

BAB V KESIMPULAN DAN SARAN

A. Kesimpulan

Berdasarkan hasil penelitian mengenai *mental toughness* pada ibu pekerja yang memiliki anak dengan *Attention Deficit Hyperactivity Disorder* (ADHD), diperoleh gambaran bahwa subjek menunjukkan karakteristik *mental toughness* yang positif dalam menjalankan peran kehidupan sehari-hari. *Mental toughness* subjek tercermin melalui kemampuan dalam mengendalikan emosi, mempertahankan tanggung jawab pengasuhan dan pekerjaan, memaknai kesulitan sebagai tantangan, serta memiliki keyakinan terhadap kemampuan diri dalam menjalankan peran sebagai ibu dan pekerja.

1. Pada aspek *control*, subjek menunjukkan kemampuan dalam mengelola respon emosional ketika menghadapi perilaku anak yang membutuhkan penanganan khusus. Subjek mampu menenangkan diri sebelum memberikan arahan kepada anak serta mampu mengendalikan tekanan emosional yang muncul akibat peran ganda dan kondisi pernikahan jarak jauh.
2. Pada aspek *commitment*, subjek menunjukkan konsistensi dalam menjalankan tanggung jawab pengasuhan anak dan pekerjaan secara bersamaan. Subjek tetap melaksanakan rutinitas pengasuhan secara terstruktur serta mempertahankan pekerjaan sebagai bentuk tanggung jawab terhadap kebutuhan keluarga.

3. Pada aspek *challenge*, subjek memaknai berbagai kesulitan kehidupan sebagai bagian dari proses yang harus dijalani. Kondisi anak yang mengalami ADHD dan *speech delay* tidak dipandang sebagai hambatan, melainkan sebagai tanggung jawab yang mendorong subjek untuk beradaptasi dan bertahan dalam menjalankan peran kehidupan.
4. Pada aspek *confidence*, subjek menunjukkan keyakinan terhadap kemampuan diri dalam mengambil keputusan pengasuhan dan menjalankan peran sebagai ibu pekerja. Keyakinan tersebut diperkuat melalui pengalaman hidup, dukungan keluarga, serta komunikasi yang baik dengan pasangan dalam menentukan keputusan terkait perkembangan anak.

Secara keseluruhan, *mental toughness* yang dimiliki subjek berperan penting dalam membantu subjek menghadapi tekanan kehidupan, mempertahankan fungsi keluarga, serta mendukung perkembangan anak dengan kebutuhan khusus.

B. Saran

Berdasarkan hasil penelitian yang telah dilakukan, penelitian ini diharapkan dapat memberikan manfaat bagi berbagai pihak. Penelitian ini diharapkan dapat menjadi sumber informasi dan referensi bagi ibu pekerja yang memiliki anak dengan kebutuhan khusus, khususnya anak dengan ADHD, dalam memahami pentingnya *mental toughness* dalam menghadapi tantangan pengasuhan dan peran ganda.

Penelitian ini juga diharapkan dapat memberikan kontribusi bagi tenaga profesional, seperti psikolog, konselor, dan tenaga pendidik, dalam

memahami dinamika psikologis ibu pekerja yang memiliki anak dengan ADHD, sehingga dapat menjadi pertimbangan dalam memberikan pendampingan dan intervensi yang sesuai.

Selain itu, penelitian ini diharapkan dapat menjadi referensi bagi peneliti selanjutnya untuk mengembangkan kajian mengenai *mental toughness* pada orang tua yang memiliki anak dengan kebutuhan khusus. Penelitian selanjutnya disarankan untuk mengkaji variabel lain yang berkaitan dengan *mental toughness*, seperti dukungan sosial, coping stress, atau kesejahteraan psikologis. Penelitian selanjutnya juga dapat menggunakan pendekatan metode penelitian yang berbeda, seperti penelitian kuantitatif atau *mixed method*, sehingga dapat memperkaya kajian ilmiah mengenai *mental toughness* pada ibu pekerja yang memiliki anak dengan ADHD.

Penelitian ini juga direkomendasikan untuk dijadikan bahan rujukan dalam pengembangan penelitian terkait ketahanan psikologis orang tua dalam menghadapi tantangan pengasuhan anak dengan kebutuhan khusus.

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