Parental Self-Efficacy in Foresting Independence in Children with Down Syndrome: A Case Study on Individuals with Down Syndrome

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ABSTRACT

The formation of independence for children with Down syndrome can be implemented using democratic parenting patterns carried out by parents for children with special needs, democratic parenting patterns are strict and independent parenting patterns with no opportunities for children to determine their desires, it can be said that democratic parenting patterns are the process of giving punishment and reward given by parents to their children. Parents' self-efficacy plays an important role in the process of independence for children with Down syndrome in overcoming abnormalities in their children due to abnormalities in chromosome 21/trisomy, namely abnormalities that occur in the indicated child's cell metabolism system. The purpose of this article is to describe the self-efficacy of parents in fostering the independence of children with Down syndrome (case studies on individuals with Down syndrome). This study uses a descriptive qualitative method based on case studies. The results of the study show that parents' self-efficacy in fostering the independence of children with Down syndrome is closely related to the child's independence process. Seen in democratic parenting patterns, parents provide rewards if the child can work according to the instructions given. On the other hand, the child will be given punishment when he fails to adjust the orders given. So, parents' self-efficacy in fostering children's independence with a democratic parenting pattern is one of the tips for implementing children's independence through actions and challenges given to children so that children can hone their soft skills and hard skills.

Keywords: Down Syndrome, Independence, Self Efficacy

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INTRODUCTION

For a man and a woman, the desire to have children in the middle of their small family is highly anticipated. Children are an important and very valuable asset in a family relationship. Parenting is a way of educating, nurturing, and caring for children continuously, and is a sign of parental responsibility to their children. The role of parents is very large in developing activities for children who help them in carrying out their daily life activities. Wrong parenting in raising children will result in children depending on parents and unable to carry out their activities. However, what happens if the desired child is born without any defects, then a child with Down syndrome is born. ICBB (Indonesia Center for Biodiversity and Biotechnology), has
300,000 children with Down syndrome, the birth rate of children with Down syndrome has increased to 1000 in each of the last years, the birth rate of people with Down syndrome in Indonesia is 300,000 people (Nadia Uswatun Hasanah 2013). Parental self-efficacy in shaping a child's personality refers to the attitude or way parents raise and treat their children well. Self-efficacy in the education of Down syndrome children is one type of interaction process between children and their parents, when a good parental role model has a positive effect on the development of the child's personality, and vice versa. Self-efficacy is a situation arising from the positive results of parents in increasing children's independence. This ability is based on the child's effort, desire, and interest to perform an action or job (Putu Putri Dena Laksmi, Ni Wayan Suniasih 2018).

Down syndrome is a physical and mental disorder in children caused by abnormalities in chromosome 21, the disorder occurs when separate chromosomes rupture. Down syndrome is a form of intellectual disability that usually occurs after giving birth to a Down syndrome child. Parental self-efficacy in cultivating the independence of Down syndrome children has several dimensions such as magnitude, generality, and strength. The magnitude level is applied to the child's ability to perform the task given, then generality, focusing on the child's self-assessment in carrying out the activities they do, while strength, namely the child's confidence in solving the problem at hand (Irwanto, Henry Wicaksono, Aini Ariefa 2019).

In this study, researchers examined how self-efficacy in encouraging independence in Down syndrome children is closely related to parenting which is reflected in children's self-efficacy at an early stage of development, focusing on the influence of parents, siblings, and peers. Parents are role models for children when it comes to success, which comes from parental support and a high level of self-efficacy for their children. The purpose of this article is to describe the self-efficacy of parents in fostering independence of Down syndrome children (case studies in Down syndrome individuals).

METHOD

This study uses descriptive qualitative with a case study approach. Researchers examined how self-efficacy in encouraging independence in Down syndrome children is closely related to parenting which is reflected in children's self-efficacy at an early stage of development, focusing on the influence of parents, siblings, and peers. Parents are role models for children when it comes to success, which comes from parental support and a high level of self-efficacy for their children. The purpose of this article is to describe the self-efficacy of parents in fostering independence of Down syndrome children (case studies in Down syndrome individuals).

DISCUSSION

Parental self-efficacy in encouraging independence in Down syndrome children is closely related to the child's independence process. The results of observations show that parents who pay too much attention to children with special needs become dependent on their parents. From this statement, we can see that several parenting patterns for Down syndrome children must be applied. The descriptions of parenting patterns are permissive parenting patterns, authoritarian parenting patterns, and democratic parenting patterns. Parental self-efficacy that does not put limits on their children is referred to as permissive parenting, while authoritarian parenting is the behavior of parents who apply a firm and independent parenting style. Children are not allowed to decide what they want, but parents are allowed to choose punishment for their children. Democratic parenting is the same as authoritarian parenting (Wong in Journal Nadia Uswatun Hasanah, Hery Wibowo 2013).

The Role of Parents in Fostering the Independence of Down Syndrome Children

A democratic parenting model is needed to encourage the independence of children with Down syndrome. Parents are needed to address resources for their children, as well as set up school programs and provide therapeutic resources, parents and close relatives of Down syndrome children play an important role in their assessment of learning, and parents are directly involved in events held at special needs schools for Down syndrome children (Wiwik Zainar Sri Utami and Eneng Garnika 2020). Of the many parenting models given by parents to their children with Down syndrome, some obstacles must be overcome by parents to grow their children's independence such as parents who tend to sympathize with their children's shortcomings, parents who lack confidence in their children's abilities, parents with Down syndrome children tends to dissolve in sadness and lack of early childhood education for children so that time is wasted in implementing self-reliance training programs for children with special needs.

Behind fostering children's independence and the obstacles faced by parents and the efforts that parents must make to achieve a successful process of increasing independence in Down syndrome children, such as developing children's creativity by perfecting them to achieve achievements, of course, accompanied by
parental prayers for the recovery of their children, providing therapy to support children's independence and training motor skills (Sri Samiwasi Wiryadi 2014).

Self Efficacy

Self-efficacy is the ability of an individual to influence his life through his experiences, based on the confidence to do something in the process of thinking, and behaving, as well as self-motivation to affect cognitive, affective, and decision-making and aspects of self-motivation, when the individual is confident and trying, the process affects the way he behaves. In cognitive social theory, a person's self-efficacy helps guide their decision to go on and try, their strength to face adversity, and their composure to deal with complex situations. Self-efficacy plays an important role in the positive results of the efforts made (Bandura in Putu Putri Dena Laksmi 2018).

Self-efficacy is a self-evaluation of whether a person can do good or bad, right or wrong, or do something or not according to the instructions given, so self-efficacy is a picture of a person's evaluation of his abilities (Alwisol in I Made Rustika 2012).

According to Bandura (1977: 194) in (I Made Rustika 2012) self-efficacy has three dimensions, namely:

a. The level/magnitude dimension refers to a person's level of difficulty in dealing with a problem, based on the individual's perception of how difficult, medium, and easy it is.

b. The generality of this dimension indicates a limited self-evaluation of the perceived general situation.

c. Strength refers to the ability to solve problems on their own, children with Down syndrome that has strong self-efficacy will lead them to a period of success.

Down Syndrome

The syndrome is a symptom or clinical sign that occurs along with an abnormality (Alwi in Prima Suci Rohmadheny 2016). Genital anomalies (congenital after birth) such as Down syndrome are caused by abnormalities in fetal development. Dr. John Langdon Down was the first to describe Down syndrome as Mongolian (Prof. Dr. Sultana MH Faradz 2016). Down syndrome is a condition that causes mental and physical disability and is caused by abnormal chromosomal development in cell 21. People with Down syndrome have 47 chromosomes. Mental and physical retardation is caused by abnormalities in chromosome development in cell 21. In people with Down syndrome, there are 47 chromosomes.

Down syndrome is one of the many disorders caused by disturbances in the intellectual process of newborns. Parents often expect their children to be born healthy and without defects. The limitations of early diagnosis make Down syndrome children less likely to receive treatment in the process of independence, so children with Down syndrome are very dependent on their parents at all times. Parental self-efficacy in encouraging children's independence according to the democratic parenting model is one of the tips to realize child independence through the implementation of various activities and challenges given to Down syndrome children so that children are involved in a positive life and hone soft skills and hard skills which he will achieve. What parents have in democratic parenting patterns is upholding strict rules and discipline so that children can achieve independence at the stage expected by their parents (Kosasih in Zainar Sri Utami Journal 2020).

Although Down syndrome children experience adjustment delays both in their social interactions and independence, it does not mean that Down syndrome children cannot be independent, they can still be independent but accompanied by the democratic parenting model used by their parents. In this case, behind the limitations that Down syndrome children have their uniqueness, the role of parents, siblings, and peers plays an important role in the development of independence.

CONCLUSION

Some people may be familiar with the term Down syndrome. Down syndrome is a physical and mental disorder that occurs from birth. Anomalies occur on chromosome 21, where chromosomes develop towards anomalies, causing disruptions in brain and child development. Most people assume that Down syndrome children are very dependent on their parents so it is necessary to pay special attention to their children.

Here the self-efficacy of parents in providing a good parenting model for children with special needs is tested by applying a democratic parenting model to Down syndrome children as an alternative to encourage independence in Down syndrome children. Democratic education is the application of disciplined, firm, and independent education. Children are rewarded if they can follow their parents' instructions, while children are punished for not being able to follow their parents' instructions. Authoritarian parenting is quite strict in honing children, but behind that there are some positive results from what parents did in the past. All efforts of parents must be accompanied by prayer and a positive environment resulting from the fighting spirit of parents, siblings, and peers to foster self-efficacy in developing independence in Down syndrome children.
REFERENCES


