

External and Internal Factors Affecting Subjective Well Being Parents of Children With Special Needs

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ABSTRACT

Subjective well-being (SWB) is a key to a prosperous life. All married couples expect to deliver physically-normal babies. Unfortunately, some families have special need children. In general, the number SWB parents of children with special needs are lower than SWB parents with typical children. Factors affecting SWB parents of children with special needs need to be determined in order to help develop proper strategies to increase the SWB of these factors. This study analyzed the external and internal SWB factors among parents of children with special needs. This Systematic Literature Review (SLR) showed that the internal SWB factors in parents of children with special needs included hope, gratitude, spiritual, emotional control, parenting self-efficacy, resilience, marital status, self-efficacy, mindful parenting, parental assessment and self-compassion. Whereas, external factors included social support, income and family functionality. In regards to the importance of both internal and external factors, parents are expected to have better SWB in caring for their children with special needs.

Keywords: *External and Internal Factors, SWB, Parents of Children With Special Needs.*

1. INTRODUCTION

Research on subjective well-being (SWB) has been frequently carried out in this decade. However, SWB research on parents with special need children was still limited. Electronic data search done through Science Direct, Reserchgate, Sage, Garuda and Google Scholar only detected several SWB research done on parents who have children with special needs in Italy: Toffalini, E., Veltri, A., & Cornoldi, C. (2015) [1]; in Israel: Shenaar-Golan, V. (2016) [2]; Shenaar - Golan, V. (2017) [3]; Werner, S., & Shulman, C. (2013) [4]; in Ghana: Dey et al (2019) [5]; in America: King et al (2000) [6]; in Indonesia: Hasanah, N. (2019) [7]; Khoiriyah, N. M., Agustin, R. W., & Setyanto, A. T. (2016) [8]; Malik, F. (2018) [9]; Murisal, M., & Hasanah, T. (2017) [10]; Negeri, C. B. (2013); Nurlaela, Siti (2016) [11]; Pandin, D. A. M., Fitriana, E., Iskandarsyah, A., & Siregar, J. (2019) [12]; Pertiwi, D. Y., & Maryatmi, A. S. (2019) [13]; Ratnasari, R. D., & Sumiati, N. T. (2018) [14]; Rinaldi, M. R., & Retnowati, S. (2016) [15]; Shafanisa, A. T., Azizah, E., & Victoria, E. E. (2017) [16]; in Pakistan: Fatima, I., & Suhail, K. (2010) [17]; Fatima, I., & Suhail, K. (2020) [18]; in

Taiwan: Hsieh, Y. L., & Lo, J. L. (2013) [19]; in Turkey: Palancı, M. (2018) [20]; in Iran: Rostami, M., Mehraban, S., Zarei, F., Sharifi, M., & Movallali, G. (2019) [21]; in Malaysia: Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22].

SWB is a broad concept regarding the evaluation one's life and emotional experience which consists of high life satisfaction, high positive effect, and low negative effect. A person with strong SWB is able to regulate emotions and deal with problems. On the other hand, those with inadequate SWB tend to feel that their lives are unhappy, full of negative thoughts and feelings, causing anxiety, anger, and even the risk of depression [23]. SWB parents who have children with special needs should receive adequate recognition to help them enhance their SWB.

2. METHOD

The literature search was carried out using the Systematic Literature Review (SLR) in the form of PRISMA method. Currently, there is no research focusing on the external and internal SWB factors of parents who have children with special needs. The

literature search was carried out on September 1 to 15, 2020 through several electronic database namely Science Direct, Researchgate, Sage, Garuda and Google Scholar. Electronic database was preferred for its indexes more research results in the social field, especially psychology. The search used the keywords "kesejahteraan subjektif" and "subjective well-being" of parents who have children with special needs.

The criteria set for the search were: 1) The research article discusses SWB of parents who have children with special needs; 2) The article discusses the effect of the variable "X" on the SWB of parents who have children with special needs; 3) The article contains a research report (original article); 4) Articles are written in English and Indonesian; 5) Data analysis is done using quantitative method; 6) The period of publication is limited from 2015 to 2019.

In this study, researchers identified, evaluated, and interpreted all relevant research results. The researcher obtained 25 published articles which were then sorted out, leaving only 16 published articles with strong relevancy. These research were summarized with detail information on: 1) The name of the researcher; 2) Year of publication; 3) Sample; 4) Measuring instrument used; 5) Purpose; 6) The country where the research was conducted; and 7) Research results. Nine irrelevant published articles were eliminated because: 1) Using qualitative methods; 2) The number of research subjects is not explained; 3) Research year older than 2015.

3. RESULT

The results of the systematic review on SWB parents of children with special needs are summarized in table 1, table 2 and table 3.

Table 1. Internal factors

No	Aspect	Reference
1.	Hope	Shenaar-Golan, V. (2016) [2]; Shenaar-Golan, V. (2017) [3]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22].
2.	Gratitude	Murisal, M., & Hasanah, T. (2017) [10].
3.	Spiritual	Ratnasari dan Sumiati, (2018) [14]; Dey et al., (2019) [5]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22].
4.	Emotion Control	Nurlaela, Siti (2016) [11].
5.	Parenting self-efficacy	Hasanah, Mulyati, & Tarma (2019) [7].
6.	Resilience	Dey et al (2019) [5]; Palanci, M. (2018) [20]; Pandin, D. A. M., Fitriana, E., Iskandarsyah, A., & Siregar, J. (2019) [12].
7.	Marital status	Malik, F. (2018) [9]; Palanci, M. (2018) [20]; Shenaar-Golan, V. (2016) [2]; Shenaar-Golan, V. (2017) [3].
8.	Self-Efficacy	Fatima, I., & Suhail, K. (2020) [18].
9.	Soft compassion	Ratnasari, R. D., & Sumiati, N. T. (2018) [14].
10.	Mindfull Parenting	Rinaldi, M. R., & Retnowati, S. (2016) [15].
11.	Parental Assessment	Shenaar-Golan, V. (2017) [3]; Toffalini, E., Veltri, A., & Cornoldi, C. (2015) [1].

Table 2. External factors

No	Aspect	Reference
1.	Social support	Pertiwi dan Maryatmi, (2019) [13]; Ratnasari dan Sumiati, (2018) [14]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22]; Fatima, I., & Suhail, K. (2020) [18].
2.	Income	Ratnasari, R. D., & Sumiati, N. T. (2018) [14].
3.	Family Functionality	Shafanisa, A. T., Azizah, E., & Victoria, E. E. (2017) [16].

Table 3. General factors

No	Aspect	Reference
1.	Gender differences 21%	Fatima, I., & Suhail, K. (2020) [18]; Hasanah, N. (2019) [7]; Khoiriyah, N. M., Agustin, R. W., & Setyanto, A. T. (2016) [8]; Pandin, D. A. M., Fitriana, E., Iskandarsyah, A., & Siregar, J. (2019) [12]; Rinaldi, M. R., & Retnowati, S. (2016) [15]; Shafanisa, A. T., Azizah, E., & Victoria, E. E. (2017) [16].
2.	Purpose 7%	Shenaar-Golan, V. (2016) [2]; Shenaar-Golan, V. (2017) [3]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22].
3.	Religion and Spirituality 25%	Dey et al., (2019) [5]; Khoiriyah, N. M., Agustin, R. W., & Setyanto, A. T. (2016); Ratnasari, R. D., & Sumiati, N. T. (2018) [8]; Rinaldi, M. R., & Retnowati, S. (2016) [15]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22].
4.	Quality of social relationships 36%	Fatima, I., & Suhail, K. (2020) [18]; Malik, F. (2018) [9]; Palancı, M. (2018) [20]; Pandin, D. A. M., Fitriana, E., Iskandarsyah, A., & Siregar, J. (2019) [12]; Ratnasari, R. D., & Sumiati, N. T. (2018) [14]; Shafanisa, A. T., Azizah, E., & Victoria, E. E. (2017) [16]; Shenaar-Golan, V. (2016) [2]; Shenaar-Golan, V. (2017) [3]; Toffalini, E., Veltri, A., & Cornoldi, C. (2015) [1]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22].
5.	Personality 11%	Hasanah, N. (2019) [7]; Ratnasari, R. D., & Sumiati, N. T. (2018) [14]; Toffalini, E., Veltri, A., & Cornoldi, C. (2015) [1].

3.1 Discussion

This study has identified that 36% of social relationship quality is developed from social support which is a major external factor affecting SWB to make parents feel valued, supported and loved (Fatima, I., & Suhail, K. (2020) [18]; Malik, F. (2018) [9]; Palancı, M. (2018) [20]; Pandin, D. A. M., Fitriana, E., Iskandarsyah, A., & Siregar, J. (2019) [12]; Ratnasari, R. D., & Sumiati, N. T. (2018) [14]; Shafanisa, A. T., Azizah, E., & Victoria, E. E. (2017) [16]; Shenaar-Golan, V. (2016) [2]; Shenaar-Golan, V. (2017) [3]; Toffalini, E., Veltri, A., & Cornoldi, C. (2015) [1]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22]).

Religion and spirituality are internal factors that contributed 25% for parents who have children with special needs, one of which is through gratitude. Gratitude allows parents who have children with special needs to appreciate whatever they get in life for they believe it is a gift from God (Dey et al., (2019) [5]; Khoiriyah, N. M., Agustin, R. W., & Setyanto, A. T. (2016); Ratnasari, R. D., & Sumiati, N. T. (2018) [8]; Rinaldi, M. R., & Retnowati, S. (2016) [15]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22]).

Furthermore, internal factors that affect the special treatment of children from parents are religion and spirituality by 25%, this is because religion is the basis of children's life. With an understanding of understanding of religion, children can become better individuals in society. (Dey et al., (2019) [5]; Khoiriyah, N. M., Agustin, R. W., & Setyanto, A. T. (2016); Ratnasari, R. D., & Sumiati, N. T. (2018) [8]; Rinaldi,

M. R., & Retnowati, S. (2016) [15]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22]).

Gender difference becomes the next internal factor. Knowledge about understanding gender differences for children is the next point that cannot be eliminated. Get the final result of 21% because it also affects children to respect differences, especially in the realm of gender. (Fatima, I., & Suhail, K. (2020) [18]; Hasanah, N. (2019) [7]; Khoiriyah, N. M., Agustin, R. W., & Setyanto, A. T. (2016) [8]; Pandin, D. A. M., Fitriana, E., Iskandarsyah, A., & Siregar, J. (2019) [12]; Rinaldi, M. R., & Retnowati, S. (2016) [15]; Shafanisa, A. T., Azizah, E., & Victoria, E. E. (2017) [16])

The next internal factor is Personality as much as 11%. Knowing yourself and other people's personalities is the most important thing in advancing children's development. Knowing about your potential, developing your talents and planning for the future. (Hasanah, N. (2019) [7]; Ratnasari, R. D., & Sumiati, N. T. (2018) [14]; Toffalini, E., Veltri, A., & Cornoldi, C. (2015) [1]).

Purpose is an internal factor in the special treatment of parents to children with the smallest percentage, which is 7%. Even though it is an internal factor with the smallest percentage, it must also be a concern for parents to their children. A child from childhood must have goals for his future. Either short term or long term goals. (Shenaar-Golan, V. (2016) [2]; Shenaar-Golan, V. (2017) [3]; Ubeh, C., Bahari, F., & Voo, P. S. K. (2017) [22]).

3.2. Conclusion

Grouping the factors affecting SWB parents of children with special needs based on external and internal factors is expected to improve parents' awareness about this issue. Future researchers are encouraged to develop proper strategies in determining which internal and external factors that effectively improve the SWB of parents who have children with special needs.

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