

THE RELATIONSHIP BETWEEN STRESS AND MARITAL SATISFACTION AMONG PARENTS OF CHILDREN WITH AUTISM IN PEKANBARU CITY

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ABSTRAK

Pendahuluan: Anak autisme dapat menyebabkan stres pada orang tua. Stres orang tua dalam merawat anak autisme berkontribusi mempengaruhi kepuasan perkawinan. Distres orang tua, disfungsi interaksi antara orang tua dan anak serta perilaku anak yang sulit dapat menyebabkan penurunan kepuasan perkawinan. Penelitian ini bertujuan untuk mengetahui hubungan stres dengan kepuasan perkawinan pada orang tua yang memiliki anak autisme di Kota Pekanbaru. **Metode:** Desain penelitian adalah kuantitatif dengan pendekatan *cross sectional*. Sampel sebanyak 104 orang tua dengan menggunakan teknik *total sampling*. Penelitian dilakukan di SLB dan Yayasan Autisme di Kota Pekanbaru. Instrumen yang digunakan adalah *Parent Stres Index* dan *ENRICH Marital Satisfaction*. **Hasil:** Hasil penelitian adalah terdapat hubungan dengan kekuatan lemah ($r = -0,304$) antara stres dengan kepuasan perkawinan ayah sedangkan hasil penelitian ibu terdapat hubungan dengan kekuatan sedang ($r = -0,526$) antara stres dengan kepuasan perkawinan ibu. **Diskusi:** Perawat jiwa perlu melakukan pendekatan diri lebih intensif melalui pemberian informasi tentang autisme dan memberikan konseling pada orang tua dan keluarga terkait dengan jaringan dukungan keluarga.

Kata Kunci: stres, kepuasan perkawinan, autisme

ABSTRACT

Introduction: Children with autism can cause stress in the parent. Parenting stress in caring for children with autism contribute affect marital satisfaction. Parental distress, dysfunction interaction between parents and children and difficult child can lead to a decrease in marital satisfaction. This study aims to determine the relationship of stress and marital satisfaction in the parents who have children with autism in Pekanbaru. **Method:** The study design was quantitative with cross sectional approach. A sample of 104 parents with a total sampling. This research was conducted in Developmental Disability School and Autism Foundation. The instrument used is the Parent Stress Index and Enrich Marital Satisfaction. **Result:** The results showed that there is a relationship with the weak strength ($r = -0.304$) between stress and marital satisfaction research for father while for mother there is a relationship with a medium strength ($r = -0.526$) between stress and marital satisfaction. **Discussion:** Mental nurses need to do more intensive approach through the provision of information about autism and provide counseling to parents and families related to family support.

Keywords: stress, marital satisfaction, autism

INTRODUCTION

Parents are the components of a family consisting of father and mother, and is the result of a valid marriage bond that can form a family. One factor shaping individual or family is the procreation of children, besides other factors are to meet the biological needs and for the division of tasks such as educating children, earn a living and so on (Suwardiman, 1989 in Sian, 2012).

In general, each individual expects that family life is fine, but of course, every family has their problems. One of the problems that may be encountered when a family is in the family there is a family member who needs special attention or care. For example families with children with special needs (Sian, 2012).

One category of children with special needs are the most difficult to treat is a child with autism. The term autism comes from the word "autos" meaning self and "isms" which means a stream, so that it can be interpreted as a notion is interested in his own world. Sicile-Kira (2006) explains that in the early 1940's, Leo Kanner and Hans Asperger used the term autism to describe children with characteristics that we recognize today as autistic, that children who develop special

interests, but it also has shortcomings in the areas of communication and social interaction.

Having a child with special needs, especially autism in a marriage are things that can cause a crisis for the couple. Standards can be seen a good marriage of good communication between couples. If one partner is in trouble, the other partner should mutually complementary. This is supported by Little (2002) who found that fathers are less involved in direct care in children with autism.

Divorce is caused by a decline in marital satisfaction for having and caring for children with autism. This is supported by a statement Birditt et al (2010) which states that the behavior of children with autism lead to conflict and a decrease in marital satisfaction of parents. Lee et al (2009) also reveals that parents who have children with autism report that low levels of marital satisfaction. Additionally, Marshak and Prezant (2007) also found difficulties and crises for parents who have children with special needs including autism, causing a decrease in marital satisfaction for parents.

Marital satisfaction according Gullota et al (Aqmalia, 2009) is a partner

of the partner's feelings about the marriage relationship. It is associated with feelings of happiness that couples feel from relationships undertaken. While the meaning of marital satisfaction according to Clayton (Ardhianita & Andayani, 2004) is an overall evaluation of all matters relating to the condition of marriage. The evaluation is from someone (subjective) and has a higher level than the special feeling of marital happiness.

Based on the above, the problem of this study can be formulated as follows: how the relationship between stress and marital satisfaction in parents who have children with autism in Pekanbaru city?

RESEARCH METHODS

This research is a quantitative correlation with the type. Design or approach used is cross sectional. The population in this study were all parents of both fathers and mothers who numbered 208 out of a total of autistic children as many as 104 people. Samples in this study were all parents of children with autism in the city of Pekanbaru consisting of father and mother by using a sampling technique total sampling as many as 104 children with autism (comprising 208 parents father and mother)

RESULTS AND DISCUSSION

A. Parenting Stress

Table 1. Average Stress of Fathers and Mothers Who Have Children with Autism in Pekanbaru

Parenting Stress	Median	SD	Min-Max	95% CI
Father's distress	43,00	6,958	27-54	40,53 - 43,24
the	37,00	6,97	21-	35,40

dysfunction of interaction with the child's father	6	59	-	38,12
the difficult child behavior	40,00	6,271	25-59	39,45 - 41,89
Father's Stress	118,0	13,967	95-171	116,60 - 122,03
Mother's distress	38,50	7,339	24-54	37,48 - 40,33
the dysfunction of interaction with the child's father	36,00	6,343	24-59	34,87 - 37,34
the difficult child behavior	34,00	6,352	23-59	34,14 - 36,61
Mother's Stress	107,50	15,785	82-171	107,35 - 113,45

Father's stress showed the average 118 (95% CI 116.60 to 122.03). The lowest score was 95 and the highest is 171. The interval estimation results can be concluded that 95% believed the father of stress between 116.60 to 122.03. Father's stress can be seen from **the father's**

distress which obtained a mean 43.00 (95% CI 40.53 to 43.24). The lowest score was 27 and the highest is 54. interval estimation results can be concluded that 95% believed distress fathers between 40.53 to 43.24. Based on the average for **the dysfunction of interaction with the child's father** obtained a mean 37.00 (95% CI 35.40 to 38.12). The lowest score was 21 and the highest is 59. interval estimation results can be concluded that 95% believed the father with child interaction dysfunction between 35.40 to 38.12. Based on the average for **the difficult child behavior** to obtain a mean 40.00 (95% CI 39.45 to 41.89). The lowest score was 25 and the highest is 59. interval estimation results can be concluded that 95% believed a difficult child behavior between 39.45 to 41.89.

According to Abidin (1995 in Dardas & Ahmad, 2013) showed that stress dad on top of the 90 category high stress levels. This is supported by research conducted by Civick (2008), which revealed the stress dad showed high stress levels. The results of another study conducted by Orensky (2012) also showed high stress levels in fathers who have children with autism.

One of the causes of stress that happened to him was because of financial stress, in which a father had to make a living and pay more for the cost of the education and care of children with autism. Researchers from Harvard, Ganz (2006, 2007 dalam Sastry & Aguirre, 2014) calculate the cost of lifetime care for an individual with autism is more than \$ 3.2 million. If multiplied by the number of individuals with autism, then this is a huge cost to health care only. In addition to medical expenses, education costs must be borne by parents who have children with autism is also increasing, thus indirectly will cause the cost of living also increased.

Besides financial problems, the father also feel the negative effects and stigma from society for having a child with autism. Goffman (1963 in Malsch, 2008)

stated that the assessment of the negative stigma of people still often experienced by families who have children with autism. The family is embarrassed to have a child that is different from the current age of children who gathered with a large family or co-workers and even family have to face a situation where the family is not included in community activities that involve the whole family for having a child with autism. Ghanizadeh, Alishahi and Ashkani (2009) explains that to meet the needs of children with autism, parents often sacrifice their social contacts with family, friends and community. This is supported by the answers to the questionnaire statement items domain distress father stating that nearly largely father of 44 (42.3%) feel more sacrifice its interests to meet the needs of children and nearly largely father 49 (47.1%) did not have the desire to socialize with others.

Parents who have children with autism need social support in their lives. Social support is an important component to avoid stress. Social support is a form of comfort, understanding, appreciation or received individual assistance from another person or group. The main source of social support is the support that comes from family members, close friends, colleagues, relatives and neighbors. Lieberman (in Lubis, 2006) explains theoretically that social support can reduce the emerging trend of events that can lead to stress. If these events appear, interaction with others can modify or alter individual perception apada the incident so that it will reduce the potential for the emergence of stress.

Mother's stress showed the average 107.50 (95% CI 107.31 to 113.45). The lowest score was 82 and the highest is 171. The interval estimation results can be concluded that 95% believed maternal stress between 107.31 to 113.45. Mother's stress can be seen from **the mother's distress** which found the average 38.50 (95% CI 37.48 to 40.33). The lowest score

was 24 and the highest is 54. interval estimation results can be concluded that 95% believed the mother distress between 37.48 to 40.33. Based on the average for **the mother and child interaction dysfunction** obtained a mean 36.00 (95% CI 34.87 to 37.34). The lowest score was 24 and the highest is 59. interval estimation results can be concluded that 95% believed the father with the mother dysfunction interaction between 34.87 to 37.34. Based on the average for **the difficult child behavior** to obtain a mean 34.00 (95% CI 34.14 to 36.61). The lowest score was 23 and the highest is 59. interval estimation results can be concluded that 95% believed a difficult child between 34.14 to 36.61. According to Cohen and Volkmar stated that the mother is a figure that many involved daily in childcare than fathers because fathers role as primary breadwinner so that they do not get too involved in the daily care of children, the mother is seen as someone who is closest to the child.

Gender is a contributing factor in determining a person's stress level because the level of stress experienced by men and women are different. This is supported by a statement Gunarsa (2004) which states that the stress of parents in caring for children with autism is a challenge for parents, especially the mother. Some studies show that stress parents are more often experienced by mothers than fathers. In a study conducted by Shin (2006) in Canada, which examined a total of 106 mothers and 93 fathers showed that women experience greater stress than the stress experienced by the father.

Age children with autism also be a major influence of stress on the mother. In this study, children with autism are largely age range from 6 to 12 years as many as 66 people (63.5%). Research conducted by the Center for Disease Control (CDC), United States in 2008, states that the ratio of autism in children aged 8 years who are diagnosed with autism is 1:80. Stress

experienced by parents connected with the age of children where children with younger age tend to be more difficult to adjust himself compared to older children.

In addition, Ludlow et al (2012) revealed that the challenges facing parents with children with autism more on the problem behaviors, such as tantrums, repetitive and aggressive. This is consistent with the statement item questionnaire answers difficult child domain where nearly largely mothers 43 (41.3%) feel their children are emotionally unstable and easily upset. Tomanik (2004 in Ekas, 2009) found that mothers of children with autism experience higher stress when their children show behavioral irritability, lethargy, listlessness, hyperactive, unable to care for themselves, impaired social interaction and communication disorders. Benson (2006) states that the signs and symptoms shown children with autism and the symptoms often appear a negative contribution to the psychological mother.

B. Marital Satisfaction

Table 2. Average Marital Satisfaction of Fathers and Mothers Who Have Children with Autism in Pekanbaru

Marital Satisfaction	Media n	SD	Min - Max	95% CI
Father	21,00	8,679	10-44	21,15-24,52
Mother	22,00	6,734	10-40	21,98-24,60

The mean marital satisfaction father is 21.00 (95% CI: 21.15 to 24.52). Lowest score marital satisfaction father is 10 and the highest is 44. interval estimation results can be concluded that 95% believed

the father marital satisfaction between 21.15 to 24.52. Meanwhile, the average maternal marital satisfaction is 22.00, (95% CI: 21.98 to 24.60). Lowest score marital satisfaction mother is 10 and the highest is 40. The interval estimation results can be concluded that 95% believed the mother marital satisfaction between 21.98 to 24.60. Siman-Tov and Kaniel (2010) states that marital satisfaction include communication, friendship, roles, take advantage of free time, personal sharing and mutual tolerance. Research conducted by Robinson and Blanton (1993 in Levine, 2015) has identified characteristics of marital satisfaction which includes intimacy, commitment, alignment, communication and religious orientation.

Donnelly (1993 in Atangana, 2015) found that sexual satisfaction is also a factor in marital satisfaction. If the sexual needs are not met, there will be a problem or conflict with your partner. This is in accordance with the answers to the questionnaire items related sexual problems which are largely father of 53 (51%) were dissatisfied with the way that they are showing affection and sexually related. Therefore, the necessary communication between couples to relate and interact with each other. Research shows that couples with an open communication style reported higher marital satisfaction, where communication allows couples to have positive interactions with each other and to support each other and resolve conflicts that may arise between spouses (Rehman & Holtzworth-Munroe, 2007).

McNulty and Karney (2004) found that expectations of marriage may improve marital satisfaction, otherwise unmet expectations lead to disappointment, marital satisfaction decreased, hatred, conflict and negative feelings toward the partner (Dixon et al, 2012) Sabatelli and Pearce (1986 in Atangana, 2015) states two-dimensional marriage expectations are

high expectations include trust, mutual respect, love and commitment and expectations were low that includes sex, sharing time and privacy. Li and Fung (2011) found a positive correlation between the expectations of marriage with marital satisfaction.

Some of the demands of marriage negatively affecting include increased service demand and increased demands of the time. Total needs daily care for children and decisions should be made for the benefit of children increased, causing a strain on the marriage relationship. Jessor (2003) states that the integrity of marriage have an impact on the whole family, including children with autism. In addition, the increase in household chores like caring for a child with autism can exert pressure of its own, especially for a mother. According Kurdek (in Parker, 2009) explains that individuals who reported high levels of psychological distress tend to be less satisfied with marriage.

Work also affect marital satisfaction for a mother. The result showed that 90 (86.5%) mothers do not work and have no income. Research conducted by the Job (2010) showed that the higher marital satisfaction felt by couples who both contribute to meet the family income. Women who work receive more support than women who do not work. Women tend to report lower satisfaction in marriage when they feel that their partner does not do justice with his responsibilities. Research shows that family responsibilities are the expectations of marriage are important, especially for women (Ngazimbi et al, 2013). This is consistent with the statement item questionnaire answers of the roles and responsibilities of each partner, which largely mothers 71 (68.3%) were dissatisfied with the way they played and responsible parenthood.

Bryant, Conger and Meehan (2001) stated that the quality of the relationship

between law and couples are determinants of marital satisfaction as a couple. Job (2010) also explained that interaction and family dynamics affect the interaction between couples couples. This is reinforced by the statement Dennison et al (2014) which states that the law is a decisive factor in satisfaction with family relationships. This is consistent with the statement item questionnaire answers related to family and friends which are largely mothers 71 (68.3%) were not satisfied with their relationships with their parents, in-laws and friends.

Juvva and Bhatti (2006) suggested that couples who openly discuss their financial problems reported higher marital satisfaction than couples who covered financial issues. Disagreements about finances between couples is a source of conflict that negatively affect marital satisfaction. This is consistent with the statement item questionnaire answers related to financial management which are largely mothers 74 (71.2%) were dissatisfied with their financial condition and how their financial management.

C. Relationship Stress Parents with Marital Satisfaction

Table 3. Analysis of the Relationship between Stress and Father's Marital Satisfaction in Pekanbaru (n=104)

Stress	Marital Satisfaction		
	r	R ²	P value
Father's Stress	-0,304	0,092	0,002
the father's distress	-0,324	0,105	0,001
the dysfunction of	-0,210	0,042	0,003

interaction with the child's father

the difficult child behavior	-0,116	0,013	0,239
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Father's stress showed $r = -0.304$. This means that the higher the stress of the father, the lower marital satisfaction. Determinant coefficient value is 0.092 means that stress contributes father affect marital satisfaction was 9.2%. Statistically found no relationship between father's stress with marital satisfaction (p value = 0.002). The level of the relationship between stress and marital satisfaction father is weak because the value $r = -0.304$.

Father's stress described in three domains is father distress, father-child interaction dysfunction as well as a difficult child. In **father distress** got value $r = -0.324$. This means that the higher the distress father, the lower marital satisfaction. Determinant coefficient value is 0.105 means distress father can explain the variable marital satisfaction was 10.5%. Statistically found no relationship between distress father with marital satisfaction (p value = 0.001). The level of distress with the relationship between marital satisfaction is weak because the value $r = -0.324$. At **dysfunction interaction's father with the child** got value $r = -0.210$. This means that the higher the dysfunction of interaction with the child's father, the lower marital satisfaction. Determinant coefficient value is 0.042 dysfunction means of interaction with the child's father can explain the variable marital satisfaction by 4.2%. Statistically found no relationship between father and child interaction dysfunction with marital satisfaction (p value = 0.003). The level of the relationship between father with child interaction dysfunction

with marital satisfaction is weak because the value $r = -0.210$.

In a **difficult child behavior** to obtain the value of $r = -0.116$, it can be concluded that the higher the difficult child, the lower marriage satisfaction. Determinant coefficient value is 0.013 means a difficult child can explain the variable marital satisfaction by 1.3%. Statistically found no association between children who have difficulty with marital satisfaction (p value = 0.239).

The results of this study are supported by research conducted by Leithead (2012) which states that there is a relationship between distress father with marital satisfaction. Besides, Pedraza (2012) also revealed an association between distress father with marital satisfaction with the strength of the correlation is weak.

According to researchers, the cost of expensive care and education in the care of children with autism are factors that contribute to the occurrence of stress for parents, especially the father because the father is the head of the family and serves to provide for the family. This is reinforced by the statement Reyns (2006) which states that the increased demands of care affect the survival of the marriage of parents of children diagnosed with autism due to lack of time and financially in the marriage relationship. This is consistent with the statement item questionnaire answers related leisure time activities as a couple where nearly largely father of 50 (48.1%) were dissatisfied with their agreement in their spare time and spend time together.

Flody and Zmich (1993 in Levine, 2015) reported that a decrease in marital satisfaction was also influenced by the interaction with the child's father. They found that parental conflict resulted in negative interactions with their child. Doron and Sharabany (2013) also revealed that marital satisfaction decreased when the father knew his son was diagnosed with autism, which affects the lack of

interaction between the father and son and father are more likely to surrender completely to the mother's care.

According to investigators, a father who served as head of the family and earn a living is less involved in parenting a child with autism, so less care for children with autism feel unruly behavior. This is reinforced by the statement Shakhmalian (2006) which states that the increase in marital satisfaction for women dealing with the involvement of fathers in caring for children with autism to participate. McConnell, Futris and Bartholomae (2009) revealed that the father does not interfere with behavior problems of children with autism and reported marital satisfaction is higher when compared with mothers who reported low levels of satisfaction and increased conflict in the marriage relationship.

Table 4. Analysis of the Relationship between Stress and Mother's Marital Satisfaction in Pekanbaru (n=104)

	Marital Satisfactio n		
Stress	r	R²	P valu e
Mother's Stress	-0,526	0,27 7	0,00 0
the mother's distress	-0,465	0,21 6	0,00 0
the dysfunctio n of interaction with the	-0,304	0,09 2	0,00 2

child's father			
the difficult child behavior	-0,355	0,11	0,00
		9	0

Mother's stress showed the value of $r = -0.526$. This means that the higher the stress of the father, the lower marital satisfaction. Determinant coefficient value is 0.277 means that stress contributes father affect marital satisfaction of 27.7%. Statistically found no relationship between stress dad with marital satisfaction (p value = 0.000). The level of the relationship between stress and marital satisfaction mother is moderate because the value $r = -0.526$.

Mother's stress is described in three domains is mother's distress, dysfunction interaction of mothers with children as well as a difficult child. On the **mother's distress** obtained $r = -0.465$. This means that the higher the mother's distress, the lower marital satisfaction. Determinant coefficient value is 0.216 meaning mother distress may explain the variable marital satisfaction of 21.6%. Statistically found no relationship between mother's distress with marital satisfaction (p value = 0.000). The level of the relationship between mother's distress with marital satisfaction is moderate because the value $r = -0.465$.

In the mother and child interaction dysfunction obtained $r = -0.304$. This means that the higher the mother and child interaction dysfunction, the lower marital satisfaction. Determinant coefficient value is 0.092 meaning mother and child interaction dysfunction may explain the variable marital satisfaction was 9.2%. Statistically found no relationship between mother and child interaction dysfunction with marital satisfaction (p value = 0.002). The level of the relationship between mother and child interaction dysfunction

with marital satisfaction is weak because the value $r = -0.304$.

In a difficult child behavior to obtain the value of $r = -0.355$. This means that the higher the difficult child, the lower marriage satisfaction. Determinant coefficient value is 0.119 means a difficult child can explain the variable marital satisfaction of 11.9%. Statistically found no relationship between children who have difficulty with marital satisfaction (p value = 0.000). The level of the relationship between children who have difficulty with marital satisfaction is weak because the value $r = -0.355$.

Mother's distress is more influenced by social support from the spouse in caring for children with autism. Lestari (2012) shows that women make the transition more difficult than men. According to Randall and Bodemann (2009) stress that is common to a pair is a problem concerning the emotional intimacy and maintenance of close relations between them. This is consistent with the statement item questionnaire answers related to communication stating that largely mothers 75 (72.1%) were dissatisfied with the way they communicate with each other and feel their partner could not understand what they want. Therefore, it needs good communication between partners so that problems encountered can be resolved.

Brassard, Lussier, and Shaver (2009) stated that the stability of the marriage relationship is affected by the problems that cause feelings of insecurity will be a sense of compassion (attachment insecurities) and dissatisfaction in a relationship. Marital satisfaction tends to decline in childbearing age will cause couples to choose the road to divorce (Hirschberger et al, 2009).

Johnson stated that women tend to be more prone to the problem of dissatisfaction in marriage compared with men (Johnson in Azeez & Viswavidyalaya, 2013). This is because women tend to feel that their partner does not do justice with

his responsibilities. Research shows that family responsibilities are the expectations of marriage are important, especially for women (Ngazimbi et al, 2013). This is consistent with the statement item questionnaire answers of the roles and responsibilities of each partner, which largely mothers 71 (68.3%) were dissatisfied with the way they played and responsible parenthood. A mother is the primary caretaker for the child and the person closest to the child. A mother sometimes feels stressed by the child's behavior that can lead to hostile attitudes towards children. This will cause dysfunction of the interaction of mothers with children.

Research conducted by Podjarny (2007) shows the low quality of the relationship of parents with children, higher stress and lower welfare to parents who have children with autism. The low quality of the relationship of parents with children and the welfare of the low indicates that the identity of the mother's role can not be achieved. Lickenbrock, Ekas and Whitman (2011) reported lower marital adjustment associated with a negative perception in children with autism. This suggests that low marital satisfaction can be influenced by the interaction and relationship between mother and child with autism.

Difficult child to describe the behavior of children that make parents in parenting. Stress parents often affect the responsibilities of parents in caring for their children, because the stress parents will hamper the work performed daily and can cause problems in the growth and development of children. Parents who feel tired due to address the needs of families who have no end, especially with regard to children with autism may lose their enthusiasm in parenting (Brooks, 2008). This means that women can use the threat, treating children with harsh words, instill discipline in children with violence on children. This statement can be seen from

the answers to the questionnaire items domain largely stress which nearly 40 mothers (38.5%) do not feel able to deal with the problems of children with autism well. Therefore, the necessary support, both from couples, large families, friends and communities, to families who have children with autism were able to overcome the problems of children with autism and has coping mechanisms that good that marriage intact maintained properly.

Weitlauf, Vehorn, Taylor and Warren (2014) revealed the child's behavior contributed to the mother experienced parenting stress, a decrease in marital satisfaction and experience symptoms of depression. Weitlauf et al (2014) concluded that higher depressive symptoms in mothers for parenting stress-related behavior of children with autism have an impact on a decrease in marital satisfaction as a couple. Brobst et al (2008) reported that the stress of parents of children with autism more due to their child's behavior problems.

CONCLUSION

Based on these results, it can be concluded that In father, there is a significant association between the domain distress parents and domain dysfunction, the interaction of parents and children, but there is no significant relationship between the child domain that is difficult to marital satisfaction. While in the capital, there is a significant relationship for all three domains, namely the parent domain distress, dysfunction, parent-child interaction and children are difficult to marital satisfaction

SUGGESTION

Based on this research there is a need for health promotion media associated with autism who can provide more information and can be understood by the public. Besides that, mental nurses need to do more intensive approach

through the provision of information about autism and provide counseling to parents and families related to family support networks. Mental nurses can form social autism support group. Social autism support group formed by families and communities in the environment of children with autism in providing social support for children with autism. This will have a positive impact on the elimination of stigma and social discrimination of children with autism in the community. The group was formed, implemented, and evaluated a gradual and continuing through coaching supervision by the public health center. Parents who have children with autism can follow the discussion or sharing a parents group (parent group) so parents can share information on autism and gain support from fellow parents who have children with autism. Support from fellow parents will be mutually beneficial because they feel there are similarities circumstances, there is no comparison situation experienced by each member to learn the relevant skills and gather useful information, support each other, and their mutual understanding in every support because both understand what happened.

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