also find it difficult to understand vocabulary and the meaning of the vocabulary they read or write. The causative factor is a problem with the neurotransmitters or nerves added that dyslexia occurs because of the way the brain processes information

in the brains of dyslexics, when reading they use different parts of the brain compared to people without dyslexia. This also shows that the brain of dyslexics does not work efficiently during reading.

Based on interviews conducted with 10 parents who have dyslexic children, they said that there are several things that are done in caring for dyslexic children, including using multisensory methods, helping them learn in detail and focusing on just one thing, reading together, using picture media, carrying out activities that can improve memory and provide real experience with abstract material or discussions, so this can cause stress during parenting because parents have to rack their brains to increase their creativity while accompanying their children. Reid (2011) explains that parents who have dyslexic children experience several problems, namely feeling frustrated with their children's learning outcomes, having anxiety about conflicts that occur with their children, taking part in controlling their children's emotions, and other problems related to education, as well as their children's relationships with their peers. Parents who have dyslexic children experience frustration and anxiety due to the problems their children experience.

Parenting stress is a psychological condition experienced by parents when they have to adapt to the demands of their role as parents. For some parents, raising children is not easy. In Indonesian parenting culture, this role can last almost 24 hours, a full week, and will continue until at least the child is married. Things that can provoke parents' emotions can be anything, from simple things to serious problems. Children behave impolitely, argue, do not want to be directed, act rudely, and even do things that endanger themselves and damage their parents' good name. All of this can trigger mental fatigue in parenting which will not only have an impact on parents, but also have an impact on children. Parents can also be overwhelmed or fed up with their role as parents, embarrassed by their parenting style or feel that they are not as good as they used to be at raising children, to the point of being emotionally disconnected from their children. Symptoms of parenting stress during the parenting process that can be observed, quoted from parenting science, are parents feeling doubtful about being good parents, feeling unable to protect their children from various threats, feeling unable to keep their children healthy, especially for children who have congenital diseases, feeling unable to shape their children's personalities, especially for children who are too active or have mental limitations, and feeling guilty because their children are growing up in an environment that is less than ideal.

Neff (2003) states that self-compassion is a person's ability to be compassionate towards oneself, a positive attitude towards oneself, namely by having concern and affection within oneself which appears when a person experiences difficulties or perceived shortcomings. Self-compassion focuses on the degree to which an individual demonstrates self-kindness, common humanity, and mindfulness. Self-compassion is related to various aspects of emotional intelligence, namely the ability to overcome greater emotions, understand feelings and the ability to repair negative emotions (Neff, 2009).

Reivich & Shatte, (in Sofiachudairi, 2018) explain, when facing difficulties, resilience allows a person to respond positively and constructively when the pressures

of daily life occur. Someone with strong resilience will be able to overcome the problem, even though it takes time.

METHOD

In this research used a correlational quantitative research design which aims to determine the extent to which several variables are related to each other (Sugiyono, 2017), with data collection methods using a scale questionnaire method consisting of a parenting stress scale, a self-compassion scale and a resilience scale. The sample in this study used 30% of all research subjects totaling 135 people using a proportional sampling technique.

In this research, the data analysis technique uses correlation analysis using the SPSS (statistical package for social science) program version 27 for Windows. Based on the results of previous prerequisite tests, namely the distribution normality test, relationship linearity test, multicollinearity test, and heteroscedasticity test which have met the requirements for using parametric analysis techniques so that the data analysis used in this research uses the Multiple Regression Analysis technique. Multiple regression analysis is used to analyze regressions with more than one independent variable with one dependent variable.

FINDING AND DISCUSSION

RESEARCH RESULT

Table 1. Simultaneous Regression Analysis Tes Result

Model	F	p	Information
Korelasi simultan	9,959	0,000	Very signifikan ($p < 0,01$)

Source : Oouput SPSS versi 25.0

Explaining that if a correlation is found between self-compassion and resilience in the parenting stress of parents who have dyslexic children, it has a score of $F = 9.959$ with p of 0.000 ($p < 0.01$), which means the first hypothesis is accepted, namely that there is a very significant correlation between self-compassion and resilience and parenting stress in parents of dyslexic children.

Table 2. Partial Regression Analysis Tes Result

Variable	t	p	Information
Parenting Stress - Self Compassion	-3,374	0,001	Very signifikan ($p < 0,01$)
Parenting Stres - Resiliensi	-2,394	0,018	Signifikan ($p < 0,05$)

Source : Output SPSS versi 25.0

Explains whether the analysis test results are partial or separate between variable This shows that the second hypothesis in the research is accepted so that it can be stated that there is a very significant negative correlation between self-compassion and parenting stress in parents of dyslexic children. The next partial test, namely resilience (X_2) with parenting stress (Y) in parents who have dyslexic children, has a value of $t = -2.394$ and $p = 0.018$ ($p < 0.05$). This shows that the third hypothesis in the research

is accepted so that it can be stated that there is a very significant negative correlation between resilience and parenting stress in parents of dyslexic children.

The results of the regression line equation test can be done using the following equation formula:

$y = \beta_0 + \beta_1 X_1 + \beta_2 X_2$ with coefficient $\beta_0 = 124.737$; $\beta_1 = -3.374$; $\beta_2 = -2.394$. So, the complete regression line equation can be written as follows:

$$y = 124,737 + -3,374 X_1 + -2,394 X_2$$

Meaning:

- These results are an illustration that the stress constant value for parenting parents who have dyslexic children is 124.737 which occurs if there is no self-compassion and resilience.
- The self-compassion regression coefficient is -3.374, which means that every additional 1 score in self-compassion reduces the level of parenting stress in parents of dyslexic children.
- The regression coefficient on resilience is -2.394, which means that every additional 1 score on resilience reduces the level of parenting stress in parents who have dyslexic children.

Table 3. Effective Contribution Value

Variable	Koefisien β	Cross Product	Regresi	SE Total (R ²)
Self compassion - Parenting Stress	-0,277	-6492,822	3565,831	0,131
Resiliensi - Parenting Stress	-0,1196	-7735,119		

Source : Output SPSS versi 25.0

Based on that table the effective contribution of the self-compassion variable to the stress of parenting parents who have dyslexic children is 9.68%. Meanwhile, the effective contribution of the resilience variable to the stress of parenting parents who have dyslexic children is 3.42%. It can be concluded that self-compassion has a more dominant contribution to the stress of parenting parents who have dyslexic children. The total contribution of the two variables.

DISCUSSION

Parenting stress is a psychological condition experienced by parents when they have to adapt to the demands of their role as parents, giving rise to feelings of incompetence as a parent, being isolated, experiencing a loss of identity as a person, experiencing a bad or less harmonious relationship with a partner, easily disturbed health and experiencing depression, where this has a negative influence on parenting behavior, so that according to Cloninger (2009) this condition makes it difficult for a person to solve a problem and find a way out, thus having an impact on the possibility of parents committing acts of violence on children and having a negative impact on personality. children, the emergence of feelings of failure in parents, as well as poor relationships between parents and children. This causes children to lose their place

when they experience a problem or failure, thus hampering the child's development regarding the decision-making process.

The first research hypothesis was accepted, which stated that there was a negative relationship between self-compassion and resilience and parenting stress for parents of dyslexic children, where the higher the self-compassion and the higher the resilience of parents of dyslexic children, the lower it would be. The results of this research are in line with research conducted by Syafitri (2023) also said that parenting stress is an uncomfortable and unpleasant condition experienced by parents when raising children. This is caused by parents' assessment of their incompetence, difficulties, failures, incompetence, and dislike of their role as parents, so that self-compassion is needed as a form of loving oneself during the parenting process and this is strengthened by the resilience that parents must have. Therefore, parents who have high self-compassion and resilience will have low parenting stress.

Acceptance of the second hypothesis which states "There is a negative relationship between self-compassion and parenting stress for parents who have dyslexic children", is proven to be accepted, this means that if parents who have dyslexic children have high self-compassion then their attitudes and behavior will be such as being aware of imperfections, failures, difficulties, understanding their own condition, accepting and being open to themselves regarding their shortcomings and failures, looking at experiences broadly and not seeing experiences that result in individuals feeling isolated, feeling fair, having a view that does not focus on imperfections. themselves, accepting and facing reality without having to judge, responding to situations in an effective way and not focusing on one's limitations, because these attitudes and behavior will have an impact on attitudes and behavior on parenting stress experienced by parents who have dyslexic children such as feeling less competent, socially isolated, loss of self-identity, poor relationships with partners, declining parental health and depression will be easier for parents who have dyslexia to manage. This is in accordance with the opinion of Moreira and Canavarro (2021) showing the relationship between parental self-compassion and stress in parenting, and shows that stress in parenting decreases when parents practice self-compassion. Based on this, it states that there is indeed a negative relationship between self-compassion and parenting stress. Other evidence was also presented by Stenz, Breitmeyer, Jansen (2023) which showed that self-compassion significantly predicted reduced stress in parenting for parents who had children with psychological disorders and parents who had children without psychological disorders, but self-compassion contributed more variation in stress in parenting for parents who had children with psychological disorders.

The third hypothesis which states, "There is a negative relationship between resilience and stress in parenting parents who have dyslexic children", is proven to be accepted, this means that if parents who have dyslexic children have resilience then their attitudes and behavior will be able to control emotions in the face of pressure, be able to display normal emotions according to the circumstances, be able to control impulses that arise from within themselves, be able to control impulses that arise from the people around them, think positively about the current situation, think positively about situations that will be faced in the future, be able to identify problems and explore the roots a problem, being able to find a solution in dealing with a problem, being

confident in one's ability to overcome pressure, being confident in one's ability to be successful in the future, having the courage to face the risks of unpleasant situations and taking positive aspects in a difficult problem, because these attitudes and behavior will have an impact on attitudes and behavior on parenting stress experienced by parents of dyslexic children such as feeling less competent, socially isolated, loss of self-identity, poor relationships with partners, declining parental health and depression will be easier for parents who have dyslexia to manage. This is in accordance with the opinion of Reivich and Shatte (2018) who later explained that resilience allows people to respond positively and constructively to the pressures of daily life when facing challenges.

Although self-compassion and resilience in these studies have been proven to play a role in reducing parenting stress in parents, based on the effective contribution of each variable in this study, it is clear that self-compassion has a greater effective contribution (9.68%) to parenting stress than resilience to parenting stress (3.42%) and in total the effective contribution of these two variables to parenting stress is 13.1%. The results of calculating the effective contribution of self-compassion which is greater to parenting stress than resilience to parenting stress, means that parents who experience parenting stress tend to be caused by a lack of love and affection for themselves, giving rise to feelings of helplessness and lack of competence in parenting. The total effective contribution of self-compassion and resilience in reducing parenting stress of 13.1% also illustrates that there are 86.9% other factors that influence parenting stress in parents of dyslexia children apart from the two variables studied in this thesis. These factors include general life stress, child condition, social support, economic status and psychological maturity (Johnson, 2003).

The limitation of this research is that there are many other factors that contribute to parenting stress, so this affects the results of the research carried out, apart from that the research technique used only reveals the relationship between self-compassion and resilience with parenting stress in general so the data obtained is less in-depth.

CONCLUSION

In this research, there are three main variables analyzed, namely; self-compassion which is used to measure feelings of self-love in parents in the process of caring for children with dyslexia so as to give rise to feelings of compassion, care and love towards oneself; resilience which is used to measure a person's ability to respond to difficult or challenging situations, especially in conditions of high stress and traumatic causes, so that they can overcome problems, even though it takes time, can manage emotions and produce good solutions to each problem; Parenting stress is used to measure the level of tension experienced by parents in their parenting role so that parents experience tension, fatigue and decline in health or get sick easily, are frustrated, socially isolated, have a poor relationship with their partner and feel depressed.

This research found that the combination of self-compassion and resilience can have an impact on parenting stress experienced by parents who experience parenting stress. This is because these two variables are predictors of each other in reducing the

level of stress experienced by parents when providing care to dyslexic children, where self-compassion is an effort to "embrace" negative emotions with full awareness accompanied by kindness (kindness) and a feeling of connection with other individuals (sense of shared common humanity), while resilience is one of the concepts that influences stress management so that parenting stress can be reduced by applying self-compassion and resilience in the caregiving process.

This research shows that there is a negative relationship between self-compassion and parenting stress in parents of dyslexic children. This means that a high level of self-compassion can reduce the parenting stress experienced by parents in accompanying dyslexic children. Furthermore, this research also shows that there is a negative relationship between resilience and parenting stress in parents of dyslexic children. This means that a high level of resilience can reduce the parenting stress experienced by parents in accompanying dyslexic children.

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