



Influence Support Social and Gratitude To Optimism Through the Hardiness of Mothers Who Have Children with Needs Special

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ABSTRACT

This study aims to analyze the relationship between social support, gratitude, and resilience to optimism in mothers of children with special needs. This study used a sample of 50 respondents selected through purposive sampling. The validity of the sample was tested using the loading factor and the average variance extracted (AVE), while the reliability was tested using internal consistency based on Cronbach's Alpha and Composite Reliability. The results of the validity test showed valid values for the loading factor and AVE, and the results of the reliability test showed that the Cronbach's Alpha and Composite Reliability values met the criteria. The results of the study revealed that social support had a significant positive effect on optimism, with a beta coefficient value of 0.390 and a T-Statistics of 2.570. Gratitude also had a significant positive effect on optimism, with a beta coefficient value of 0.169 and a T-Statistics of 0.992. However, social support did not have a significant effect on resilience, with a beta coefficient value of -0.217 and a T-Statistics of 1.282. In contrast, gratitude has a significant positive effect on resilience, with a beta coefficient value of 0.552 and a T-Statistics of 5.389. In addition, resilience has a significant positive effect on optimism, with a beta coefficient value of 0.206 and a T-Statistics of 1.346. Social support also significantly affects optimism through resilience as an intervening variable, with a beta coefficient value of 0.244 and a T-Statistics of 1.489. However, gratitude does not significantly affect optimism through resilience, with a beta coefficient value of -0.262 and a T-Statistics of 2.060.

Keywords: social support, gratitude, resilience, optimism, children with special needs

INTRODUCTION

Every child born into the world is a gift from Allah SWT that every parent should be grateful for. Whatever the condition, every child born is basically a perfect creation of Allah SWT (Idris, 2019). So that gratitude for the gift of Allah SWT can motivate parents to optimally care for and educate their children (Sesa & Yarni, 2022). However, not all married couples are blessed with normal children. Family circumstances will be different when the child who is born has a different condition from children in general, namely a child with special needs, both physically and mentally. This makes parents feel disappointed because they have children who do not meet their expectations.

Based on data from the 2018 National Socio-Economic Survey (Susenas), the population of severe and moderate disabilities in Indonesia reached 30 million people, while based on the Inter-Census Population Survey (Supas) it was 21 million people. Meanwhile, according to 2020 running data from the Central Statistics Agency (BPS), the number of people with disabilities in Indonesia reached 22.5 million people or around five percent of the population (Lafiana et al., 2022). Judging from these data, it is clear that the population of children with special needs from year to year is quite large.

Likewise, the number of children with special needs in South Tangerang is currently recorded as increasing. The following table data is taken from (Ministry of Education and Culture, 2024).

Although many parents hope for normal children, in reality not all couples are blessed with such children. Having a child with special needs often causes feelings of sadness, disappointment, and stress in parents, as experienced by mothers LN, HN, NR, and Y in interviews (KB: LN; W/B, 21-27; HN; W/B, 23; NR; W/B, 24-25; Y; W/B, 26-27). Parents of children with special needs, such as mother ST with three children with special needs, face major challenges in parenting (KB: ST; W/B, 32-34). This is in line with the findings that the emotional impact on parents includes shock, anxiety, and feelings of guilt, although emotional maturity and additional knowledge can change negative impacts into positive ones (Amelasasih, 2018; Hasanah, 2019). Children with special needs require special adjustments and assistance to develop their potential, with inhibitions in cognitive, motor, emotional, and social development (Levianti, 2013; Triyanto & Permatasari, 2017).

Children with special needs have different characteristics from children in general, both in terms of physical, emotional, and mental aspects, which can present their own challenges for parents, especially mothers. Social support from family, friends, and community is very important in helping mothers face these challenges and maintain their emotional health (Hidayati, 2011); Aulita, 2021). Interviews with mothers LN, ST, HN, NR, and Y showed that although their social support varied, both from family and community, it was very helpful for them in caring for children with special needs (KB: LN; W/B, 54-57; (Hidayati, 2011). This support functions as a source of emotion, knowledge, and community that makes mothers feel less alone (Nugroho, 2013). In addition, positive perceptions and gratitude towards children can reduce negative impacts and increase maternal happiness (Nura & Sari, 2018). Research shows that the higher the mother's gratitude, the lower the level of stress experienced, especially in mothers with children with autism spectrum disorders (Rossa & Agnes, 2019). Social support and gratitude are key in dealing with and managing stress and improving the quality of life of mothers in caring for children with special needs (Jahara & Daulay, 2023) (Wijaya & Prasetyo, 2021; Murisal & Hasanah, 2017).

Research shows that facing challenges as a mother of a child with special needs requires a strong personality, such as Hardiness, which plays an important role in managing stress and maintaining physical and mental health (Swagery, Hikmatul, & Husna, 2017). Hardiness, which includes commitment, control, and a sense of challenge,

allows individuals to transform negative stress into positive challenges (Kobasa in Maysa, 2019). Mrs. ST expressed that support from her partner, family, community, and a positive approach in facing challenges helped her stay strong and resilient (KB: ST/AR; W/B, 127-131). Further research shows that gratitude and religiosity significantly affect Hardiness, contributing 73.9% to the mother's psychological resilience (Maysa, 2019). Social support and gratitude not only help reduce stress but also increase the mother's optimistic outlook on the future and her psychological well-being (Rahayu & Ahyani, 2017).

Not only that, optimism also has a significant impact on a person's psychological health. By looking at life with an optimistic attitude, a person tends to have a better feeling overall. They feel more excited, more empowered, and more prepared to face all kinds of changes and challenges that come. Moreover, studies have shown that optimism can strengthen the immune system, providing additional protection against stress and disease (Rusydi, 2012).

This condition is depicted in the interview delivered by Mrs. ST. She said that by providing the best and right therapy and education, there will be progress in children so that she believes children can be independent in the future (KB: ST/AR;W/B, 151-152) .

The purpose of this study was to empirically test the effect of social support and gratitude on optimism and resilience in mothers with special needs children, including testing the effect of resilience on optimism and how social support and gratitude affect optimism through resilience. This study aims to examine the contribution of social support and gratitude to optimism through resilience in mothers with special needs children. The benefits of this study are expected to provide theoretical contributions by increasing understanding of the effect of social support and gratitude on optimism through resilience, as well as providing practical contributions in the form of developing intervention programs to increase social support and gratitude and developing strategies to strengthen resilience as an effort to increase optimism and well-being of mothers with special needs children.

RESEARCH METHODS

This research method involves several important steps to understand the variables and collect data. According to Sugiyono, research variables include characteristics that are measured and analyzed to obtain information and make conclusions (Prasetyaningrum et al., 2024). In this study, four main variables were identified: (1) Dependent variable: Optimism (Y), (2) Intervening variable: Hardiness (Z), (3) Independent variable 1: Social support (X1), and (4) Independent variable 2: Gratitude (X2). The operational definition of the variables refers to Sugiyono, who explains that the operational definition changes abstract concepts into measurable variables (Yulianah, 2022). Optimism is measured based on the mother's view of the future, hardiness is measured from commitment, control, and challenges, social support includes emotional, instrumental, informational, and friendship support, while gratitude includes intensity, frequency, density, and duration.

The population of the study were mothers of children with special needs with certain characteristics, such as age and location of their children's school. The sample was taken using a purposive sampling technique, resulting in 50 respondents from a calculated total of 54 according to the Slovic formula. Data collection was carried out using a scale to measure optimism, hardiness, social support, and gratitude, with validity tested using convergent and discriminant validity and reliability using Alpha Cronbach. The data analysis method used quantitative statistical techniques with the Structural Equation Modeling (SEM) approach based on Partial Least Square (PLS), which was operated using SmartPLS 3.0 to test the relationship between variables.

RESULTS AND DISCUSSION

A. Analysis and Research Results

1. Data Analysis

The data analysis used in this study is using the *SmartPLS 3 program* which aims to determine whether there are direct and indirect effects of independent variables on dependent variables through intervening or mediator variables. With *SmartPLS 3 data analysis*, this analysis can be carried out effectively and efficiently, as well as providing visualizations that help in interpreting research results.

Data analysis was conducted by entering all tabulated data and testing *convergent validity*, *determinant validity*, and significance testing. Conducted as a stage in instrument testing, assumption testing and hypothesis testing.

2. Research results

a. Research Test Results

Research result interpreted as presentation information provided researchers in processing and analyzing a Topic study in a way systematic and objective For test a hypothesis. For test hypothesis in research this, researcher use *Partial Least Square-Structural Equation Model (PLS-SEM)*. According to Chin in (Latan & Ghazali, 2012), PLS-SEM is interpreted as as multivariate data analysis is often used For research and can test supported linear and additive relationships in a way theoretical. PLS-SEM was chosen by researchers because it does not require many assumptions and can test a small number of negative samples (Imam Ghazali, 2021). The tool used in this study to estimate the model is *SmartPLS 3.0*. The following are the stages in processing and testing data using Smart PLS 3.0, as follows :

1) Evaluation of measurement model (Outer Model)

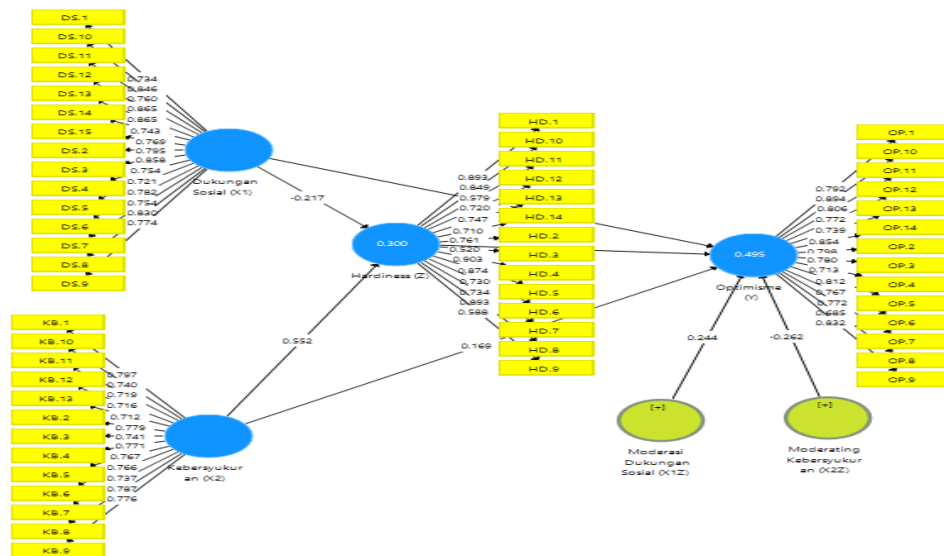


Figure 1. Path Diagram

Processed data researchers , 2024. (*SmartPLS 3.0* output)

1. *T-Statistics*

T-Statistics in the inner model test is useful for testing the significance of the hypothesis. Hypothesis testing can be seen from *the bootstrapping output* . The following results of the *bootstrapping output* test can be seen in the image below:

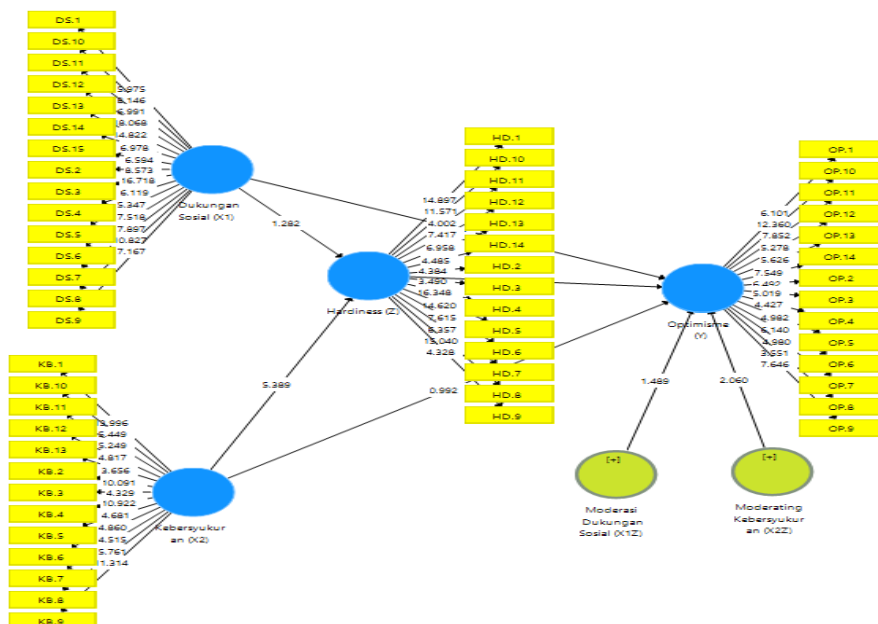


Figure 2. Bootstrapping

Source: data processed by researchers, 2024. (*SmartPLS 3.0* output).

In hypothesis testing, if using an alpha level of 5%, then the critical value of *the T-Statistics* is 0.67572. This means that if the value obtained is in the range of -

$0.67572 < T\text{-Statistics} < 0.67572$ then the hypothesis is not significant. Likewise, if the T-Statistics value is < -0.67572 or > 0.67572 then the hypothesis is significant. The results of the hypothesis test can be seen in the following table.

Table 1. Bootstrapping

	<i>Original Sample (O)</i>	<i>Sample Mean (M)</i>	<i>Standard Deviation (STDEV)</i>	<i>T Statistics (O/STDEV)</i>	<i>P Values</i>
Support Social (X1) -> Hardiness (Z)	-0.217	-0.188	0.169	1,282	0.201
Social Support (X1) -> Optimism (Y)	0.390	0.395	0.152	2,570	0.010
Hardiness (Z) -> Optimism (Y)	0.206	0.214	0.153	1,346	0.179
Gratitude (X2) -> Hardiness (Z)	0.552	0.568	0.103	5,389	0,000
Gratitude (X2) -> Optimism (Y)	0.169	0.163	0.170	0.992	0.322
Social Support Moderation (X1Z) - > Optimism (Y)	0.244	0.215	0.164	1,489	0,000
Moderating Gratitude (X2Z) -> Optimism (Y)	-0.262	-0.229	0.127	2,060	0.040

processed data researchers , 2024. (*SmartPLS 3.0 output*).

Based on the results of the hypothesis test, the values of H1, H2, H4, H5, H6, have exceeded the t statistic value of 0.675, so the hypothesis is accepted. H3, and H7 are rejected. Below is an explanation of the results of the hypothesis test in Table 4.20 Hypothesis Test:

a. Hypothesis Testing 1: Social Support has a significant positive influence on Optimism.

Based on the results of hypothesis testing 1, the beta coefficient value of Social Support on Optimism is positive at 0.390 (positive). This can be interpreted that the higher the value of Social Support, the lower the value of Optimism. An increase in one unit of Social Support will increase Optimism by 39%. In addition, the results of the hypothesis testing have a *T-Statistics value* of 2.570. This shows that the hypothesis has a significant influence because the *T-Statistics value* > 0.675 with a p-value < 0.05 , it can be concluded that Social Support has a significant positive influence on Optimism so that **H1 is accepted**.

b. Hypothesis Testing 2: Gratitude Has a Significant Positive Influence on Optimism.

Based on the results of hypothesis testing 2, the beta coefficient value of Gratitude on Optimism is 0.169 (positive). This can be interpreted that the higher the value of Gratitude, the higher the value of Optimism. An increase of one unit

of Gratitude will increase Optimism by 16.9%. In addition, the results of the hypothesis test have a *T-Statistics value* of 0.992. This shows that the hypothesis has a significant effect because the *T-Statistics value* > 0.675 with a p-value <0.05, it can be concluded that Gratitude has a significant positive effect on Optimism so that **H2 is accepted**.

c. Testing Hypothesis 3: Support Social In general Significantly Having Influence Negative To Hardiness .

Based on the results of hypothesis testing 3, the beta coefficient value of Social Support on Optimism is negative at -0.217 (negative). This can be interpreted that the higher the value of Social Support, the lower the *Hardiness value*. An increase in one unit of Social Support will reduce Optimism by -21.7%. In addition, the results of the hypothesis test have a *T-Statistics value* of 1.282. This shows that the hypothesis does not have a significant effect because the *T-Statistics value* <0.675 with a p-value <0.05, it can be concluded that Social Support has a significant negative effect on Optimism so that **H3 is rejected**.

d. Testing Hypothesis 4: Gratitude In general Significantly Having Influence Positive To Hardiness

Based on results testing hypothesis 4 that mark beta coefficient of Gratitude to Optimism of 0.552 (positive). the can interpreted that the more low mark Gratitude so will lower mark *Hardiness*. increase one unit of *Hardiness* will increase Optimism by 55.2%. In addition, the results testing hypothesis it has value *T-Statistics* is 5.389. This is show that hypothesis has a significant influence Because mark *T-Statistics* >0.675 with p-value >0.05 then can concluded that *Hardiness* in a way significant influence positive to Optimism so that **H4 accepted**.

e. Testing Hypothesis 5: Hardiness in a way significant influential positive to Optimism

Based on results testing hypothesis 5 that mark *Hardiness* beta coefficient to Optimism of 0.206 (positive). the can interpreted that the more tall mark *Hardiness* so will increase mark Optimism. improvement one unit of *Hardiness* will increase Optimism by 20.6%. In addition, the results testing hypothesis it has value *T-Statistics* is 1.346. This is show that hypothesis has a significant influence Because mark *T- Statistics* > 0.675 with p-value <0.05 then can concluded that *Hardiness* in a way significant influence positive to Optimism so that **H5 is accepted**.

f. Hypothesis Testing 6: Social Support Affects Optimism, through hardiness, as an intervening variable

Based on the results of hypothesis testing 6, the beta coefficient value of Social Support moderation on Optimism is 0.244 (positive). This can be interpreted that the higher the value of Gratitude, the higher the *Hardiness value*. An increase in one unit of Social Support moderation will increase Optimism by 24.4%. In addition, the results of the hypothesis testing have a *T-Statistics*

value of 1.489. This shows that the hypothesis has a significant influence because the *T-Statistics value* > 0.675 with a p-value <0.05, it can be concluded that Social Support significantly has a positive influence on Optimism, through hardiness as an intervening variable, so **H6 is accepted**.

g. Testing Hypothesis 7: Gratitude Influential To Optimism through hardiness, as intervening variable

Based on results testing hypothesis 5 that mark beta moderation coefficient Gratitude to Optimism of -0.262 (negative) . the can interpreted that decline mark moderation Gratitude so will lower mark Optimism . improvement one unit of moderation Gratitude will lower Optimism of -26.7. In addition , the results testing hypothesis it has value *T-Statistics* is 2.060. This is show that hypothesis the does not have a significant impact Because mark *T- Statistics* < 0.675 with p-value >0.05 then can concluded that Gratitude in a way significant influence negative to optimism , through *Hardiness* as intervening variables so that **H7 is rejected**.

Discussion

Discussion in research This is analysis to conformity theory , opinion , and study previously which has put forward results study previously as well as pattern behavior that must be done For overcome matter the .

1. Support Social Influential To Optimism

Social Support has a significant positive effect on Optimism so that H1 is accepted . This is in accordance with the results of Trommsdorff's study (Desmita, 2017) which shows that social support, especially family, is very important for building an optimistic attitude in adolescents. Adolescents who receive affection and support from their parents will have a positive attitude that makes them more motivated and confident in achieving future goals. Conversely, if children do not get support from their parents, they will grow up to be pessimistic, less confident in their ability to plan for the future, less hopeful, and less focused (Desmita, 2017). Research (Wandri et al., 2021) also shows that social support is positively correlated with optimism. In other words, the more social support they receive, the more optimistic they are about the future. In contrast to previous research, research by Kamila et al. (2023) found that social support had no significant impact on optimism.

2. Gratitude Influential To Optimism

Gratitude significantly has a positive effect on Optimism so that H2 is accepted. This result is in accordance with the theory put forward by Watkins, et al. (2003) which defines gratitude as a feeling full of appreciation for all the goodness, grace, and blessings that have been received. Gratitude is a positive emotion in the form of gratitude for receiving the gift of grace, and the gift that has been received. It can be said that gratitude can affect optimism, including the optimism of mothers who have children with special needs. Mothers who care for children with special needs are indeed not easy, because they need more attention than normal children. In caring for

children with special needs, mothers will experience despair because they feel they cannot care for them properly. In addition, a mother who sees her child's condition can cause uncertainty in caring for children with special needs towards their future. This uncertainty causes a mother to be reluctant to develop her child's talents. In fact, in caring for children with special needs, they must provide more educational facilities than normal children. The low concern of mothers in knowing the advantages of their children causes children to be unable to increase their potential. This causes mothers to be less confident in raising children well and less confident in their children's future. So gratitude plays a role as a sense of gratitude for mothers who have children with special needs. Mothers accept the conditions of their children by being grateful for the gift from God and being grateful for the support they get from their surroundings. Grateful mothers will have positive thoughts in raising and guiding children well, even towards their children's future.

This is in line with previous research conducted by (Auliyyah, 2016) which proves that gratitude is related to an attitude of optimism. Individuals with high gratitude are able to accept everything that happens in their lives and perceive it as a blessing given by Allah SWT. This fosters positive expectations for themselves and their environment and is able to solve the problems they face. Furthermore, research conducted by Abdi (2018) shows the influence of gratitude and self-concept on optimism.

3. Social Support Affects *Hardiness*

Social Support has a significant negative effect on Optimism so that H3 is rejected. The results of this study are not in accordance with previous studies, such as in Eschleman's study (Susanto & Kiswantomo, 2020) which stated that *hardiness* is related to social support from people around them. Interaction with the closest environment can build an individual's self-confidence to be able to find solutions to every difficulty. *Hardiness* can be developed through interpersonal relationships. Interpersonal relationships increase a strong bond between individuals that can provide protection and comfort. Maddi (Susanto & Kiswantomo, 2020) stated that parents as a person's closest environment can teach about problem solving, supportive social interactions, and self-care. Peers provide a sense of mutual understanding when facing similar situations and provide sympathy that is not obtained from parents.

This is supported by research by Susanto and Kiswantomo (2020) which revealed that social support has an effect on *hardiness* in students of the Faculty of Psychology at a university in Bandung. Social support contributes to students' motivation to take lectures, complete assignments, and find solutions to difficulties that occur. Students become more enthusiastic, productive, and make efforts to achieve academic goals. Therefore, students will be committed to taking lectures until the end.

Likewise, Salma and Sawitri (2021) in their research found that there was a positive relationship between social support and *hardiness* in students of the Faculty of Medicine at Diponegoro University. The social support obtained can predict

student *hardiness*. Interaction and interpersonal relationships between students and people around them are known to increase *hardiness*. Social support contributes to increasing students' enthusiasm for completing assignments, attending lectures, and being confident when facing academic problems.

The inconsistency of the results of this study with previous studies and theories can be caused by many factors, one of which is the research subjects who do not get support from family/closest people and only get support in the form of instruments. So the researcher concluded that because most mothers of children with special needs only get instrumental assistance, this can be a reason that makes instrumental support not affect the level of optimism and *hardiness*.

4. Gratitude Influential To *Hardiness*

Results of data analysis in research This show that gratitude influential positive to *hardiness*, matter This is according to research previously did study about Mother from cerebral palsy children who have *hardiness* is Mother always grateful and thinking positive. When the mother who was the subject of the study initially felt negative emotions such as sadness and disappointment. Over time, the mother was then able to think positively and feel grateful for the presence of her child. When the mother has positive thoughts that even though their child will not be able to be normal, they can still develop (Devina & Penny, 2016). This is in line with (Aprilia, 2018) who said that the characteristics of people who have *hardiness* are always grateful for what they have.

5. *Hardiness* To Optimism

analysis in research This show that *hardiness* has an effect positive to optimism. This is in accordance with research previously revealed Personality *hardiness* is a personality characteristic that makes individual become more strong, resilient, stable and optimistic as well as reduce effect stress Which faced (Cowdrey & Walters, 2013). *Hardiness personality* needs to be owned by students nowadays, because through personality student *hardiness* Can change the situation that was previously can potential make stress, become something more positive. From the the so personality This *hardiness* is very needed by students, so that they can change perception negative and make it to positive thing, students must believe yourself with the abilities you have, what the advantages that he has have can push student For optimistic pursue and live matter said. Optimism of the future front high student No let go from personality *hardiness* or tough personality, because in the process personality *hardiness* or tough personality will strengthen optimism for the future by someone.

Previous research conducted by (Nurtjahjanti & Ratnaningsih, 2011) stated that that the more tall *hardiness*, then will the more high optimism someone.thing This is proven by the data obtained that personality *hardiness* contributes 44.1% to optimism a person. The results of research conducted by (Kusuma, 2018) stated that personality *hardiness* contributes and can made into as measure measure in improving future optimism. However, the results of a study conducted by (Cong, 2020) showed

that Nursing Profession students at Klabat University were in the high hardiness personality category, while their future optimism was in the low category. This is different from previous studies conducted by (Nurtjahjanti & Ratnaningsih 2011; Kusuma 2018) which stated that there was a significant relationship between *hardiness personality* and future optimism.

6. The Influence of Social Support on Optimism Through *Hardiness*

Based on the results of data analysis shows that social support has a positive effect on optimism through *hardiness*, this is in accordance with the theory of research by Schultz and Schultz (Arieska & Rinaldi, 2011) individuals who are able to resist pressure in their lives are individuals who have a high *hardiness personality*. While individuals who have a bad resistance character tend to be insecure about their abilities and feel incapable and resigned to their circumstances.

hardiness personality, another factor of optimism is social support. Social support can come from parents, family, neighbors, close friends, best friends, coworkers, college friends, doctors, and community organizations around (Ozbay et al., 2007).

7. Influence Gratitude To Optimism Through *Hardiness*

does not significantly have a positive effect on optimism, through *hardiness*. Gratitude can be said to be responding to help given by others to positive experiences of the results obtained with gratitude and a positive response when receiving valuable gifts by giving rise to feelings of happiness. Gratitude seems to have an effect on optimism, because both have aspects, factors, and benefits that are indirectly the same. It can be seen from the experience of individuals who view a problem in a positive direction, where optimism makes individuals have a positive view, while gratitude makes individuals experience positive emotions.

Individuals with high levels of *hardiness* tend to have a strong sense of purpose in their lives, are dedicated to their work, trust others, and are more adaptable to change and obstacles (Muslimin, 2021). Optimism is a strong belief that everything in life will unfold positively, even in the face of challenges and frustrations. It is an attitude that motivates individuals to refuse to succumb to indifference, despair, or depression when faced with obstacles and difficulties (Goleman, 2002).

CONCLUSION

In a study on the influence of social support and gratitude on optimism through *hardiness* in mothers who have children with special needs, involving 50 mothers as respondents, the following conclusions were obtained: Social support has a significant positive effect on maternal optimism, so that hypothesis H1 is accepted, while gratitude also has a significant positive effect on optimism, so that hypothesis H2 is accepted. Conversely, social support does not have a significant effect on *hardiness*, so that hypothesis H3 is rejected, while gratitude has a significant positive effect on *hardiness*, so that hypothesis H4 is accepted. *Hardiness* has a significant positive effect on optimism, so that hypothesis H5 is accepted. Social support has a positive effect on optimism

through hardiness as an intervening variable, so that hypothesis H6 is accepted, while gratitude has a negative effect on optimism through hardiness, so that hypothesis H7 is accepted. Based on the results of this study, it is recommended that parents who have children with special needs actively seek social support and develop a habit of gratitude to increase mental resilience and optimism. Educational institutions for children with special needs are advised to provide forums for parents and hold training on stress management and gratitude. Academics and researchers are expected to deepen the study of the relationship between social support, gratitude, hardiness, and optimism, and play an active role in providing education to the community. The community is expected to contribute by creating an inclusive and supportive environment, and eliminating the stigma against children with special needs and their families, to improve overall psychological well-being.

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