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Social Support for Family Who Has Children with Special Needs

Dukungan Sosial bagi Keluarga Anak Berkebutuhan Khusus

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Abstract

The presence of child in a family generally is good news for the couple, but it is a different matter when the born child has special needs. The presence of child with special need in a family could change many things in the family. The result of the research showed that one or all family members experienced an adjustment in their work, such as reducing working hours, changing jobs, or quit the job. Various adjustments often show variety of disorders and stress for parents. Parents' stress experiences are also related to the big responsibility for caring and rearing the child. Parents' reactions to stress are various such as: cope the condition realistically, denial, self-pity, ambivalent, guilty, or establishing the pattern of dependency with the child. When facing a significant stressor, the family is going through some certain processes that allow them to survive and adapt so that become resilient family. This paper described how to optimize the social support from various support groups to helps the family who has children with special needs.

Keyword: children, with special needs, families, family, resilience, social support,

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