

## Research Note

# Emotion-Focused Coping in Single Mother who has Adolescence with Autism

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## Abstract

The single mother who has adolescence with autism have higher stress levels than mothers who have normal ones and make them do coping, one of them is emotion-focused coping. The research is qualitative phenomenology based and analyzed with Miles Hubberman. The result showed most subjects tend to cope with escape (a rejection and wishful thinking), social-emotional support (family and environment), self-control (patient), distancing (avoiding problems), positive reappraisal (: "to God) and accepting responsibility (acceptance and responsibility). Single mothers tend to cope with their way frequently to reduce stress and when they are facing their childish behavior.

Keywords: autism; emotion-focused coping; single motherboard

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## Introduction

Wardani (2009), says that the son is a gift for the parents in the family. Many good things are expected to the Son, as healthy and normal in physical and spiritual. However, do not close the possibility of families who have children with particular specificity as an autism development disorder that will be taking for a lifetime, including in adolescence. autism is the only autism experiencing the transition period the development of children toward an adult. They have the same development physically with normal, namely reach puberty. However, Kartikasari (2015) explain their development will be too late on the Cognitive Aspect (delays in speaking and teaching verbal) and psychosocial (lack the ability to socialize and empathy) because of the autism positions.

The existence of adolescence duties on the family can cause enormous challenges in supervision and the facility. In the complete family, a candidate can help one another in the face of the challenges that are on adolescence autism them. The situation is different in some cases the family formed incomplete (mother or father only) because certain factors (died or divorce) called as single parents or single parent according to Akmalia (2013), the research shows that the pressure obtained from the problems in the form of financial problems of the environment and the community. The research of Hayalappavanar Upadhay (2007) also found that single parents experience stress that more weight than the whole family or who have a candidate.

The situation stress can trigger the single mother to do coping as a means to reduce stress. Coping is cognitive conversion efforts and behavior to manage internal pressures and is adaptive which means tend to be done as a form of self-defense mechanism (Santrock, 2007). Coping consists of two types namely problem-focused coping and emotion focus coping. Problem-focused coping is a strategy for reducing stress in trying to resolve the issue (Mahmood et al., 2015). On the contrary,

emotion-focused coping is used as one of the coping strategies to manage the emotions that appears when dealing with the pressure in the problem (Wardani, 2009). The research done by Mahmood et al. (2015) shows that emotion-focused coping strategies more often appear on the parents, especially the mother who serves as the guardians. Emotion-focused coping strategies are using with the stress that decreases the reason helplessness, lack of education and irrational beliefs (Agrawal, 2001). Mahmood et al. (2015) also found that mothers with low education tend to perform emotion-focused coping strategies with the reason that the wife of a role as the guardian of children or family members from seeking work as the husband. Emotion-focused coping that Lazarus and Folkman studied in (1984) in Prasa (2012) found that there were various variations of emotion-focused coping behavior on individuals. The behavior that arises is (1) escape (avoidance in the form of rejection), (2) as if nothing has happened, or the individual feels no pressure in his life, (3) denial, (4) ideal fantasies and diversionary behaviors such as smoking, drug use drugs or alcohol, (5) seeking social-emotional support (seeking social support and sympathy from others), (6) self control (regulating feelings in situations such as being patient or restraining), (7) distancing (attempts to not be involved in problems or consider the problem to be addressed), (8) positive reappraisal (positive thinking and tend to be religious), (9) accepting responsibility.

For that role as a single mother, stress can affect the performance and childrearing. Research Kusumastuti (2014) also shows that the inability to manage stress can have an impact on the tendency of negative thoughts on the environment and the feeling guilty or to be a burden to people around. Coping is using as one of the ways to manage stress or pressure so that the individual can adapt. In fact, on single mother who has adolescence autism coping cannot occur in full or according to the needs of the given the rush to meet the needs and care for children (Luong et al., 2009). The difference of self-confidence, confidence social support, knowledge and information also supports coping factor of the individual in dealing with the pressure facing (good problem-focused coping or emotion-focused coping) (Phrases, 2012). This research aims to see emotion-focused coping that done by a single mother who has adolescence autism disabilities as a way to reduce stress.

## **Method**

### **Participant**

This research uses qualitative phenomenology with four subjects of a single mother who has adolescence autism. The subject is using as the samples have a different background on the factors causing the single mother and the situation of the family and the state of the children (gender, age).

### **Standard protective procedures and Instrument**

Research instruments use interview follow guideline interview and the shape of the recording in the form of anecdotal records. The observation is non-participative. The primary data from each subject, and secondary data from individuals who have a relationship with each of the subject.

### **Data Analysis**

Data analysis using Miles Hubberman reduction technique. Data validation using four concepts namely credibility, transferability, dependence and confirmability (Moleong, 2015).

## **Result and Discussion**

Emotion-focused coping is one of the ways to reduce the stress that involves the emotions of the individual over the pressure of the problems facing and tend to be adaptive (Santrock, 2007). Folkman in phrases (2012) revealed that emotion is coping regular focused on some types of namely

escaping, social-emotional support, self-control, distancing, positive reappraisal and accepting responsibility.

Escape is coping that realized in the form of rejection or supposition ideal life. The results of the study showed that the whole subject of doing this coping, especially during the early diagnosis of autism children. Overall, all the subject admitted that they never expect better circumstances, especially for the situation of children autism them. This is in line with the results of research and Vidyasagar Kohsy (2010) in one of the topics they are stating that one way of escape is wishful thinking or ideal supposition condition in their lives.

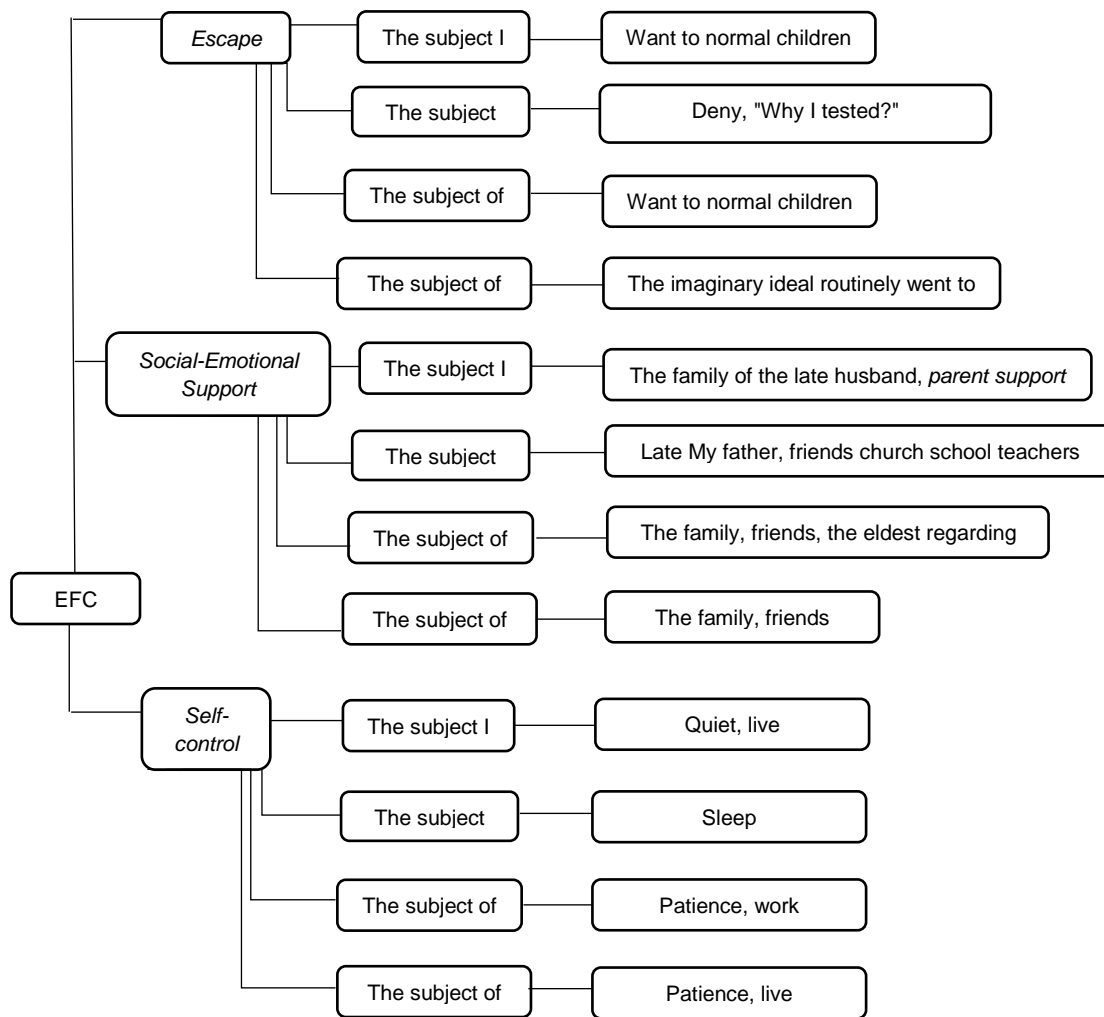


Chart 1. The form of EFC Subject, Escape, Social Emotional Support and Self Control

On the Social aspects of emotional support search through other people, on the nearest) four subject have support resources socioemotional from family and other people but more dominant on the role of those outside the family (friend, elders, who asunder or specific communities). This is in line with the results of research the phrase (2012) related stress on parents who have children with a special need (mental retardation) perform a search for social support to feel comfortable. Research and Vidyasagar Kohsy (2010) also found that mothers who have children autism find more support from the mother with the son of ordinary.

Aspects of self-control (restraint) four subject realizes in various ways. The subject acknowledges the pressure which tends to be caused by the problems adolescence make them control themselves. The form of patient and refrain appears in the behavior of life (a subject I and IV), meditate or pray (subject III) and sleep (subject II). All of the subject in general use self-control

especially when faced with the problem of children (tantrum, sanitation and sexual behavior in children the subject of IV, argued on the subject of the III). The subject of the III (Mother Z) admits to having different ways to control the emotions through working as sinkers emotions. Restraint on the subject as a whole like him research results Wardani (2009) who find restraint on the subject of research tend to dwell behavior.

Business Distancing adalah to distance themselves or maintain a distance from the problems and concluded that the problems were mild (positive) and can be resolving. The subject I (Mother X) and III (Mother Z) using distancing that realized with how to escape when children in tantrum condition. The subject of II (Y) Mother and IV (Ibu W) tend to use distancing in the form of a statement that the problems are facing easily and can be handled subject (II) and the statement that does not feel care for disabled children (subject IV).

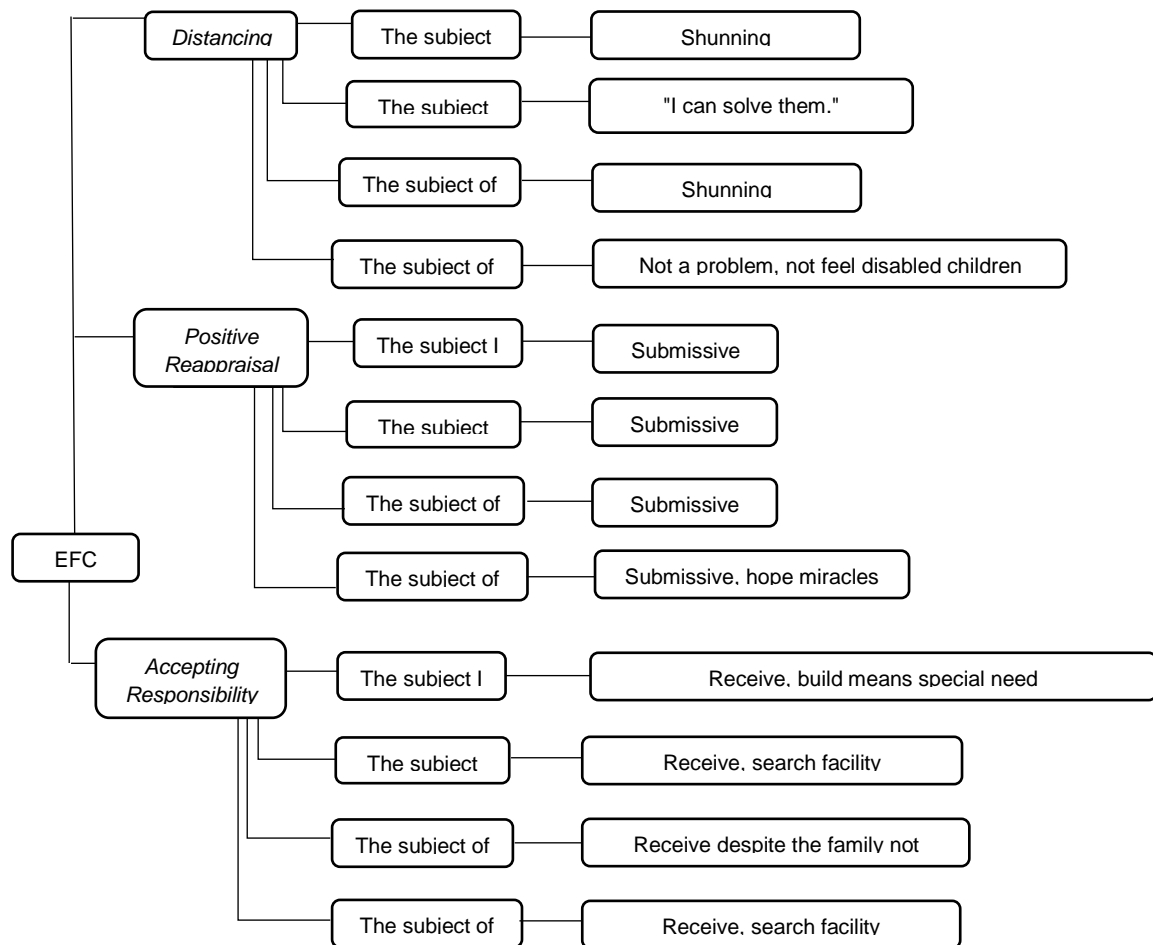


Chart 2. The form of the subject, Distancing EFC, Positive reappraisal, Accepting responsibility

Positive reappraisal (the true meaning of the real issue and religiosity) found on all the subject in the form of the prayer of submission and acceptance. This coping tend to be started first children in autism diagnosis, problems of their children at the time of the adolescents and other factors such as the state of the family. The situation of all the subject following the results of research Mahmood et al. (2015) who also find the existence of an alternative behavior is positive on religious mother who has children autism.

Coping which focuses on the acceptance of themselves and responsible (accepting responsibility) on every subject found in the form of the guard, monitor and give facilities a day - the day for each of them not to perform the behavior that turned aside. The guard and the supervision

include chided when a mistake an invitation to perform household activities such as sweeping. The subject is also not ashamed to show children and asked for a moment to deal with the children during the interview in progress. The whole subject of receiving over the situation and the problems of adolescence autism on the sons and daughters of them. This situation following the results of research Luong et al. (2009) who find this coping type (acceptance) indicated with the acceptance of the parents against the limitations of children as well as adjust themselves in the day today.

## Conclusion

This study found that emotion-focused coping forms in single mothers who have children with autism include: (1) escape (the desire to have a normal child and escape from other activities). (2) social-emotional support (families who act as support for guarding children and sharing). (3) self-control (being patient such as being silent or avoiding when facing a tantrum child, (4) anger. (5) hygiene problems and doing deviant behaviors such as touching genitals). (6) distancing (avoiding when the mother faced with the problems of autistic adolescents experienced daily such as cranky, tantrum and anger. (7) accustomed to caring for or assuming that children are not disabled). (8) positive reappraisal (self-reflection and religiosity in the form of resignation to God). (9) accepting responsibility (acceptance of the state of an autistic child and family living conditions and is responsible for providing education and care facilities).

The limitations of the research related to the lack of an interview and development report were nines on each subject makes data unearthed in less than. Suggestions are given for the researchers next to control how to communicate, and the carriage of the interview is good to get data that is more qualified. The advice given to the whole of the subject did not hesitate to seek support from a specific party or family (via gathered together) related challenges teens autism which must be faced and draw near to God. This can reduce the pressure on the mother not to feel stress or feel alone in the face of their adolescence.

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