Patient Attitude with Happiness in Mothers of Children with Special Needs

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ABSTRACT

The purpose of this study was to determine the relationship between patience and happiness in mothers who have children with special needs in SLB Negeri Lahat. This study uses quantitative research using a form of field research in the form of a correlational research model. Data collection methods in this study using questionnaires with Likert scale score measurements. While the data analysis technique uses product moment correlation by Pearson with the help of the Statistical Program for Social Science (SPSS) version 25.0 for Windows program. The results of this study indicate a positive relationship between patience and happiness which shows a correlation of 0.746 and a significance of 0.000 <0.05 which means that the two variables have a relationship. This shows that the effective contribution of the patient attitude variable to the happiness variable is 74.6% while the other 25.4% is determined by other things that are not revealed in this study.

Keywords: *Motherhood; Happiness; Patience*

I. INTRODUCTION

The birth of a child is a very happy thing for every family couple, especially for a mother, especially if the child is born in a healthy state both physically and psychologically. However, the fact is that not all children can be born in normal conditions or are called children with special needs.

Children with special needs are children who have different characteristics from children in general in the form of having limitations or advantages that can be seen from physical, mental, social, and emotional behavior, so that they need special education and services to develop the child's potential to the fullest (Suharsiwi, 2017).

Children with special needs have different characteristics from one another, such as physical, mental, intellectual, social and emotional disorders (Dermawan, 2018). From Heward's explanation, it shows that children with special needs are children who experience abnormalities in their growth and development that distinguish them from normal children of their age, which can be seen from their psychological, social and physical characteristics, therefore ABK (children with special needs) need special education services (Riati, 2017).

Being a mother of a child with special needs often experiences a higher level of stress than mothers who have normal children

in general. Because having a child with special needs requires extraordinary time, energy and patience. The many responsibilities faced by a mother in raising, caring for and looking after her child is not an easy thing in addition to dealing with children who sometimes act out or tantrum a mother also has to face a world that is sometimes judgmental therefore mothers certainly need patience in order to control emotions and endure their suffering and accept the situation that occurs.

Patience is consistent and consistent in carrying out all of Allah's commands, brave in facing difficulties and steadfast in facing trials during the struggle to achieve goals, therefore patience is closely related to self-control, attitudes, and emotions. If a person has been able to control and control his lust, patience will be created (Muzakkir, 2018).

Patience is restraining the soul from deep sorrow, restraining the tongue from complaining, and restraining the limbs from slapping the cheeks, tearing clothes, etc. (Al-Jauziyah, 2019). As in the word of Allah in Surah Al-Kahf verse 28, namely:

وَٱصۡبِرۡ نَفۡسَكَ مَعَ ٱلَّذِينَ يَدۡعُونَ رَبَّهُم

Meaning: "And be patient with those who call upon their Lord.".

Based on the Big Indonesian Dictionary (KBBI) patience is defined as enduring or steadfast in facing the trials experienced, for example holding back anger, not giving up easily, and not being easily offended or other words called a calm attitude, not rushing or rushing (Tim Depdikbud, 1996). Etymologically, patience means: holding back, restraining, while terminologically patience means: refraining from everything that is disliked because it expects the pleasure of Allah SWT. Patience can be done with the tongue or with the limbs. Patience with the tongue does not say swear words but says Innalillahi wa inna ilahi rojiu'un, it would be better if it comes first to praise Allah because in essence calamity is Allah's love for his servants, while patience with the limbs does not do things that are prohibited by Allah SWT (Kirana, 2012).

Patience is half of a person's faith and the secret of human happiness, a source of strength when trials hit, a believer's provision in the event of various disasters and to keep from falling into error (Isa, 2005).

Patience is an attitude that comes from religious encouragement, fortitude, sincerity, refraining from lust in facing trials and obeying Allah's commands to achieve happiness in this world and the hereafter (Syofrianisda, 2017).

The elements of happiness are three: patience, gratitude and sincerity. There are many reasons for humans to smile, it could be being patient or trying to be patient and grateful for the happiness they feel, if done clearly and sincerely (D.N, 2022).

According to Hamka, happiness can be obtained in the world and in the hereafter, namely Majazi (temporary) happiness and ultimate happiness, this happiness can be obtained since humans are in the world, if they are happy in the world, they will also be happy in the hereafter, this happiness is the goal of every human being because every human being must want happiness in his life. (Arrasyid, 2020).

Humans actually have a measuring tool for happiness to measure their own level of happiness, namely by what they have or get, it's just that the measurement can be different between humans and one another. According to Hamka, happiness actually already exists in every human being, happiness can be achieved within oneself not from outside oneself, happiness that comes from outside oneself is only a complement to happiness within oneself, happiness can be achieved if humans always hone and develop tools that can be used to achieve happiness and these

tools are religion, reason, and mind, the three of which have a relationship with each other, if humans are able to develop these three things then humans can achieve happiness in their lives (Arrasyid, 2020).

Happiness for al-Farabi is the goodness desired for goodness itself which is the ultimate goal of all human activities in this world. As for the way to obtain happiness according to al-Farabi, there are four ways, namely first, intention and will, meaning that what is in the mind and in the human heart should ideally be realized in everyday life or everything that is considered good in the human heart and mind must be realized (E. W. Putri, 2018).

To foster a sense of happiness in a mother who has a child with special needs, they must be able to be patient with their child's condition and be patient with the destiny that has been determined for them. Conversely, if the mother is able to be patient with the destiny that has been determined by Allah SWT then the mother is able to achieve her happiness.

According to Daradjat, the characteristics of happy people are people who have faith, piety, calmness, and patience in facing life's problems. Because by being patient, individuals feel that difficulties in life are a test from Allah SWT for his believing servants.

Based on observations made on October 17, 2022 at SLB Negeri Lahat, the mother of (N) one of the children with special needs stated that in dealing with her child really requires extraordinary patience especially if her child has tantrums, if in a new environment her child becomes difficult to manage and cannot be quiet and changes in behavior that cannot be independent like children in general such as dressing, eating and others. However, a mother must also have emotional stability and mothers must also make themselves happy so that mothers have patience in running their days so that happy mothers (N) will be able to handle the family well.

The main problem of this study is that there is a relationship between patience and happiness in mothers who have children with special needs in SLB Negeri Lahat. The formulation of this research problem is how the relationship of patience with happiness in mothers who have children with special needs in SLB Negeri Lahat. This study aims to discuss the relationship between patience and happiness in mothers who have children with special needs in SLB Negeri Lahat. The results of this study are expected to provide theoretical and practical benefit implications. Theoretically, this research is expected to contribute to the enrichment of the treasury of Islamic knowledge related to the relationship between patience and happiness in mothers who have children with special needs in SLB Negeri Lahat. Practically, this research is expected to be a practical reference in the relationship between patience and happiness in mothers who have children with special needs in SLB Negeri Lahat.

II. RESEARCH METHODS
Type of Research
This study uses a type of Quantitative research using a form of correlational research by examining the sample in the study, as well as collecting data using research instruments, and analyzing data using quantitative statistical analysis with the aim of testing hypotheses (Sugiyono, 2016a)

Research Variables
A research variable is an object of research that is determined by the researcher to be studied, so as to obtain various information from the object so that conclusions can be drawn (Sugiyono, 2017). There are two variables in this study, namely the independent variable (X), namely the

Patient Attitude and the dependent variable (Y), namely happiness.

Population and Sample

This study took a population of parents who have children with special needs totaling 104 subjects in SLB Negeri Lahat. The characteristics of the population determined are the mother of a child with special needs in SLB Negeri Lahat.

In this study, researchers took 30 subjects using Purvosive Sampling technique samples were taken based on criteria that met the inclusion that had been determined by the researcher.

Data Collection Methods

The data collection method in this study uses a Likert Scale. The Likert scale is used to measure, attitudes, opinions, and perceptions of a person or group of people about social phenomena then determined specifically by the researcher and referred to as research variables. Variables measured by the Likert Scale will be translated into variable indicators. then this indicator will be a reference for compiling instrument items which can be in the form of statements or questions.(Sugiyono, 2016). In this study using a patient attitude scale and a happiness scale arranged based on aspects of the two research variables. The Likert Scale score used in this study can be seen from the table below:

Table 1. Likert scale score Sugiyono, Metode Penelitian Kuantitatif, Kualitatif dan R&D, hlm 120

Alternative Answer	Skor	
	Favorable	Unfavorable
Sangat Setuju (SS)	4	1
Setuju (S)	3	2
Tidak Setuju (TS)	2	3
Sangat Tidak Setuju (STS)	1	4

Validity and Rehability of Measuring Tools

1. Validity

The validity test in this study uses the Pearson Product Moment validity test, which can be seen from the significance value. If the significance value is less than 0.05 then the item is valid, while more than 0.05 then the item is invalid. And it can also be seen from the value of r count greater than r table, it is said that the item is valid and vice versa.

2. Reliability

The reliability test of this study used the alpa cronbach (α) coefficient technique using the SPSS for Windows version 25.0 program. The magnitude of the reliability coefficient ranges from 0 to 1. If the reliability value approaches 0, the lower the reliability, and if the reliability value approaches 1, the higher the reliability.

Methods of Analyzing Data

In analyzing the data, this research uses statistical analysis using Product Moment correlation with the help of using the Statistical Program For Social Science (SPSS) version 25.0 for Windows. In analyzing the data there are two stages, namely the prerequisite test and hypothesis testing.

Normality Test

The normality test is used to determine whether the data obtained is

normally distributed or not. The normality test in this study is based on the calculation of the Shapiro-Wilk significance test if the sig value> 0.005, it is stated that the instrument is normally distributed. And vice versa if the sig value <0.005 then the instrument is not normally distributed.

Linearity Test

The linearity test is shown to determine whether the two variables have a linear relationship or not. This study uses the Devition For Liniearity test with a significance level of Sig> 0.05, it is stated that the variable is linear and if <0.05, the variable is not linear.

Hypothesis Test

Hypothesis testing in this study uses the formula from the Product Moment correlation with a sig level of 0.05. If the Sig value is> 0.05, it is stated that the two variables are not correlated and if Sig <0.05, it is stated that the two variables are correlated. And to find out the interpretation (level of relationship) regarding the high or low correlation coefficient, it can be seen based on the table below:

Table 7
Correlation Coefficient Interpretation Reference

Coefficient Interval	Relationship Level
0.00-0.199	Very low/no relationship
0.20-0.399	Low
0.40-0.599	Medium
0.60-0.799	Powerfull
0.80-1.00	Very strong

III. RESULTS AND DISCUSSION
A. Patient Attitude

In the Big Indonesian Dictionary (KBBI) patience is defined as enduring or being steadfast in facing the trials experienced, for example holding back anger, not giving up easily, and not being easily offended or other words called a calm attitude, not rushing or rushing (Indonesia, 2012).

In Islamic psychology patience is associated with nafs muthmainah (soul that gets calm) because both have the same word, namely calm in the heart to always obey the commands of Allah SWT (A. D. Putri & Lukmawati, 2016)

Patience is a mental attitude and soul that is trained in facing all trials, which are driven by religion, as well as fortitude and sincerely accept the trials that befall, refrain from all desires, have a firm mental attitude and do not despair so that they remain obedient to Allah SWT by continuing to struggle and strive to get His blessing for the happiness of the world and the Hereafter (Sundari, 2018).

Based on several opinions, it can be concluded that patience is an act of restraint in the face of all trials such as sadness, suffering, and not complaining when exposed to disasters that have been determined by Allah SWT. The aspects of patience are: self-control, fortitude, persistence, accepting reality, and being calm.

B. Happiness

According to the Big Indonesian Dictionary, happiness is a sense of pleasure and tranquility in living life physically and mentally from good fortune or luck (Tim Depdikbud, 1996).

According to Hamka, happiness can be achieved within oneself not from outside oneself, the krnya already exists in every human being, happiness that comes from outside oneself is only a complement to happiness within oneself, happiness can be achieved if humans always hone and develop tools that can be used to achieve happiness and these tools are religion, reason, and mind, the three of which have a relationship with each other, if humans are able to develop

these three things then humans can achieve happiness in their lives (Arrasyid, 2020).

Happiness is a concept that refers to positive emotions that can be felt by individuals in doing positive activities that are favored by the individual himself (Seligman, 2005). The aspects of happiness according to (Seligman, 2005) are: satisfaction with the past, optimism about the future, and happiness with the present.

C. Validity Test

The results of the validity test of the measuring instruments in this study are:

1) The patient attitude scale consisting of 50 items has 39 valid items or meets the minimum limit of 0.444, while the remaining 11 items do not reach the minimum limit of 0.444.

2) The happiness scale consisting of 50 items has 40 valid items that meet the minimum limit of 0.444, while the other 10 items do not reach the minimum limit of 0.444 and are declared canceled.

D. Reability Test

The results of the reliability test conducted in this study are:

1) From the test results, the patient attitude scale shows Alpa Cronbach (α) of 0.938 and it can be said that the patient attitude scale is reliable because it is close to number 1.

2) The happiness scale of the reliability test results showed Alpa Cronbach (α) of 0.936 and it can be said that the happiness scale is reliable.

E. Categorization of Research Variables

The research results of this study can be seen from several data results which include the category of research variables and prerequisite tests. The data that has been collected will be processed using descriptive statistical techniques which will be presented in the form of a frequency distribution, regarding the average score, standard deviation, median, mode, maximum score, minimum score, to determine the category of each research variable. Categorization is determined based on the comparison of the hypothetical mean and empirical mean can be done directly by looking directly at the value of the research data description. Complete results regarding the comparison of empirical and hypothetical means on the variables of patience and happiness can be seen in the table below:

Table 2.

Statistical Descriptive Results of Patient Attitude and Happiness Variables in Mothers Who Have Children with Special Needs

Variabel	Empiric Score				Hypothetical Score				Categori
	X Min	X Max	Mean	SD	X Min	X Max	Mean	SD	
Patiance	109	152	130,57	13,255	39	156	97,5	19,5	ME >MH
Happiness	107	156	134,43	13,119	40	160	100	20	ME >MH

Description:

Minimum	:	Lowest Score	*Mean*	:	Average
Maximum	:	Highest Score	MH	:	Hypothetical Mean
Standar	:	Raw	ME	:	Empirical

Deviation   Intersection   Mean

The table above shows that the patient attitude variable based on hypothetical data has a hypothetical minimum score of 1 x 39 = 39 and a maximum score of 4 x 39 = 156. Hypothetical mean (156 + 39) : 2 = 97,5. While the standard deviation value is (156-39): 6 = 19,5. Based on empirical data on the patient attitude variable, the minimum score is 109 and the maximum score is 152. The empirical mean is 130.57 with a standard deviation of 13.255.

While the happiness variable based on hypothetical data has a minimum score of 1 x 40 = 40 and a maximum score of 4 x 40 = 160: 2 = 100. While the standard deviation score (160 - 40): Based on empirical data, the happiness variable obtained a minimum score of 107 and a maximum score of 156. The empirical mean is 134.43 with a standard deviation of 13.119.

Based on the statistical description above, the categorization for each research variable uses the empirical average because empirical statistics are statistics obtained from actual data on research samples. Categorization is divided into three categories, as follows:

1). Low   : $X < M - 1SD$

2). Medium : $M - 1SD \leq X < M + 1SD$

3). High   : $M + 1SD \leq X$

Description :

M = Empirical Mean

SD = Standar Deviasi

Based on the descriptive data using the formula above, the scale in this study is divided into three parts, namely low, medium and high. The categorization of the patient attitude scale score can be seen in the table below:

Table 3

Patient Attitude Scale Categorization Score

Patient Attitude Scale Categorization

		Freque ncy	Perce nt	Valid Percen t	Cumulat ive Percent
Val id	**Low**	6	20,0	20,0	20,0
	Mediu m	18	60,0	60,0	80,0
	High	6	20,0	20,0	100, 0
	Total	30	100,0	100,0	

Based on the results of the categorization of patience, it shows that subjects in the low category are 20% (6 subjects), the moderate category is 60% (18 subjects), and the high category is 20% (6 subjects). So it can be concluded that in this study most of the subjects had a patient attitude in the moderate category.

The results of score categorization on the happiness variable in this study can be seen in the table below:

Table 4.

Happiness Scale Categorization Score

	Happiness Scale Categorization				
		Freq uenc y	Perce nt	Valid Perce nt	Cumulat ive Percent
Vali d	**Low**	8	26,7	26,7	26,7
	Medi um	18	60,0	60,0	86,7
	High	4	13,3	13,3	13,3

Total	30	100,0	100,0	

Happiness			

F. Uji Normalitas

Based on the results of the categorization of patience, it shows that subjects who are in the low category are 26.7% (8 subjects), the moderate category is 60% (18 subjects), and the high category is 13.3% (4 subjects). So it can be concluded that in this study most subjects have happiness in the moderate category.

Table 5

Normality Test

Shapiro-wilk			
	Statistic	**Df**	**Sig.**
Patient Attitude	,940	30	,094
Happiness	,951	30	,177

Based on the results of the normality test with the Shapiro-Wilk calculation, it is known that the significance value is 0.094> 0.05. This shows that the residual value is normally distributed.

G. Linearity Test

The results of the linear test of the Patience and Happiness variables can be seen in the table below as follows:

Table 6
Linearity Test Results

Variabel	**F**	**Sig.**	**Keterangan**
Patient Attitude ><	1,608	,250	Linier

Based on the results of the linearity test above, it can be seen that the Devition for Linearity value of 0.250 shows that the p value = 0.250> 0.05. This shows that there is a linear relationship between the two variables. It can be concluded that the variables of patience and happiness are linear.

H. Hypothesis Test

In this study, researchers tested the hypothesis using the Product Moment correlation formula with the basis for decision making if the significance level is <0.05 then it is correlated but if> 0.05 then it is not correlated.

Table 8

Hypothesis Test Results

Correlations Patient Attitude and Happiness

		Sikap Sabar	**Kebahagiaan**
Patient Attitude	**Pearson Correlation**	1	,746
	Sig. (2-tailed)		,000
	N	30	30
Happines	**Pearson Correlation**	,746	1
	Sig. (2-tailed)	,000	
	N	30	30

Based on the results of the data analysis above, the magnitude of the correlation coefficient between the patient attitude variable and happiness of 0.746 is included in the category of a strong level of relationship

and has a positive relationship with a significant value of 0.000 <0.05. So it can be concluded that patience has a strong relationship with happiness in mothers who have children with special needs in SLB Negeri Lahat. The higher the level of patience, the higher the level of happiness.

This study uses Pearson Product Moment Correlation analysis which is used to determine the relationship between the independent variable and the dependent variable in the study, namely the patient attitude variable and the happiness variable.

I. Discussion

Based on statistical calculations that have been carried out, it shows that a patient attitude has a positive and strong relationship with a significance of 0.746 with happiness in mothers who have children with special needs in SLB Negeri Lahat with a significance value of 0.000 where the p value is <0.05.

The results of this analysis indicate that the hypothesis that shows there is a relationship between patience and happiness in mothers who have children with special needs is proven by the acquisition of a correlation coefficient of 0.746, meaning that the effective contribution of the patient attitude variable to the happiness variable is 74.6%. As explained by Sugiono, the interpretation of the correlation coefficient from 0.60-0.799 is classified as strong. So in this case, patience and happiness have a positive relationship, which means that the higher the level of patience, the higher the level of happiness, on the contrary, if the mother has a low level of patience, the lower the level of happiness.

The results of this study are in accordance with the theory which states that there is always happiness in every patience and there is always good news in fortitude. (Faruq, 2012). This research is also supported by Muhaimin's statement, which examines the relationship between patience and happiness in teachers. The results of his research show that there is a relationship between patience and happiness in SLB teachers in Pekanbaru City, obtained a correlation coefficient of 0.483 which shows sufficient and positive relationship with a significant 0.000 <0.05 (Muhaimin, 2020). As previously explained by Subandi, there are 5 aspects of patience, namely self-control, fortitude, persistence, accepting reality, and being calm. Based on the explanation above that real happiness can be achieved from various things that we control, namely our own considerations, opinions and thoughts because feelings of sadness anger and pleasure come from the control of our minds.

Based on the results of observations and findings in the field that the level of patience in mothers of children with special needs is in the high category, because mothers are able to control themselves from anger, disappointment or suffering when facing difficult situations, and do not complain when facing trials, accept with gratitude the circumstances that have been determined by Allah SWT and always try to achieve the desired goals and enjoy every condition and situation that is happening.

Because according to him, if you always complain about the situation, it will make individuals always think negatively so that it will cause stress. Not only that, if individuals are not grateful for the situation that is happening, individuals will feel they have lost their inner peace and always blame God because individuals think that God is unfair to their lives.

Therefore, individuals choose to always be patient with the destiny that is happening so that individuals can live life with a feeling of calm and peace so that individuals can achieve happiness in the world and the hereafter because individuals believe that God will provide help and prepare the best place

for people who are patient. Based on the results of the statistical calculation of the correlation coefficient in the hypothesis on the variable attitude of patience and happiness, it is obtained at 0.746 with a significant value of 0.000 where $p < 0.05$. So this shows that the hypothesis is proven that there is a relationship between patience and happiness with a significant category (strong) in mothers who have children with special needs in SLB Negeri Lahat.

CONCLUSION

Based on the results of the research data analysis, it is known that p is 0.000 where $p < 0.05$, so Ha is accepted and Ho is rejected. It can be said that the proposed hypothesis is proven to have a positive relationship by obtaining a correlation coefficient value of 0.746, this means that the effective contribution of the patient attitude variable to the happiness variable is 74.6% while the other 25.4% is determined by other factors not revealed in this study. The results of this study indicate that there is a significant relationship between patience and happiness in mothers who have children with special needs in SLB Negeri Lahat.

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