

Abstrak

Orang tua anak dengan *Down syndrome* menghadapi tantangan besar, mulai dari beban emosional, stigma sosial, hingga tekanan finansial yang dapat melemahkan ketahanan psikologis mereka. Namun, sebagian orang tua mampu tetap bertahan melalui penerimaan, kesabaran, serta dukungan dari aspek spiritual dan lingkungan sosial. Kondisi ini menunjukkan pentingnya memahami faktor yang memperkuat resiliensi orang tua. Penelitian ini menggunakan pendekatan kuantitatif dengan desain kausal non-experimental terhadap 341 responden anggota Yayasan POTADS. Instrumen penelitian meliputi *Centrality of Religiosity Scale (CRS)*, *Multidimensional Scale of Perceived Social Support (MSPSS)*, dan *Resilience Scale (RS-25)*. Analisis data menggunakan regresi linier berganda dengan bantuan SPSS versi 26. Hasil penelitian menunjukkan bahwa religiusitas dan dukungan sosial berpengaruh signifikan, baik secara parsial maupun simultan, terhadap resiliensi orang tua. Simpulan penelitian menegaskan bahwa religiusitas dan dukungan sosial merupakan faktor penting yang memperkuat ketahanan psikologis dalam pengasuhan anak dengan *Down syndrome*.

Kata Kunci : *Religiusitas, Dukungan Sosial, Resiliensi, Down syndrome*



Abstract

Parents of children with Down syndrome face considerable challenges, ranging from emotional burdens and social stigma to financial pressures that may weaken their psychological resilience. Nevertheless, some parents are able to endure through acceptance, patience, and support from both spiritual and social aspects. This condition highlights the importance of understanding the factors that strengthen parental resilience. This study employed a quantitative approach with a causal non-experimental design involving 341 respondents who are members of the POTADS Foundation. The research instruments included the Centrality of Religiosity Scale (CRS), the Multidimensional Scale of Perceived Social Support (MSPSS), and the Resilience Scale (RS-25). Data were analyzed using multiple linear regression with SPSS version 26. The results indicate that religiosity and social support significantly influence parental resilience, both partially and simultaneously. The study concludes that religiosity and social support are essential factors in reinforcing psychological resilience among parents caring for children with Down syndrome.

Keywords: *Religiosity, Social Support, Resilience, Down syndrome*

