

## The Relationship between Personality Dimensions and Anxiety of Parents Who Have Children with Autism in Upt. Samarinda City Autism Service Center



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**ABSTRACT:** The existence of an autistic child affects family life, especially parents. With heavy parenting demands, parents experience pressure and may experience stress, anxiety or sadness. The aim of this research is to determine personality dimensions and the relationship between parental anxiety for autistic children in Upt. Autism Service Center in Samarinda City. This research is quantitative correlational with a cross sectional study design approach. The sampling technique uses a total sampling technique. Personality dimensions with HEXACO and anxiety with Cronbach's alpha are the instruments used in this research. Normality test based on Kolmogorov-Smirnov was used for data analysis. Univariate and bivariate analyzes were also used, and SPSS version 26.0 was used to process the data.

**Results:** The level of parental anxiety is quite high, and the impact of this anxiety can cause delays in treatment which causes the child to recover slowly. The anxiety level of parents of autistic children is significantly correlated with personality dimensions. This suggests that parents should be more aware of the fact that their children's anxiety levels can be influenced by their personality traits. Therefore, they must find ways to control and manage these dimensions of their personality to reduce their anxiety levels.

**Conclusion:** Parent's personality and anxiety level greatly impact the child. When the parent's personality and anxiety level are very severe, this will affect the development or healing stage of the child with autism

**KEYWORDS:** Personality Dimensions, Anxiety, Parents, Children with Autism, Samarinda

### I. INTRODUCTION

Autism is a group of neurological diseases that inhibit normal brain development in a person[1], this disorder is usually characterized by the emergence of impaired communication, social interaction, and very rare imagination activity[2]. Where the main characteristics of the disorder experienced are the inability to convey one's intentions to others, deviant behavior, and isolation in the social environment[3].

[4]states that 1 in 160 children throughout the world suffer from Autism Spectrum Disorder (ASD) which is included in World Health Organization (WHO) data in 2018. This is reinforced by the statement made[5]that around 1 in 68 children or 1.5% have autism in the 2016 Community Report on Autism prevalence of autism in the United States. The Indonesian Ministry of Health estimates that there are around 1.2 million people with autism spectrum disorders in Indonesia. About 500 people with autism spectrum disorder experience an increase every year. 5,530 children with developmental disorders, including autism spectrum disorders, were recorded between 2020 and 2021 at community health centers[6].

The results of a survey conducted in the city of Samarinda, from 2014 to 2016 there was an increase in the number of children with special needs from 502 children in 2014 to 610 children in 2016 in Samarinda.[7]. Meanwhile, in 2017 there were around 357 children with autism recorded in East Kalimantan and there were 177 children with autism in Samarinda City, then there were 29 children with autism at the Pembina State Special School[8]. But according to[9]There is no definite data regarding the prevalence of autistic children in East Kalimantan and Samarinda City. However, 25 to 30 autistic children were found in Palaran District, Samarinda City.

[8]states that having an autistic child affects family life, especially parents. This is because autistic children have many limitations that require more attention than other children[10]. Therefore, with heavy parenting demands, parents experience pressure and may experience stress, anxiety or sadness[11].

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Based on the results of a preliminary study found by researchers at the Upt research location. Samarinda Autism Service Center, precisely Jl. Batu Besaung No.02 that eight out of six parents stated that the anxiety felt by parents really depended on the parent's personality regarding the parent's readiness in building the independence of their autistic child. This is in answer to the question, "Are parents ready to build independence for their autistic child?" This is related to the future prospects of autistic children, if their parents cannot demand special care in the future, and if parents find it difficult to face problems because of the qualities and feelings they have.

There has been a lot of research related to the dimensions of personality and anxiety, but until now researchers have not found research results that specifically discuss the relationship between personality and anxiety in parents of autistic children. This attracts researchers to investigate further the personality dimensions of parental anxiety. So the researchers raised the title "The relationship between personality dimensions and anxiety of parents who have children with autism in Upt. Samarinda City Autism Service Center".

### II. METHODOLOGY

This research is included in the type of quantitative correlational research with a cross-sectional study design approach which aims to determine the significant relationship between the variables studied. This research was carried out at Upt. Autism Service Center in Samarinda City. The population of this study were parents of autistic children in Upt. Autism Service Center in Samarinda City.

Sampling of the research population used a total sampling technique where the entire population was used as a sample. The criteria determined in sampling were parents who have autistic children in Upt. Samarinda City Autism Service Center with 88 people.

Personality dimensions with HEXACO and anxiety with Cronbach's alpha are the instruments used in this research. In this study, the Kolmogorov-Smirnov normality test was used for data analysis. Univariate and bivariate analyzes were also used, and SPSS version 26.0 was used to process the data.

### III. RESULTS AND DISCUSSION

Samarinda City Education Office Employees, parents and special guidance teachers at the Samarinda City Inclusive School benefit from the education and training provided by Upt. Samarinda City Autism Service Center. Upt. The Autism Service Center in Samarinda City implements a technical training and guidance system that is carried out online and offline, a schedule for technical support and employee training in Samarinda City regarding intervention/handling of children with disabilities, a schedule for technical guidance and training for parents regarding how to handle children disabilities at home as well as training schedules and technical guidance for supervising teachers regarding learning for children with disabilities at school.

This research is included in the type of quantitative correlational research with a cross-sectional study design approach which aims to determine the significant relationship between the variables studied. The entire population is used as a sample in research that uses the total sampling method. The sampling criteria were as follows: Parents of 88 autistic children who sought treatment at Upt. Samarinda City Autism Service Center. Personality dimensions with HEXACO and anxiety with Cronbach's alpha are the instruments used in this research. In this study, the Kolmogorov-Smirnov normality test was used for data analysis. Univariate and bivariate analyzes were also used, and SPSS version 26.0 was used to process the data.

In the data results, the relationship between personality dimensions and anxiety of parents who have children with autism in Upt. Samarinda City Autism Service Center is based on the following:

#### Characteristic Frequency Distribution

Characteristics	Frequency	Percentage
Age		
Early adulthood (18-40 years)	52	59.0
Middle adults (41 – 60 years)	36	40.0
Gender		
Man	41	46.6
Woman	47	53.4

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The table above shows that 88 respondents were early adults aged 18-40 years, namely 52 people (59.0%) respondents and middle adults aged 41-60 years were 36 people (40.0%) respondents. Most of the respondents were male, namely 41 people (46.6%) and female, namely 47 people (53.4%).

### Normality Test Results with Kolmogrov Smirnov Test

Personality	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistics	Df	Sig.	Statistics	Df	Sig.
	,786	88	,200*	,988	88	,622

- The statistic that describes the slope of skewness data is the skewness ratio. Shows data tends to be in the middle or slanted to one side. This statistic can be used to see the normal distribution of data, namely skewness. It is said to be normal when the skewness ratio is in the range -2 to 2. Obtained from the Skewness ratio = skewness/standard error skewness =  $-.128/.257 = -0.49$  based on the results obtained by researchers that the skewness ratio value is 0.49 so it can be concluded that the data is normal.
- The Kurtosis Ratio shows the sharpness of the data. The normality criteria are the same as the skewness ratio, namely -2 to 2. Calculations with the Kurtosis ratio = kurtosis/standard error kurtosis =  $-.327/.508 = -0.64$  can be concluded that the kurtosis ratio value is in the range of -2 to 2, which shows that the data that's normal.
- The normality test that the researchers carried out used the Kolmogorov Smirnov test. If the test results ( $p$  value  $> 0.05$ ) then the data is normally distributed. Based on the results of table 2, the significance value of Kolmogorov Smirnov is 0.2, which means that the results show normally distributed data.

### Univariate Analysis of Personality Dimension Variables for Parents of Children with Autism at UPT. Samarinda City Autism Service Center

Personality Dimensions	Frequency	Percentage
Good	46	52.3
Bad	42	47.7
Amount	88	100.0

The results of univariate analysis on personality dimension variables showed that some respondents experienced good personality dimensions, namely 46 people (52.3%) respondents, 42 people (47.7%) experienced bad personality dimensions.

### Univariate Analysis of Anxiety Variables for Parents of Children with Autism at UPT. Samarinda City Autism Service Center

Worry	Frequency	Percentage
Normal	13	14.8
Light	6	6,8
Currently	22	25.0
Heavy	47	53.4
Very heavy	0	0
Amount	88	100.0

The results showed that most respondents experienced severe anxiety as many as 47 people (53.4%) respondents, Moderate Anxiety as many as 22 people (25.0%) respondents, Mild Anxiety as many as 6 people (6.8%) respondents, Normal Anxiety as many as 13 people (14.8%) respondents.

Bivariate analysis was carried out to test the meaning of the relationship between the independent variables, namely Personality Dimensions, and the dependent variable, namely Anxiety, so Spearman Rank was used and can be seen in the following table.

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### Analysis of the Relationship between Personality Dimensions and Parental Anxiety Personality Anxiety Crosstabulation

		Worry			
		Normal	Light	Currently	Heavy
Personality	Good	3 3.4%	1 1.1%	4 4.5%	38 43.2%
	Bad	10 11.4%	5 5.7%	18 20.5%	9 10.2%
Total		13 14.8%	6 6.8%	22 25.0%	47 53.4%

The results of statistical tests using the gamma test obtained a p value of 0.000 and a gamma correlation value of -0.786. So it can be stated that the relationship between Personality Dimensions and Anxiety is strong and the correlation value is negative, which means that the higher the personality dimension value, the lower the anxiety value.

The results of the characteristics of the majority of subjects were aged 22-39 years, namely 17 respondents (53.0%) and the majority experienced a high level of anxiety.[12]. The results of the survey conducted showed that there was a relationship between age and anxiety in parents. It was found that most of the age group of parents under 40 years who had children suffering from physical and mental disorders experienced more severe anxiety than the age group over 40 years.[3]. According to research[13], the majority of respondents were women as many as 24 respondents (75.0%) and some respondents experienced good personality dimensions with severe levels of anxiety, namely 47 respondents (53.4%). Research results state that gender factors can have a significant impact on anxiety levels; research finds that women are more at risk than men[14].

According to Simon Philips (in Fatchul Mu'min), personality is a set of values that leads to a system that underlies the thoughts, attitudes and behavior displayed in a person. Univariate analysis in personality dimensions[15]. A good personality is manifested in good habits in everyday life, such as good thoughts, good hearts, and good behavior. Having a good personality means knowing and acting well[16]. On the other hand, individuals who have bad behavior patterns and often act strangely are said to have bad character[17].

Univariate analysis of the anxiety dimension of research results conducted by Hanjoyo Limas shows that 73% of parents with children with autism experience anxiety about their child's development and recovery. The impact of this anxiety can cause parents to delay receiving early treatment that they should be able to do. Autistic children who are treated slowly may need more time to recover[18]. The statistical test used in the research found that the majority of respondents' anxiety levels fell into the severe anxiety category, with 26 people (72.2%) falling into that category.

Bivariate analysis shows a p-value = 0.000 <  $\alpha$  0.05 which indicates a correlation between anxiety and parental knowledge, and a correlation coefficient (r) of 0.372 which indicates a low correlation. Suggestions that can be recommended to parents are to increase their insight in the form of information related to autism problems[19]. That parents who have children with autism have concerns about their writing ability, reading ability, ability to complete school well, ability to interact with school friends and teachers, ability to follow lessons well, ability to understand lesson material[20]. Mild levels of anxiety are related to tension in daily life, causing a person to become alert[21].

The bivariate analysis consisted of a sample of 31 parents of children with autism spectrum disorders. Parental hassles, difficult children, and dysfunctional parent-child interactions. Parenting stress consists of 29 inquiry items. Validity ( $r = > 0.361$ ) and reliability ( $r = 0.915$ ) have been achieved by researchers. Data were analyzed using advanced regression with SPSS software[22]. that the three subjects had quite good self-control overall, the ability to fully accept their child's autism diagnosis, and a very low level of anxiety regarding the success of their child's autism education in the third subject[23]. The statistical test used in the research showed that most of the respondents' knowledge was sufficient, namely 15 people (41.7%) were included in this category, and most of the respondents' anxiety level was severe, as many as 26 people (72.2%) were included in this category. .

Bivariate analysis shows a p-value = 0.000 <  $\alpha$  0.05 which indicates a correlation between anxiety and parental knowledge, and a correlation coefficient (r) of 0.372 which indicates a low correlation. Suggestions that can be recommended to parents are to increase their insight in the form of information related to autism problems[2]. Acceptance impacts the level of support received from extended family, family financial capacity, religious background, education, marital status, age, and support received from experts and the general public[24].

Based on the relationship between personality dimensions and anxiety in parents of people with autism, Upt. Samarinda City Autism Service Center. Regarding parental anxiety, the findings show a very high level, with the impact of this anxiety often causing

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delays in treatment and a prolonged healing process in children. The anxiety level of parents of autistic children is significantly correlated with personality dimensions. This suggests that parents should be more aware of the fact that their children's anxiety levels can be influenced by their personality traits. Therefore, they must look for ways to control and regulate these dimensions of their personality to reduce their anxiety levels.

### **CONCLUSIONS**

In this study, the majority of parents' personalities were in the good category, where it was explained that the personality in the good category was based on 6 indicators of personality dimensions, namely being sincere in establishing interpersonal relationships, not emotional and not dependent on other people, having a tendency to like various social things, usually preferring to be alone. and has an imaginative nature. The results for parental anxiety show a fairly severe level of anxiety, and the impact of this anxiety can cause delays in treatment and a prolonged healing process in the child. Based on research findings, there is a correlation between anxiety and personality dimensions of parents whose children have autism at Upt. Autism Service Center in Samarinda City.

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