

**PROSES AFFILIATE STIGMA PADA IBU YANG MEMILIKI ANAK
DENGAN DOWN SYNDROME**

SKRIPSI



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2026**

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INTISARI

Penelitian ini bertujuan untuk memahami proses terbentuknya self-stigma pada ibu yang memiliki anak dengan down syndrome serta pengalaman affiliate stigma pada ibu dalam bentuk komponen kognitif, afektif, dan perilaku. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Validasi data dilakukan melalui triangulasi sumber dan member checking. Subjek penelitian adalah enam ibu yang berperan sebagai pengasuh utama anak dengan down syndrome. Temuan penelitian menunjukkan bahwa setiap partisipan memiliki pengalaman stigma yang berbeda. Proses self-stigma berlangsung mulai dari kesadaran terhadap stigma (Stigma awareness) hingga munculnya keraguan diri (Self-doubt). Dalam proses tersebut, tiga ibu mengalami affiliate stigma yang tampak pada komponen kognitif seperti menganggap anak sebagai beban, afektif seperti munculnya perasaan malu, dan perilaku seperti menghindari interaksi sosial. Sementara itu, tiga lainnya tidak merasakan dampak stigma secara keseluruhan karena adanya dukungan sosial, parenting self-efficacy, edukasi yang memadai serta memiliki tingkat spiritualitas yang tinggi

Kata kunci : self-stigma, affiliate stigma, down syndrome



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ABSTRACT

This study aims to understand the process of self-stigma formation in mothers who have children with Down syndrome and their experience of affiliate stigma in the form of cognitive, affective, and behavioral components. This study uses a qualitative method with a phenomenological approach. Data validation was carried out through source triangulation and member checking. The research subjects were six mothers who acted as the primary caregivers of children with Down syndrome. The findings showed that each participant had different experiences of stigma. The process of self-stigma occurred from the awareness of stigma to the emergence of self-doubt. In this process, three mothers experienced affiliate stigma, which was evident in cognitive components such as considering their children a burden, affective components such as feelings of shame, and behavioral components such as avoiding social interaction. Meanwhile, the other three did not feel the full impact of stigma due to social support, parenting self-efficacy, adequate education and high levels of spirituality.

Keywords : *self-stigma, affiliate stigma, down syndrome*

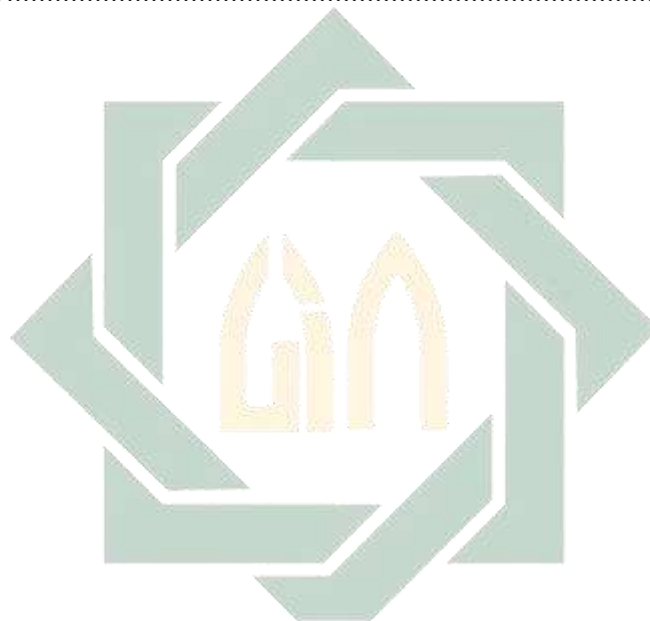


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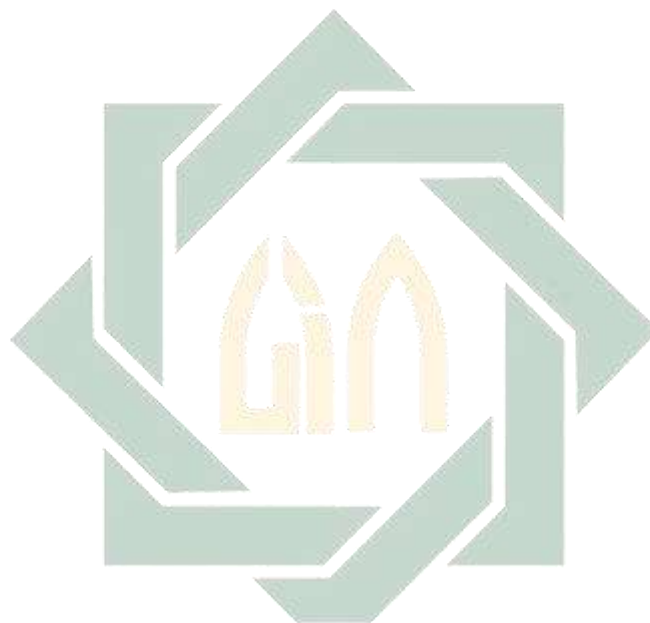
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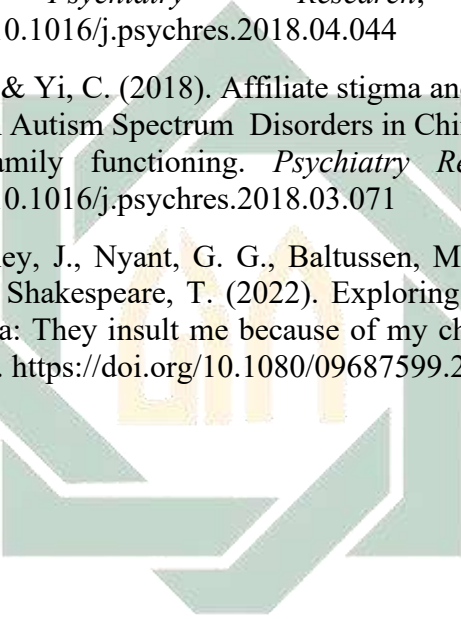
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