

## **THE RELATIONSHIP BETWEEN RELIGIOSITY AND SELF-ACCEPTANCE IN PARENTS WHO HAVE CHILDREN WITH SPECIAL NEEDS AT SLBN BANYUASIN**

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### **Abstract**

The objective of this research is to establish the correlation between religion and the level of self-acceptance among parents who have children with special needs. The population consisted of 86 individuals, and the sample size was also 86. The methodology used in this study is quantitative, using field research as the means of data collection. Specifically, observation methods, questionnaires, and documentation were employed. The data analysis undertaken indicates a correlation between religion and self-acceptance among parents who have children with special needs. The R-square normalcy score of 0.023 indicates that there is a 23% correlation between religion and self-acceptance. Scientists conducted a study to assess the strength of the association between religion and self-acceptance, finding a significant link. Therefore, it may be inferred that there is a significant and favorable correlation between religion and self-acceptance. The correlation between religiosity and parents' self-acceptance is positive, indicating that as religiosity increases, so does parents' self-acceptance. In contrast, there is a negative correlation between religion and the self-acceptance of parents with children with special needs at SLBN Banyuasin.

**Keywords:** Religiosity, self-acceptance, children with special needs

### **Abstrak**

*Tujuan penelitian ini adalah untuk mengetahui hubungan antara agama dengan tingkat penerimaan diri pada orang tua yang memiliki anak berkebutuhan khusus. Populasi dalam penelitian ini berjumlah 86 orang dan sampel yang digunakan adalah 86 orang. Metodologi yang digunakan dalam penelitian ini adalah kuantitatif, dengan menggunakan penelitian lapangan sebagai alat pengumpulan data. Secara khusus, metode yang digunakan adalah metode observasi, kuesioner, dan dokumentasi. Analisis data yang dilakukan menunjukkan adanya hubungan antara agama dengan penerimaan diri pada orang tua yang memiliki anak berkebutuhan khusus. Nilai normalitas R-square sebesar 0,023 menunjukkan bahwa terdapat hubungan sebesar 23% antara agama dengan penerimaan diri. Para ilmuwan melakukan penelitian untuk menilai kekuatan hubungan antara agama dan penerimaan diri, dan menemukan adanya hubungan yang signifikan. Oleh karena itu, dapat disimpulkan bahwa terdapat korelasi yang signifikan dan positif antara agama dengan penerimaan diri. Korelasi antara religiusitas dengan penerimaan diri orang tua bersifat positif, yang menunjukkan bahwa semakin tinggi religiusitas maka semakin tinggi pula penerimaan diri orang tua. Sebaliknya, terdapat*

*korelasi negatif antara agama dengan penerimaan diri orang tua yang memiliki anak berkebutuhan khusus di SLBN Banyuasin.*

***Kata kunci:*** *Religiusitas, penerimaan diri, anak berkebutuhan khusus*

## **INTRODUCTION**

Children with special needs are those who exhibit substantial anomalies or variations (physical, mental-intellectual, social, emotional) in their growth or development compared to their peers of the same age, therefore necessitating specialized educational assistance. Therefore, if a kid has minor anomalies or deviations, they are not substantial enough to need special education assistance. The individual does not have any exceptional requirements or disabilities (Byrne dkk., 2021; Kartika, 2012). According to UNICEF, the number of children with special needs globally is estimated at nearly 240 million. Data obtained from the central statistics agency, children with special disabilities in Indonesia, as many as 1.6 million children. The UN predicts that at least 10% of children with special needs are of school age. Based on data obtained from the Indonesian Ministry of Health, the number of children with special disabilities is 134,045 scattered in 2,209 special schools in Indonesia. The most children with special needs are in the provinces of Central Sulawesi 7.0%, Gorontalo 5.4%, South Sulawesi 5.3%, Banten 5.0%, and West Sumatra 5.0%. The high number of children with special needs in South Sulawesi encourages the South Sulawesi provincial government to continue to strive to implement education through special school programs (Chaidi & Drigas, 2020; Syarifah, 2023).

Children born with unhealthy mental conditions certainly make parents sad and sometimes not ready to accept it for some reason. There are more reasons for embarrassment, so few treat the child well (Chaidi & Drigas, 2020; Faradina, 2016). Therefore, parents of children with special needs cannot be separated from the name of destiny from Allah SWT. Destiny is the dominion of God over human life lived today. Some of these destinies are positive, namely good destinies that humans like, and some are negative, namely, good destinies that humans like (Suriyati, 2020). Every Muslim must believe in every destiny because faith in Allah's destiny is one of the sixth pillars of faith. The manifestation of believing in God's destiny can be reflected through attitude and deed. People who accept God's destiny will always realize and accept reality, always be patient, diligent in trying and not give up easily, always be optimistic, and always apply a *tawakkal* attitude (Afrida, 2021; Peters dkk., 2020).

Every parent desires the existence of a kid who is born flawless and embodies the aspirations of all parents. Parents want offspring who are in good bodily and spiritual condition. The restrictions of children with special needs are the duties and obligations that fall upon parents. Nevertheless, not all children are born and develop under typical conditions. Parents who have children with special needs are exceptional parents selected by a higher power to care for and nurture their children. To provide proper care for children with special needs, parents must possess qualities such as patience, sincerity, social support, and self-acceptance. Self-acceptance refers to the act of willingly embracing oneself, including one's physical attributes, social mindset, and personal

accomplishments, regardless of their positive or negative aspects (Faradina, 2016; Nur Fadila, 2021; Rusdiana, 2018). Religiosity is a factor that may influence a parent's level of self-acceptance. Glock and Stark define religiosity as the extent to which an individual comprehends and is dedicated to their faith (Alfiyanto, 2020; Asbi dkk., 2022). The degree of conceptualization refers to an individual's understanding and knowledge of their religion. On the other hand, the level of commitment refers to the depth of their dedication and adherence to their religious beliefs. It is important to have a comprehensive understanding of both terms to explore the several paths someone may take to embrace a religious lifestyle. This may be seen in the divine scripture of Allah SWT, specifically:

رَبُّ السَّمَوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا فَاعْبُدْهُ وَاصْطَبِرْ لِعِبَادَتِهِ هَلْ تَعْلَمُ لَهُ سَمِيًّا

It means: (He is) God (who rules) heaven and earth and everything in between, so worship Him and be firm in worshipping Him. Do you know there is something in common with Him?

This verse shows how great God's dominion is, with all his meticulous rules over the universe. It expresses the command for patience and determination, the steadfastness of nature in worship, and its steadiness and balance. Actions and behaviors are psychological effects, also called self-acceptance, such as affection, caring, providing support, and nurturing so that parents can give and express these feelings well to their children (Atmaja dkk., 2022; Haryono, 2017).

The relationship between religiosity and self-acceptance in parents who have children with special needs is known from Ratnasari's research. The results of the study show that religiosity is an important factor in the process of self-acceptance, namely self-compassion, or he tries to give himself that a human being is not perfect by improving his religious process, and the results of his research state that the impact of religious attachment is obtained from positive emotions from within the individual and also religiosity against the background of difficult circumstances of a life lived which means that individuals who have the awareness that they also must worship will always pray so that they can get through difficult situations in their lives and pray will always be sincere to undergo all trials given by God Almighty (Suheni, 2020; Syakur & Budianto, 2024).

So, self-acceptance in this study is the recognition or self-acceptance of parents to their children, who have shortcomings and advantages that are different from those of children in general (Dewi & Yudiarso, 2023). Parents will still usually lack acceptance of the situation and feel sad, disappointed, and angry about the problems their children face, even though sometimes they do not want to admit their children without the social support of the closest family or social environment and the low value of religiosity in the individual. So, to get scientific information about the relationship between religiosity and self-acceptance of parents who have children with special needs, scientific research needs to be done. Meanwhile, the fact that happens to parents who have children with special needs at SLBN Banyuasin is still a low self-acceptance of parents to their children. Therefore, researchers are interested in researching the title "The Relationship between

Religiosity and Self-acceptance in parents who have children with special needs at SLBN Banyuasin."

## METHOD

Researchers used quantitative research methodologies in this investigation. Quantitative research approaches include the use of numerical data for research purposes. They are beginning with the procedure of gathering data and proceeding to its analysis. The research process involves a thorough and meticulous examination of all relevant information. (Ali dkk., 2022). This investigation was conducted at SLBN Banyuasin, which is located in Banyuasin III District, Banyuasin Regency, South Sumatra Province. In this study, researchers used two variables: religion as variable X and self-acceptance as variable Y. The population of this study is 86 parents who have children with special needs at SLBN Banyuasin. In this study, the total sampling used to determine the sample was 86 respondents for parents with children with special needs at SLBN Banyuasin. In quantitative research, a research instrument declares the data correct if the data collection instrument meets the requirements, namely, a validity test and a reality test. At the same time, data collection techniques use questionnaires, observations, and documentation. Premetric statistical data analysis techniques were used in this study, and the data analyzed were interval scale data.

## RESULTS AND DISCUSSION

The study was conducted at SLB Negri Banyuasin on February 15, 2024, with a sample of 86 parents at SLBN Banyuasin. Before distributing the questionnaire, the researcher first explains the purpose and purpose of the researcher distributing the questionnaire. The questionnaire's processing method was also described by the researcher. A purposive sample with criteria—that is, parents of special needs children who are willing to participate as respondents—is the sampling strategy used in this study. The following is a description of each test's data computation findings, which were acquired with the use of the SPSS software version 25:

### 1. Basic Assumption Test Results

#### a. Normality Test Results

Test normality with the test: The purpose of the normality test is to ascertain whether or not the data population is normally distributed. Kolmogorov-Smirnov test on one sample is conducted with a significance threshold of 0.05. As long as the significance is more than 5% or 0.05, the data are regularly distributed. Of course, the results of a normalcy test may be obtained using the Windows SPSS version 25 program. Table 1 displays the subsequent test findings from the data normalcy test.

**Table. Normality Test Results**

<b>ONE-SAMPLE KOLMOGOROV-SMIRNOV TEST</b>			
		<b>X</b>	<b>Y</b>
<b>N</b>		86	86
<b>NORMAL PARAMETERS<sup>A,B</sup></b>	Mean	70,81	70,90
	Std.	5,604	5,443
	Deviation		
	Absolute	,063	,065

<b>MOST EXTREME DIFFERENCES</b>	Positive	,057	,062
	Negative	-,063	-,065
<b>TEST STATISTIC</b>		,063	,065
<b>ASYMP. SIG. (2-TAILED)</b>		,200 <sup>c,d</sup>	,200 <sup>c,d</sup>
<b>A. TEST DISTRIBUTION IS NORMAL.</b>			
<b>B. CALCULATED FROM DATA.</b>			
<b>C. LILLIEFORS SIGNIFICANCE CORRECTION.</b>			
<b>D. THIS IS A LOWER BOUND OF THE TRUE SIGNIFICANCE.</b>			

Source: results of data management using SPSS. 25

The data is known to be regularly distributed since the significance value of 0.200 is more than 0.05, as shown by the results of the normality test in the above table.

### b. Linearity Test

Finding out whether there is a link between the variables to be checked is the goal of the linearity test. If a variable is to be tested, it cannot be used if it does not meet the conditions in linearity. This linearity test will also be tested with the help of the SPSS program, which is as follows:

**Table. Linearity Test Results**

			ANOVA TABLE				
			Sum of Squares	df	Mean Square	F	Sig.
<b>Y *</b>	Between	(Combined)	951,193	22	43,236	1,738	,046
<b>X</b>	n	Linearity	57,375	1	57,375	2,307	,134
	Groups	Deviation from Linearity	893,817	21	42,563	1,711	,053
	Within Groups		1566,865	63	24,871		
	Total		2518,058	85			

Source: results of data management using SPSS. 25

The sig linearity test results are shown in the table above. The 496 coefficient deviates from linearity by more than 0.05. Therefore, the variables of religiosity and self-acceptance may be seen to be linearly related to one another.

## 2. Data Analysis Test Results

### a. Simple Linear Regression Test Results

A linear connection between one independent variable (X) and one dependent variable (Y) is the basis of simple linear regression analysis. Using ANOVA tables, this study aims to meet the indicators by determining the direction of the link between the variables.

**Table. Simple Linear Regression Test Results**

COEFFICIENTS				
MODEL	Unstandardized Coefficients	Standardized Coefficients	T	Sig.

		B	Std. Error	Beta		
1	(Constant)	60,513	7,442		8,132	,000
	X	,147	,105	,151	1,400	,165

**A. DEPENDENT VARIABLE: Y**

Source: results of data management using SPSS. 25

The regression coefficient calculation results show that the constant coefficient value is 60.523, and the free variable coefficient (X) is 0.147. So, the regression equation  $Y = 60.513 + 0.147X$  is obtained. Based on the positive value equation of 0.245 contained in the regression coefficient of the free variable (religiosity) illustrates that the direction of the relationship between the free variable (religiosity) and the dependent variable (self-acceptance) is unidirectional, then at the sig value obtained value = 0.145 greater than 0.05 and 0.000 smaller than 0.05 this is stated to be significant which means that every increase in one unity of the variable religiosity will help the self-acceptance of parents who have children Have special needs.

### b. Results of Hypothesis Test (Test t)

Once the regression coefficient has been determined, the difference between the two samples on the interval/ratio variable—whose influence is connected to the independent variable (X) and the variable (Y)—is tested using a hypothesis test or t-test.

**Table. Results of Hypothesis Test (Test t)**

#### COEFFICIENTS

MODEL		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
	X	,147	,105	,151	1,400	,165

**A. DEPENDENT VARIABLE: Y**

Source: results of data management using SPSS. 25

Using SPSS version 25, conclusions from the outcomes of basic tests, hypothesis tests, and linear regression tests produced a computed t value of 8.132 larger than 0.60513 (see t table). After that, it is possible to conclude that the variables X and Y are accepted while  $H_0$  is refused. The hypothesis was tested, and the findings demonstrated a substantial correlation between parents' self-acceptance and religiosity when it comes to their special needs children at SLBN Banyuasin.

### c. Correlation Coefficient Test Results (r)

It ascertains how variables (X) and variables (Y) relate to one another. The independent and dependent variables have a linear connection if the sig deviation from the linearity value is more than 0.05, which is the requirement for evaluating linearity.

**Table. Correlation Coefficient Test Results (r)**

<b>MODEL SUMMARY</b>				
<b>MODEL</b>	<b>R</b>	<b>R Square</b>	<b>Adjusted R Square</b>	<b>Std. Error of the Estimate</b>
<b>1</b>	,151 <sup>a</sup>	,023	,011	5,412
<b>A. PREDICTORS: (CONSTANT), X</b>				

Source: results of data management using SPSS. 25

The results of the R-square column show that there is a 23% correlation between religion and self-acceptance, with a value of 0.023. Researchers examined the strength of the relationship including a substantial correlation—between religiosity and self-acceptance. The purpose of this study is to ascertain how parents of special needs children at SLBN Banyuasin relate to themselves in terms of self-acceptance and religion. The proposed hypothesis was approved when the product-moment correlation test revealed a substantial positive association between religion and self-acceptance. Specifically, there is a moderate association at SLBN Banyuasin between parents' self-acceptance and religiosity when their children have special needs.

The correlation demonstrates that parents who have special needs for their children are more likely to accept themselves as they are the more religious they are. On the other hand, parents of special needs children tend to be less accepting of themselves the less religious they are. The relationship between these two variables suggests that religiosity can be used to predict the level of self-acceptance of parents who have children with special needs related to previous research conducted by Suheni, whose research results stated that 75% of the majority of parents who have autistic children with a total of 46 respondents get self-acceptance. Ratnasari & Sumiati's research also noted that the study's results showed that religiosity is an important factor in self-acceptance (Ratnasari & Sumiati, 2018)(Suheni, 2020).

Religiosity is an attitude of religious obedience to oneself, believing that religion is something that can be brought to achieve everything, carrying out religious practices with no force by anyone except within himself and the belief that these activities are solely because of religion, and always practicing what he knows in his religion for social life in his environment (Bahari, 2023). Furthermore, to improve the process of self-acceptance, individuals or parents who have autistic children or other children with special needs can increase worship of God Almighty to increase religiosity, such as believing that the religion adopted will lead them to achieve everything, practicing religion without any coercion from anyone, always practicing what he knows in his religion for his social life and always thinking positively what is has happened in his life, always grateful and surrendered to what has happened in his life.

Self-acceptance is the process of accepting everything that happens inside oneself, admitting all shortcomings, and having confidence that he can face all the challenges in his life so that he considers themselves the same as others, does not feel abnormal, and does not feel others ostracize him so that he is not ashamed or not afraid of being celah

by others for all existing shortcomings. Based on the supporting theory above, it can be concluded that there is a relationship between religiosity and self-acceptance in parents who have older children. The description above explains that religiosity can affect self-acceptance in parents who have autistic children.

## **CONCLUSION**

Researchers at SLBN Banyuasin can conclude that there is a good correlation between parents' self-acceptance and religiosity when it comes to their children who have special needs. The positive correlation demonstrates that parents' self-acceptance increases with increasing religion. On the other hand, parents of special needs children at SLBN Banyuasin report feeling less confident about themselves the less religious they are.

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