

Conference Paper

The Relationship between Hardiness Personality and Husband's Social Support with Mother's Parenting Stress in Dealing with Children's Disruptive Behavior

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ABSTRACT

Maternal parenting stress can occur because mothers are the main caregivers who will face daily problems, especially those who have children with disruptive behavior. The purpose of this study was to determine the relationship between a hardiness personality and a husband's social support with a mother's parenting stress in dealing with children's disruptive behavior simultaneously or partially. Using a quantitative approach with the number of participants as many as 61 mothers who have preschool-age children (3-5 years old), have gone to PAUD (KB or TK) in Semarang City, and the child has disruptive behavior. Participants were selected through the accidental sampling method and data analysis using multiple regression analysis. The results showed that there was a very significant simultaneous relationship between hardiness personality and husband's social support with mothers' parenting stress in dealing with children's disruptive behavior, with an effect of 32.0%. There is a negative and very significant relationship between hardiness personality and parenting stress of mothers in dealing with children's disruptive behavior with an effect of 19.4%. When dealing with children's destructive behavior, there was a positive and significant relationship between the husband's social support and the mother's parenting stress, with an effect of 12.6%. This study aims to demonstrate that maternal resilience is an important factor in reducing or suppressing maternal parenting stress when dealing with children's disruptive behavior. A limitation of this study is that the scale is extended using Google Forms, so researchers cannot see participants' reactions when they provide information to complete the scale in Google Forms. A suggestion for future researchers is to conduct a broader study on mothers' parenting stress in different cases, such as children's use of gadgets and devices.

Keywords: Hardiness personality, husband's social support, child's disruptive behavior, and mother's parenting stress

Introduction

The preschool period is a golden age where stimulation of all aspects of development plays an important role in further developmental tasks. The preschool period is for children aged 3 to 5 years (Septiani et al., 2016). During this period, children often engage in disruptive behavior. Disruptive behavior in the classroom is behavior that disrupts teaching actions and interferes with other students in the teaching and learning process both psychologically and physiologically. It occurs in ordinary students and is caused by many factors that not only come from themselves but can also be caused by other people, situations or time (Wicaksono, 2013). Disruptive behavior is a child's behavior that tends to disrupt, commit acts of violence, and go against other people and the rules around them. Disruptive behavior that appears in children can greatly affect the parenting stress experienced by parents, especially mothers (Novitasari, 2016).

Williamson, McCabe, O'Hara, and Hart in Savitri and Herdajani (2023) argue that parenting stress is a cognitive and emotional response to excessive demands on parental resources in the process of caring for their children. According to Novitasari (2016), parenting stress arises

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because the task of caring for children is very complex and often has to be done in very demanding situations, with limited personal and physical resources, and a child based on mental or physical attributes may be very difficult to parent.

Interviews with five mothers of preschool children who suffered from parenting stress when dealing with their children's destructive behavior at a PAUD (early childhood education) school in Tembalan District, Semarang City. It became clear that he was unable to control his emotions. Children were able to control behaviors that led to educational behaviors, such as screaming, pinching, and crying loudly. When the child started acting uncontrollably, the mother felt overwhelmed and calmed down. Her self-disappointment and lack of support from her husband, as well as the absence of other family members, make the mother's situation even more difficult. Maternal parenting stress can occur because mothers are the primary caregivers and face challenges daily. The mother is always close to the child, and her every action and attitude influences the child's development.

Smet (1994) states that reactions to stress vary from person to person and even within the same person from time to time. This difference is caused by psychological and social factors that appear to alter the effects of stress on individuals. Factors that affect stress include a) Individual status variables: age, life stage, gender, temperament, genetic factors, intelligence, education, ethnicity, culture, economic status, and physical condition; b) Personality traits: introversion and extroversion, general emotional stability, resilience, center of control, immunity, resilience; c) Social-cognitive variables: perceived social support, social network, and perceived personal control; d) Relationship with the social environment, perceived social support, perceived social network, and perceived personal control. relationships with the social environment, social support received, and integration into social networks. Coping strategy. Because there are so many factors that influence child-rearing stress, researchers selected the personality factor Hardiness as an intra-individual factor that influences mothers' child-rearing stress and the husband's social support as an external factor. selected. Stress can be influenced by internal and external factors. Stubborn personality is conceptually a personality trait that includes a combination of attitudes, and these attitudes serve as a source of resilience to stressful events (Olianda & Rizal, 2020).

Lee and Jeon (2022) state that hardiness is an individual's personality trait that allows them to deal with stress effectively. Resilient people believe in their ability to adapt to their environment, focus on daily activities, and recognize change as a challenge. Psychological resilience is the ability of parents to control themselves in stressful situations, such as emotional distress or difficulties in the external environment, to focus and move forward in life based on their faith and beliefs, so that children can It greatly contributes to living a happier and healthier life. Resilience encourages individuals to self-regulate and actively participate in daily activities even in stressful situations, to see change as an opportunity for growth and development, and to live healthier lives. When mothers have high psychological resilience, they have healthy internal resources to reduce the stress of parenting. People with strong personalities can survive under stressful or emergency conditions and situations, even in the face of demands and challenges that can lead to stress, such as mothers suffering from childcare stress.

Research conducted by Bigalke (2015), Maysa and Khairiyah (2019), Olianda and Rizal (2020), Lee and Jeon (2022) state that hardiness personality is a factor that affects parenting stress, where hardiness personality has a negative relationship with parenting stress. This means that the higher the hardiness personality, the lower the level of parenting stress, otherwise the lower the hardiness personality, the higher the level of parenting stress.

Another contributing factor to parenting stress experienced by mothers is the lack of social support, either from their husbands, family, friends or someone who is more expert in caring for children (Savitri & Herdajani, 2023). Social support provided by the husband is the most important support because the husband is the closest person to the mother. Social support is a perception or experience when someone feels loved, cared for, respected, valued, and feels a member of a group. Social support also has benefits for mental and physical health (Olianda & Rizal,

2020). So, the husband's social support is the perception or experience when the wife feels loved, cared for, respected, and valued, by her husband.

A husband should participate and take approximately one-third of the share in caring for children because it can ease the burden on a mother. In addition, the husband's support also increases the mother's self-acceptance. Self-acceptance means that mothers can understand themselves, have realistic expectations, and obstacles from the environment that do not affect them, have supportive social behavior, absence of heavy emotional pressure, the success that occurs, self-concept, and good parenting in childhood (Savitri & Herdajani, 2023). Research by Olianda and Rizal (2020) and Savitri and Herdajani (2023), showed the results that there was a negative relationship between the husband's social support and parenting stress in mothers. The higher the husband's social support that is interpreted by the mother, the lower the parenting stress experienced by the mother, on the contrary, the lower the husband's social support that is interpreted by the mother, the higher the parenting stress experienced by the mother.

Many previous research topics have discussed the relationship between hardiness and husband's social support to the stress of parenting mothers with children with special needs and tantrum behavior, such as those conducted by Olianda and Rizal (2020) on the relationship between Hardiness and Social Support to Parenting Stress in Mothers with Children with Tunagrahita and those conducted by Savitri and Herdajani (2023) on the relationship between hardiness personality and husband's social support with mother's parenting stress in dealing with tantrum behavior of preschool children. The urgency of the research is to find out the stressful conditions of parenting mothers with normal children who behave disruptively. Disruptive behavior is the behavior of children who tend to disrupt, commit acts of violence, and fight other people and the rules around them such as hitting, or kicking others. Based on these considerations, the researcher is interested in conducting a study entitled: *The Relationship between Hardiness Personality and Husband's Social Support with Mother's Parenting Stress in Dealing with Disruptive Behavior of Preschool-Age Children*.

Literature Review

Maternal parenting stress in dealing with children's disruptive behavior

Mother's parenting stress in dealing with children's disruptive behavior is excessive anxiety and tension, especially related to the mother's role as a parent and the interaction between the mother and the child whose behavior tends to disrupt, commit acts of violence, and fight others and the rules around them such as hitting, or kicking others (Novitasari, 2016; Novitasari, 2016).

Aspects of parenting stress expressed by Savitri and Herdajani (2023), namely the parent distress (parental stress experience), The Difficult Child (difficult child behavior), and the parent-child dysfunctional interaction (dysfunction of parent and child interaction).

Factors that influence parenting stress include introverted-extroverted personality, general emotional stability, personality hardiness, locus of control, perceived social support, social network, perceived personal control, relationship with social environment, social support received from husband, integration in social network, and coping strategies (Smet, 1994).

Personality hardiness

Hardiness is a personality characteristic that involves the ability to control unpleasant events and give positive meaning to these events so that they do not cause stress to the individual concerned (Savitri & Herdajani, 2023). Kobasa points out that people with high psychological resilience are better at handling stress because they perceive themselves as people who choose the stressful situation themselves.

According to Savitri and Herdajani (2023), there are three aspects of a hardiness personality, namely aspects of control, commitment, and challenge. Therefore, researchers use these aspects to reveal the personality of hardiness.

Husband's social support

According to Irbah et al. (2018), social support for men refers to the availability of pleasure, consideration, appreciation, and support that an individual receives from other people and groups. Male social support is a man's caring attitude in the form of good cooperation and provision of moral and emotional support.

Savitri and Herajani (2023) categorize men's social support into four dimensions: emotional support, esteem support, instrumental support, and informational support.

Material and Methods

The study used quantitative methods. This design was deemed appropriate for the study, which was to determine the role of hardiness personality and husband's social support in mothers' parenting stress in dealing with children's disruptive behavior.

Participants were selected based on the inclusion criteria as many as 61 mothers who have preschool-aged children (3-5 years old), have attended PAUD (KB or TK) in Semarang City, and the child has disruptive behavior. In addition, participants were selected through an accidental sampling method.

The hardiness personality measurement used in this study is the Dispositional Resilience Scale (DSR-15) developed by Bartone and adapted from Maddi and Kobasa (Daulay, 2016). Then the researcher adapted it into Indonesian and passed the professional judgment process, which consisted of 15 statement items where all items were valid with a validity value of 0.342 - 0.684 and an alpha reliability coefficient of 0.868.

The measurement of the husband's social support was prepared based on aspects of social support proposed by Sarafino consisting of 20 statement items and there was 1 invalid item number, namely item number 8 so there were 19 valid items with a validity value of 0.303 - 0.688 and an alpha reliability coefficient of 0.869.

Measurement of maternal parenting stress in dealing with children's disruptive behavior is measured based on an adaptation scale from The Parenting Stress Index (Kusuma, 2016) which consists of 36 statement items and there are 2 invalid item numbers, namely item numbers 19 and 34 so that there are 34 valid items with a validity value of 0.319 - 0.686 and an alpha reliability coefficient of 0.869.

All data were analyzed using SPSS for Windows 25.00. The assumption test resulted in the research data having a normal distribution and showed a tendency for a linear relationship between the relationship between the independent and dependent variables. Data analysis used multiple regression analysis by the proposed hypothesis.

Results and Discussion

Table 1 summarizes descriptive statistics regarding mothers' character strengths, husbands' social support, and parenting stress in coping with children's disruptive behaviors. The mean score of personality toughness for the 61 participants was found to be 24.28, SD = 8.529. Furthermore, referring to the hypothetical statistical-based classification, the "high resilience" category includes up to 24.6%, the "moderate" category up to 67.2%, and the "low resilience" category up to 8.2%. The participants' personalities fall into the category of "moderate resilience." Furthermore, it is known that the average husband's social support score is 51.87, SD = 10, which is a hypothetical statistic that places the husband's sense of social support in the high and medium categories with a maximum of 27.9%. refers to the classification based on the husband's social support adjustment as perceived by the participants falls into the intermediate category, as it includes up to 68.9% and only her 3.2%. The mean value of parenting stress for mothers dealing with their child's disruptive behavior is known to be 87.89 with SD = 22.553. This refers to a classification based on hypothetical statistics that show that parenting stress is in the high and intermediate categories up to 6, 6% of her. The category contains 67.2% and only 26.2%, so

mothers' parenting stress and participants' destructive behavior when dealing with their children fall into the intermediate category.

Table 1. Descriptive statistics of research variables

	Hardiness Personality	Husband's So- cial Support	Mother's Parenting Stress in Dealing with Children's Dis- ruptive Behavior
N	61	61	61
Mean	24.28	51.87	87.89
Minimum	5	34	37
Maximum	45	75	142
Hipotetic Standard De- viation	7.5	9.5	22.67
Empiric Standard Devia- tion	8.529	10.444	22.553

Table 2. Research hypothesis testing results

Equality	R ²	Anova		r	Standard- ized Coef- ficients			Information
		F	Sig		Beta	t	sig	
Regression Model $Y = \alpha + \beta_1 X_1 + \beta_2 X_2$	0.565	13.623	0.000					H1 accepted
Y = Mother's Parenting Stress				-0.521	-0.372	-2.843	0.006	
X1 = Hardiness Personality				-0.474	-0.265	-2.024	0.048	H2 accepted H3 accepted
X2 = Husband's So- cial Support								

Testing the first hypothesis using multiple correlation analysis and the F test obtained the correlation coefficient $R_{y.1.2} = 0.565$ and $F = 13.623$ with $p < 0.01$. This means that there is a very significant relationship between personality hardiness and the husband's social support with the mother's parenting stress in dealing with children's disruptive behavior, with an effective contribution of 32.0% so the first hypothesis is accepted.

Testing the second hypothesis using "product-moment correlation analysis obtained a correlation coefficient value of $r_{x_1y} = -0.521$ with $p < 0.01$. This means that there is a very significant negative relationship between a hardiness personality and a mother's parenting stress in dealing with children's disruptive behavior, with an effective contribution of 19.4% so that the second hypothesis is accepted." Testing the third hypothesis using "product-moment correlation analysis obtained a correlation coefficient value $r_{x_2y} = -0.474$ with $p < 0.05$. This means that there is a significant negative relationship between the husband's social support and the mother's parenting stress in dealing with disruptive behavior, with an effective contribution of 12.6% so the third hypothesis is accepted.

Based on the results of the first hypothesis test conducted with multiple correlation techniques and the F test, the value of $R_{y.1.2} = 0.565$ and $F = 13.623$ with $p < 0.01$ was obtained. This shows that there is a very significant relationship between the hardiness personality and the husband's social support with the mother's parenting stress in dealing with children's disruptive behavior. The effective contribution of the hardiness personality and husband's social support to the stress of parenting mothers in dealing with children's disruptive behavior is 32.0% while the remaining 68.0% is influenced by other factors not examined in this study.

These results are in line with research by Fitriani and Ambarini (2013), Auliya and Darmawanti (2014), and Pradhanani & Sharma (2022) suggesting that hardiness personality is a factor that affects parenting stress in mothers, with a negative relationship. Other researchers such as Irbah et al. (2018), Purnomo and Kristiana (2016), and Fatkuriyah and Nastiti (2022) revealed that there is a relationship between husband's social support and parenting stress in mothers. The results showed that there was a relationship between hardiness personality and husband's social support on parenting stress experienced by mothers. The relationship between the variables of hardiness personality and husband's social support with parenting stress in mothers illustrates the joint relationship between hardiness personality and husband's social support with mother's parenting stress in dealing with children's disruptive behavior, as stated by Olianda and Rizal (2020) and Savitri and Herdajani (2023),

Hardiness personality is a personality characteristic that influences the development of a resilient response to stressful circumstances, and a buffer that protects individuals from the negative effects of stress through increased resources to handle stress. Individuals who have a hardiness personality tend to be more positive and confident about their ability to successfully handle stressful situations. Hardiness is negatively associated with psychological distress, positively associated with adjustment and well-being, and negatively associated with depression (Smith, 2017). Hardiness is a personality trait that is evident in people who can deal with stress effectively. Resilient individuals believe in their ability to adapt to their environment, engage deeply with daily activities, and perceive change as a challenge (Lee & Jeon, 2022). A resilient personality can be one of the supportive internal factors or supporters from within the individual and can generate strength to resist or reduce stress. This personality trait has been shown to neutralize stressors associated with parenting stress in mothers of children with destructive behavior.

Hardiness personality includes three aspects that can affect mothers' parenting stress in dealing with children disruptive behavior, namely aspects of control, commitment, and challenge. Of the three aspects, it turns out that the challenge aspect has the strongest relationship with maternal parenting stress in dealing with children disruptive behavior with a correlation of 0.535 with $p < 0.01$. This can be explained by the fact that the challenge dimension reflects the extent to which mothers view difficult situations as challenges rather than threats when dealing with children with disruptive behaviors. By doing so, mothers become optimistic that changes will occur in their children in the future, which reduces their parenting stress. Consistent with the findings of Pradhanani and Sharma (2022), task dimensions were shown to be negatively associated with maternal parenting stress.

External factors are also factors that affect parenting stress, such as a lack of social support, whether from a husband, family, friends, or someone who is more expert in caring for children. Social support provided by the husband is the most important support because the husband is the closest person to the mother (Savitri & Herdajani, 2023). Cooperation with a partner is needed in caring for children, especially when the mother feels worried about the child's condition. Husband support itself refers to the comfort, attention, appreciation, or assistance provided by other people or groups to individuals, and obtaining support from husbands can reduce the parenting stress felt by mothers (Irbah et al., 2018).

Mothers who receive encouragement from those around them in this case the husband and actually turn the crisis into an opportunity, the husband's social support can contribute to

fostering psychological resilience in individuals under stress. For a mother, being psychologically resilient means that she develops healthy internal resources to relieve the stress of parenting (Lee & Jeon, 2022). Social support is often considered a resource that can protect a person from the effects of stress. Social support generally has a primary effect on stressors and strain and sometimes moderates or buffers the effects of stressors on strain (Eschleman et al., 2010).

Husband's social support includes four aspects that can affect mothers' parenting stress in dealing with children's disruptive behavior, namely aspects of emotional support, appreciation support, instrumental support, and information support. Of the four aspects, it turns out that the emotional support aspect has the strongest relationship with mothers' parenting stress in dealing with children's disruptive behavior with a correlation of 0.472 with $p < 0.01$. This can be explained by the emotional support that husbands provide to wives in coping with their children's destructive behaviors in the form of empathy, compassion, love, trust, attention, and listening. When a husband provides emotional support to his wife, such as listening to her stories, it increases her confidence and helps her cope better with stress.

The results of the second hypothesis test conducted using the product-moment correlation method yielded a value of $r_{xy} = 0.521$ ($p < 0.01$). This indicates that there is a negative relationship between personality resilience and maternal stress during parenting when dealing with children's destructive behavior, and thus the 2 proposed in this study. The second hypothesis is accepted. The substantial contribution of rigid personality to maternal parenting stress when dealing with children's disruptive behavior is 19.4%

These results are consistent with studies by Bigalke (2015), Maysa and Khairiyah (2019), Olianda and Rizal (2020), and Lee and Jeon (2022), who found that personality hardness was associated with parenting stress. It is stated that these are factors that influence the impact. Shows a negative association with childcare stress. This means that the higher the resilience of the personality, the lower the level of parenting stress, and vice versa.

Hardiness personality as psychological resilience enables parents to control themselves, focus, and move forward in life based on their faith and convictions, even in stressful situations such as emotional distress and emotional difficulties. This will greatly help children live happier and healthier lives. External environment. Resilience therefore consists of an individual's internal value system and has three subcategories: commitment, control, and challenge. It encourages individuals to self-regulate, actively participate in daily activities even in stressful situations, see change as an opportunity for growth or development, and live healthier lives. Psychological resilience is a personal strength that increases the ability to self-regulate, actively participate in daily activities under stressful situations, and recognize change as an opportunity for growth and development. When mothers have high levels of psychological resilience, they have healthy internal resources to reduce stress and care for their children (Lee & Jeon, 2022).

Fitriani and Ambarini (2013) state that people with a robust personality are better able to cope with stressful situations. One reason resilient people can cope more effectively with stressful situations is that they may be able to evaluate situations more positively and even learn lessons from stressful situations. Cold-tolerant mothers will find this issue one of their challenges. Mothers use it as an opportunity to relax and are always responsible for their childcare duties.

Resilient mothers believe that all problems can be overcome without being avoided and that the right solution to the problem will be found. It can be concluded that the more stress mothers feel during the parenting process, the more important it is to increase resilience as a buffer against the effects of parenting stress (Olianda & Rizal, 2020). Toughness of character is one of the personality traits that people exhibit when dealing with stressful situations. People with resilient personalities have strong psychological resilience and can cope with pressure by turning negative stressors into positive challenges (Maysa & Khairiyah, 2019).

The results of the third hypothesis test, conducted using the product-moment correlation method, yielded a value of $r_{xy} = 0.474$ ($p < 0.05$). This indicates a significant negative relationship between husbands' social support and mothers' parental stress in dealing with their children's

disruptive behaviors. Therefore, her third hypothesis proposed in this study is accepted. The effective contribution of male social support to the stress of parenting mothers in dealing with children's destructive behavior is 12.6%.

These results are the same as with Purnomo and Cristiana (2016), Orianda and Rizal (2020), and Savitri and Herdajani (2023), who show that there is a negative relationship between husbands' social support and mothers' parenting stress. This is consistent with the research conducted in 2013. The more support a mother has from a man as interpreted by her, the less parenting stress she experiences, and vice versa.

Husbands are expected to play a role in the household and provide support to the mother in the form of gratitude and love, as well as direct help with the care of the children. Husbands, as wives, are also expected to work together with mothers to effectively manage stress for mothers who are struggling with family development issues for preschool children and the stress of raising children. Men's social support is important when women are under stress. If a woman receives support from her husband, she will feel less stressed about raising children and will have hope that her man will help her in times of need. Raikem and Thompson (2005) found that mothers who received high levels of social support experienced less parenting stress. Husbands who received higher levels of social support experienced less psychological distress related to financial pressures and, as a result, had lower levels of parenting stress.

Previous research by Riany and Ihsana (2021) showed that parenting stress is significantly reduced by social support. Social support refers to the physical and psychological health of relatives and family members. Men's social support is a psychological resource that inevitably has a positive impact on child rearing. Research shows a strong association between parenting stress and social support in parenting. Social support has been shown to reduce parental stress by improving physical well-being and family quality of life. Husband's social support can reduce stress, depression, and anxiety in mothers of children with destructive behaviors.

In this study, there is a difference in maternal parenting stress when dealing with children's disruptive behavior between working mothers and non-working mothers or housewives as shown by t-test value = 2.825 and $p < 0.05$. I also understand that. Working mothers found that conflict between work and raising children had an indirect effect on working mothers' child-rearing stress. Mothers who work outside the home while caring for children are likely to experience higher levels of parenting stress than mothers who do not work outside the home. The reason for this is that it requires additional time, thought, and energy for mothers to take on both roles. Mothers who work outside the home experience more stress than mothers who only do household chores (Fitriani et al., 2021).

As mothers spend more time caring for children, they take on more responsibility for raising children compared to fathers. When children's destructive behavior continues, mothers may find it difficult to cope with negative emotions. As a result, mothers feel anxious, worried, hopeless, and more prone to stress. Increased maternal stress may affect the parenting process and lead to stress in the parenting process (Maysa & Khairiyah, 2019). Therefore, maternal parenting stress refers to the mother's subjective experience of coping with the pressure of caring for her child.

Conclusion

The findings of this study provide evidence that the hardiness personality in mothers who have children with disruptive behavior is the main factor in suppressing or reduce maternal parenting stress in dealing with children's disruptive behavior. This illustrates that mothers who have personality characteristics such as commitment, self-control, not isolation and helplessness, strong individuals, and a way of seeing problems not as threats but as challenges, will be able to reduce parenting stress.

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