

# Meaning of Happiness of Parents Who Have Children with Cerebral Palsy

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**Abstract:** The purpose of this research is to describe the happiness of parents who have cerebral palsy children in Southeast Minahasa viewed from three aspects, namely acceptance, affection, achievement. This research uses a qualitative case study method. The subjects in this study were two people. The method used in data collection is interview and observation. The results of the study can be concluded from three aspects of happiness, namely acceptance, the subject as parents are grateful for all that has been given by God Almighty for life, both the strengths and weaknesses that are still grateful. Compassion, the subject always treats children well and meets the needs of the child and achievement, the subject as their parents are still happy to have children despite having physical abnormalities, namely cerebral palsy.

**Keywords:** cerebral palsy children, happiness, parent

## I. INTRODUCTION

Happiness in a family with the presence of a baby is a dream for most married couples. But the presence of a child who has an abnormal physical and mental condition will cause deep disappointment in the parents. Children who have cerebral palsy really need attention and affection from their parents. Parental involvement in raising a child is inseparable from the role of mother and father in the family. According to Dagun [1], there are differing views on how Mother and Father are in the family. The traditional view explains the mother's role as a housewife and father as an aggressive figure outside the home.

The happiness of parents who have cerebral palsy children is shown through parental acceptance, is called parental acceptance, and has an important role in cerebral palsy children. Happiness is a feeling that can be experienced by everyone, but the way people get happiness varies depending on how someone perceives that happiness. Happiness is one of the topics discussed in the study of positive psychology. Happiness is an interesting construct to study, because it is something that is sought or can also be used as a goal in one's life. Argyle, Martin, and Lu [2] revealed that happiness is characterized by the presence of three components, namely positive emotions, satisfaction, and loss of negative emotions such as depression or anxiety. From this opinion we can understand that people who are said to be happy when living their lives, they feel positive emotions more often than negative emotions.

Positive expectations arise in parents, when the birth process of a child, such as having advantages, beautiful or handsome, and clever [3]. Positive expectations will affect the emergence of positive emotions felt by parents. As explained earlier, positive emotions are related to one's happiness. Therefore, the birth of a child can be a factor that gives rise to happiness in a parent's life, but the birth is not always in line with the expectations of the parent. The birth of a child with certain limitations will cause disappointment to parents [4], [5]. Accepting the condition of children who have certain limitations is not

easy. Children who are a source of happiness for parents can actually be a factor that raises anxiety and even depression in parents.

Parents' happiness is the main attitude to be able to make them stronger to do something, especially in the spirit of accepting their children who have cerebral palsy. Researchers are interested in raising the issue of parental happiness from a research site in the Southeast Minahasa district, where researchers are interested in finding out about the happiness of parents whose children have cerebral palsy. With the subject of parents, namely the father and mother of children Cerebral Palsy.

## II. METHOD

This research uses a qualitative approach with a case study method. Qualitative research is a research procedure that produces descriptive data in the form of written or oral words from people and observable behavior [6]. In this study conducted in depth with the intent to obtain data about the meaning of happiness of parents who have their children with cerebral palsy. The method of collecting data in this study uses the method of observation and interview. This research begins with observation of parents who have cerebral palsy children in Southeast Minahasa.

## III. RESULT AND DISCUSSION

Based on the results of observations and interviews conducted by researchers with a married couple who have cerebral palsy children who are research subjects, researchers finally find the meaning of happiness according to the subject. The meaning of happiness that researchers examine is through the aspects of acceptance, affection, achievement. The following is a discussion about the meaning of happiness of parents who have cerebral palsy children as well as explanations related to the theories of experts.

### 1. Reception

Subjects acknowledge their first response / reaction to seeing the child's condition, that is, there is an attitude of anger and mutuality against both husband or wife. The

subject also experienced feelings of disappointment when he saw the condition of a child who had experienced brain paralysis. Seligman [7] said positive emotions in the past can be enhanced by growing gratitude and forgiveness. For that individuals who are able to give thanks will feel happier and satisfied with their lives.

In this study the subject can show positive emotions when realizing that each gift from the Creator is a gift that is always grateful, the subject can receive the reality of having a cerebral palsy child. In this case the subject remains optimistic and enthusiastic in carrying out his duties as a parent. Seligman [8] positive emotions towards the future contain one's optimism, hopes, beliefs and beliefs. Subjects also in this section have hopes for their children, subjects hope their children can walk in the future. The subject is very sure in the future there will be a miracle from the Creator for their children who experience brain paralysis.

## 2. Affection

In terms of aspects of affection parents consider that love is characterized by the attention and care of others towards us. For this reason, as parents work hard to give more attention to their children. According to Seligman [9] happiness seen from positive emotions today involves two things, namely pleasure and gratification.

Enjoyment is temporary and involves only a few thoughts while a person experiencing gratification, he feels able to answer challenges and come into contact with his strengths [10], [11]. Subjects in this case work hard to fulfill their responsibilities as parents by paying special attention to their children. Parents' happiness is that they are still grateful for the condition of the child as they become even stronger [12], [13], and continue to think positively about the health of children also accept the fact that their child is a gift from the Creator.

## 3. Achievement

In the aspect of achievement there are three forms shown by parents, including; the results achieved as parents feel satisfied can be fully responsible to the child, able to accept the child's condition as well as they have understood and are accustomed to what happened to their child. According to Seligman [14] a positive attitude in responding to the past can produce positive emotions in the form of satisfaction, relief, success, pride and calmness.

In this study the subjects felt satisfied and relieved by fulfilling their duties as parents in caring for children. The subject also acknowledged that they were proud of the life they lived because not everyone can have cerebral palsy children. Achievement Targets They as parents are still looking for ways to make their children happy by staying faithfully with them, giving love and attention.

## IV. CONCLUSION

The conclusion that can be drawn based on the results of the study is that the subjects S and M as parents show more positive attitudes. As more parents treat their children well, can meet the needs of children and more grateful for the circumstances they experienced when having children with cerebral palsy. They are also in a good environment, an environment that can accept them

and there is no discrimination by the people around. So that subjects S and M feel comfortable and happy to be in that environment.

In the aspect of affection, the good treatment of people around the family, relatives and neighbors can be the background of the happy feelings of happy parents that affect the attention of parents to their children who have cerebral palsy. For this reason, love arises from the attitude of other people's acceptance of themselves. The more well-received by others, the more love is expected. With more love felt, more happiness is experienced by the individual.

Furthermore, from the aspect of achievement, parents also in this case have an active role in caring for children such as S subjects never feel ashamed to carry their children wherever they have cerebral palsy. They can also fulfill their duties as parents and can work together in caring for children. Therefore, the achievement of a parent's responsibility can give happiness to the parents. In this case the meaning of happiness of parents who have cerebral palsy children can be seen in aspects of happiness, namely acceptance, affection, achievement.

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