

## ABSTRACT

Junida, Isma. (2015). Relationship Between Health Hardiness and Parenting Stress on PKH Participants in Kelurahan Karang Besuki Malang. Thesis. Psychology Faculty of Islamic State University of Maulana Malik Ibrahim Malang.

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Kelurahan Karang Besuki Malang is one of the region's urban areas that receive funds from PKH (Program Keluarga Harapan). This assistance must be received by the mother or adult women who take care of children in the household. The difficulties that parents face, especially mothers in fulfilling responsibility for health, nutrition and education of her children will add to stress or the pressure that leads to parenting stress. Stressful conditions and the exhaustion in parenting experienced by participants of PKH will lead to a decline in health conditions.

The aimed of this research are (1) to determine the level of health hardiness of participants of PKH Kelurahan Karang Besuki Malang; (2) to determine the level of parenting stress faced by participants PKH Kelurahan Karang Besuki Malang; (3) to determine the relationship between health hardiness and parenting stress on participants PKH Kelurahan Karang Besuki Malang.

This research was conducted using quantitative methods and korelasional data method was used to collect the data. Data collection techniques that was used were interviews and scale. The data was collected by dispensing those interviews and scale to 82 mothers, participants of PKH Kelurahan Karang Besuki Malang. In analyzing the data, the calculation of the correlation statistics product-moment was used, as for the instrument, the stress of parenting scale adaptation Abidin (1975) and the scale of The Revised Health Hardiness Inventory (RHHI) (Gebhardt, 2001) was used, the scale's content validity was tested by using content validity ratio and the construct validity was tested by using the rasch model.

The results showed that the level of hardiness or resiliency in health are at higher category which is about 84,1%, whereas in the parenting stress or stress of caregiving is at a moderate category 61%. The results showed the existence of a negative and significant relationship between health hardiness and parenting stress with  $r_{xy} = (-0,253)$  and  $p = 0,022$ . Further correlation analysis's result showed that health hardiness, in particular perceived health competence, has a significant correlation with the stress of caregiving stress experiences deriving from parents (parental distress) and malfunctions of the interactions between parents and children (the parent-child of a dysfunctional interaction).