



## Research Article

# The relationship between self-compassion and parenting stress in parents with autistic children

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### Abstract

Parents of children with autism show higher levels of parenting stress than parents of other disabilities. The causes of parenting stress in parents can be due to factors from parents, child factors (autistic symptoms), and dysfunctional relationships between parents and children. Parenting stress can have a negative impact on a parent's life. One way to deal with this parenting stress is through self-compassion. Self-compassion is an individual's attitude to have a good relationship with oneself to survive when experiencing adversity or suffering. Self-compassion is important for parents of autistic children, because with self-compassion parents can be more accepting of their current situation without judging themselves and reduce the stress felt by parents. So self-compassion is one way to reduce parenting stress experienced by parents. The purpose of this research is to know the correlation between self-compassion and parenting stress in parents with autistic children. This research is a correlational quantitative study using 348 parents with autistic children as the subject. Sampling retrieval used purposive sampling technique. The research uses 2 scales namely the Self-Compassion Scale (SCS) and the Parenting Stress Scale. Data analysis uses product moment Pearson correlation through SPSS version 17. The result of correlation analysis shows is  $r = -0,533$  ( $p < .05$ ), which means there is a significant negative correlation between self-compassion and parenting stress on parents of autistic children.

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## Introduction

Autism spectrum disorders are complex developmental disorders and can affect the lives of individuals who experience autism, their families, and society in general. Altevogt et al. (2008). This autism spectrum disorder is a disorder characterized by impaired social cognition, social skills, lack of social interaction and communication, and exhibits repetitive or repetitive behavior (Ormrod, 2008; Santrock, 2012). Children with autistic disorders show different behavior from children their age (Santrock, 2012). Meanwhile, according to Ormrod (2008) the general characteristics of ASD (autism spectrum disorder) children are paying attention to details on objects, having good visual-spatial abilities, having weak knowledge of their own thoughts and feelings, minimal eye contact with other people, and lack or no desire to be with others when feeling hurt or anxious. Autism can usually be diagnosed when children are 1-3 years old (Altevogt et al., 2008; Santrock, 2012).

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In 2015 there were 134,000 children who experienced the autism spectrum (Labola, 2018). In 2018, based on data from the Ministry of Women's Empowerment and Child Protection (KEMENPPPA) it was estimated that there were 2.4 million people with autism in Indonesia with an additional 500 new people per year. Increases every year indicate an increasing number of people with autism in Indonesia and this will also affect stress levels in parents with autistic children. However, there is no definite data regarding the number of people with autism in Indonesia.

Children with autism spectrum disorders influence the lives of parents. As in previous studies showing that parents of children with autism show higher levels of parenting stress than parents of children with other disabilities (Bohadana et al., 2019; Dabrowska & Pisula, 2010; DesChamps et al., 2020; Hayes & Watson, 2013; Porter & Loveland, 2019). Parenting stress or parenting stress itself is a condition where parents are unable to condition their child's behavior so that they are considered to be doing a bad job and this becomes life pressure for parents which can have an impact on dysfunctional parenting. (Abidin, 1990). Abidin (in Ahern, 2005; Amireh, 2019; Hayes & Watson, 2013; Zaidman-Zait et al., 2011) states that there are 3 factors that trigger parenting stress, namely parental distress, child difficulty, and parent-child dysfunctional. In addition, the increased parenting stress in these parents is due to the symptoms of autistic children such as the child's emotionality, fearful expressions, communication problems and the child's lack of social skills. (Phetrasuwan & Shandor Miles, 2009). According to McBride et al. (2002) temperament in autistic children is also a factor that causes stress in parents and affects parent-child relationships. In addition, parenting competence, gender, role disclosure, support, culture, socio-economic, and parental education also contribute to parenting stress felt by parents. (Ashworth et al., 2019; Dabrowska & Pisula, 2010; Phetrasuwan & Shandor Miles, 2009). This increase in parenting stress for parents of autistic children has an impact on parents' lives, such as decreasing parental life satisfaction and family resilience, decreasing levels of well-being, and showing symptoms of depression in parents. (Ashworth et al., 2019; Kim et al., 2020; Phetrasuwan & Shandor Miles, 2009).

Parents who experience parenting stress will try to deal with the stress they feel through various coping strategies. Previous research has shown that coping strategies can have a positive effect on parenting stress, including making parents more resilient to their condition (Shepherd et al., 2018). Coping strategies are divided into 2 types, namely problem-focused coping strategic, namely coping that focuses on problems and aims to solve problems, and emotion-focused coping strategic, namely coping that focuses on emotions and aims to reduce or manage feelings of depression. (Miranda et al., 2019). Previous research explained that one type of coping, namely emotion-focused coping strategy used by parents, showed that parents could be more accepting and resilient in dealing with the parenting process. (Shepherd et al., 2018). Neff & Faso (2015) explained that one of the coping resources that can provide positive benefits to parents in raising children with autism is self-compassion. This self-compassion can be seen as a form of emotion-focused coping strategy, because self-compassion makes individuals pay attention to the emotions they feel. (Neff, 2003b).

Self-compassion is a healthy way of relating to yourself when you are suffering, and can be used when you experience failure, feelings of inadequacy, or when you are having a difficult life. (Neff et al., 2020). Self-compassion is important for parents to have because self-compassion has a negative correlation with psychological stress, shame, and guilt (Biddle et al., 2020). This self-compassion can reduce negative feelings felt by parents. Parents who have high self-compassion show an emotionally resilient attitude, are optimistic about their child's future, and have a more functional relationship with their child (Neff & Faso, 2015).

This self-compassion can reduce negative feelings felt by parents. Parents who have high self-compassion show an emotionally resilient attitude, are optimistic about their child's future, and have a more functional relationship with their child (2015) which shows the benefits of self-compassion in parents, namely parents can be more emotionally resilient in caring for their children, more optimistic about the future of their children because this self-compassion provides inner support and confidence in parents, then parents will love them more and self-acceptance rather than overly identifying, being able to comfort and be kind to oneself when facing difficulties, and with self-compassion, parents feel that interactions with their children are still emotionally intertwined. Other research on self-compassion was

conducted by Biddle et al. (2020) where research was conducted on 175 caregivers (biological parents or family members) of children, adolescents, and young adults diagnosed with FASD (Fetal Alcohol Spectrum Disorder) and research showed that caregivers with high levels of self-compassion showed high self-esteem, whereas caregivers with low levels of self-compassion show psychological distress, shame, and guilt. There are several studies in Indonesia that discuss self-compassion, such as research conducted by Ratnasari & Sumiati (2017) shows that self-compassion has an influence on subjective well-being in parents with mentally retarded children. Research on self-compassion and parenting stress on parents in Indonesia has been conducted by Kristiana (2017) shows that mothers with cognitively challenged children show 90% of mothers have high levels of parenting stress and this study also reports that mothers with high levels of parenting stress show low levels of self-compassion and vice versa. Other research, namely research conducted by Bohadana et.al. (2019) conducted on 139 parents of autistic children showed that half of the parents reported increased levels of stress, then the negative dimension of self-compassion was a significant predictor of parental stress while the positive dimension of self-compassion indicated an increased level of parental quality of life because parents have greater social support and more positive perceptions of parenting.

### **Aim of Study**

Based on the research explanation above, research on self-compassion and parenting stress on parents of autistic children is still rarely carried out. Kristiana (2017), however, this study was conducted on mothers who have children with cognitive impairments. Then previous research had conducted research on self-compassion in parents, but the subjects studied were parents who had children with developmental disorders other than autism such as FASD, cognitive barriers, mentally retarded and others. So this research is considered important to add insight regarding what factors or aspects of parenting stress and self-compassion affect parents who have autistic children. Therefore, this study aims to determine the relationship between self-compassion and parenting stress in parents with autistic children and the hypothesis that the researchers propose is that there is a negative relationship between self-compassion and parenting stress. The benefits of research are that it can add to scientific development, especially in the field of Psychology and can be a recommendation in developing training or interventions to reduce parenting stress or increase self-compassion in parents with autistic children.

## **Method**

### **Research Model**

This research is a correlational quantitative study, which aims to determine the direction of the relationship between self-compassion and parenting stress.

### **Participants**

The population in this study are parents of autistic children. The sampling technique in this study used a nonprobability sampling technique, where the sample was selected with predetermined criteria (Creswell, 2009; Given, 2008). The nonprobability sampling technique used in this study is purposive sampling where research subjects are selected if they meet the criteria set by the researcher (Given, 2008). The purposive sampling technique was used because the sample in this study had criteria, namely that the subjects were parents of autistic children. This research was conducted on 348 parents of autistic children in various regions of Indonesia.

### **Instrument**

The measuring instrument used in this study is the Self-Compassion Scale (SCS) from Neff (2003a) which was adapted by Sugianto et al. (2020) to measure self-compassion. SCS consists of 26 items with details of 5 items from the self-kindness aspect, 5 items from the self-judgment aspect, 4 items from the common humanity aspect, 4 items from the isolation aspect, 4 items from the mindfulness aspect, and 4 items from the over-identification aspect. This scale uses a Likert scale from 1 (almost never) to 5 (almost always). The reliability level of this self-compassion scale shows good reliability consistency of (.92) and good item quality where each subscale of self-compassion shows factor loadings 0.57-0.80 (Neff, 2003a). The adaptation of the Self-Compassion Scale to Indonesia shows a reliability level of 0.872 and a

fairly good item correlation, namely 0.26 – 0.57 (Sugianto et al., 2020). Then the researcher obtained a validity level of 0.273-0.629 and a reliability level of 0.883.

The parenting stress was measured using the Parenting Stress Scale Daulay et al. (2020) based on Abidin's parenting stress aspects. The Parenting Stress Scale consists of 26 items with details of 12 items from the parent domain aspect, 8 items from the child domain aspect, and 6 items from the dysfunctional parent-child aspect, and there are 13 favorable items and 13 unfavorable items. This scale uses a Likert scale, namely 1 (very suitable) to 5 (very inappropriate). *Parenting Stress Scale compiled by* Daulay et al. (2020) has a reliability level of 0.823 and a content validity level of 0.75 - 0.88. Then the researcher again obtained a validity level of 0.127-0.549 and there were 25 valid items and 1 item that was dropped, and showed a reliability level of 0.805.

### Data Analysis

The analysis used in this study is parametric analysis with interval data types. The data was also analyzed using Pearson's product moment correlation analysis.

## Result

**Table 1.** Description of Research Subjects

Description	Category	Total	Percentage (%)
Parents' Gender	Male	49	14,1
	Female	299	85,9
	Total	348	100
Parental Age	21 – 40 years	185	53,2
	40 – 60 year	159	45,7
	Over 60 years old	4	1,1
Job	Housewife	170	48,9
	Government employees	47	13,5
	Workers in Private Institutions	27	7,8
	Trader	22	6,3
	Farmers/Fishermen/Gardeners/Others	8	2,3
	Social Worker (NGO/NGO)	4	1,1
	Entrepreneur	41	11,8
	Teachers/Lecturers/Workers in Educational Institutions	29	8,3
Education	Elementary/Yunior High School	21	6,0
	Senior High School Vocational School	109	31,3
	Diploma/D1-D3	41	11,8
	D4/Bachelor/Equivalent	139	39,9
	Professional/S2/Specialist	35	10,1
	S3	3	0,9
Age	2 – 5 years	38	10,9
	6 – 11 years	156	44,8
	12 – 21 years	139	39,8
	22 – 40 years	15	4,5
	Total	348	100

The demographic of parent with special need a total of 348 subjects with details of male parents totaling 49 people (14.1%) and women totaling 299 people (85.9%). The age range of parents is dominated by the ages of 21 – 40 years (53.2%). The average occupation of parents is housewives, amounting to 170 people (48.9%), and the educational level of parents is dominated by the D4/Bachelor/equivalent level of 139 people (39.9%). Then, the average parent has children aged 6-11 years (44.8).

The variables in this study were categorized to determine the level of self-compassion and parenting stress. The details of the variable categorization of self-compassion and parenting stress are as follows.

**Table 2.** Categorization of subject's self-compassion and Parenting Stress Scale

Variables	N	%	Categorize
<b>Self-Compassion</b>	4	1,1	Low
	166	47,7	Middle
	178	51,1	High
<b>Parenting Stress</b>	189	54,3	Low
	159	45,7	Middle
	0	0	High

Based on table 2, it is known that the level of self-compassion in parents who have children with autism, on average, is in the high category with an index of 51.1%. As for the level of parenting stress in parents who have children with autism, the average is in the low category with an index of 54.3%.

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**Table 3.** Description of the Pearson Product Moment Correlation Test

		Self-Compassion	Parenting Stres
<b>Self-Compassion</b>	Pearson Correlation	1	-0,533
	Sig. (2-tailed)		0.000
<b>Parenting stress</b>	Pearson Correlation	-0,533	1
	Sig. (2-tailed)	0.000	

Based on the results of the analysis, it is known that there is a significant negative relationship between self-compassion and parenting stress in parents of autistic children. This shows that the higher the self-compassion, the lower the parenting stress felt by parents of autistic children.

**Table 4.** Description of the correlation of Self-Compassion Aspects to Parenting Stress

Variables	Parenting Stress		
	Pearson Correlation	Sig	
<b>Indicator of Self-compassion</b>	Self-Kindness	-0,242	0,000
	Self-Judgement	0,438	0,000
	Common Humanity	-0,184	0,001
	Isolation	0,480	0,000
	Mindfulness	-0,291	0,000
	Over Identification	0,487	0,000

Based on the correlation results, it is known that the positive aspects of self-compassion, namely self-kindness, common humanity, and mindfulness, have a significant negative correlation with parenting stress. This shows that the higher the three positive aspects of self-compassion, the lower the parenting stress. In contrast, the negative aspects of self-compassion, namely self-judgment, isolation, and over-identification, have a significant positive correlation with parenting stress. This shows that the higher the three negative aspects of self-compassion, the higher the parenting stress. In addition, among the three positive aspects of self-compassion, the mindfulness aspect has the highest correlation with parenting stress ( $r = -0.291$ ). Then among the three negative aspects of self-compassion, the over-identification aspect has the highest correlation with parenting stress ( $r = 0.487$ ).

**Table 5.** Demographic and Self-Compassion Data Regression Test

Factor	<i>Self-Compassion</i>		
	Sig.	B	R Square
Job	0,754	0,004	0,000
Education	0,152	0,035	0,006
Parent ages	0,062	0,006	0,010
Children age	0.007	0,015	0,021

Based on the table above, the results show that occupation, education, and parental age have a p-value > 0.05, which means that there is no influence between work, education, and parental age on compassion. Then at the age of the child shows that there is an influence between the age of the child on self-compassion in parents ( $p < 0.05$ ). This means that the age of the child can predict the level of self-compassion in parents who have children with autism with a contribution of 2.1%.

**Table 6.** Regression Test on Demographic Data and Parenting Stress

Factors	Parenting Stres		
	Sig.	B	R Square
Job	0,857	-0,041	0,000
Education	0,082	-0,846	0,009
Parent ages	0,000	-0,263	0,042
Children age	0,001	-0,375	0,031

Based on the table above, the results show that work and education show a p value > 0.05, which means that there is no influence between work and education on parenting stress. Then the ages of parents and children show a p value < 0.05 or there is a negative effect between the ages of parents and children's age on parenting stress. This means that the older the child and the parents are, the lower the parental stress felt by the parents. So the age of the parents and the age of the child can predict the level of parenting stress in parents who have autistic children with a contribution of 4.2% of the parents' age and 3.1% of the child's age.

## Discussion

Raising children with special needs, such as children with autism, has its own challenges for parents and can even trigger stress in the parenting process. Parenting stress arises because parents are deemed unable to cope with children's behavior that is starting to get out of control (Abidin, 1990). In addition, parenting stress that occurs in parents is related to children's difficulties or limitations in carrying out their activities (child difficulties), difficulties felt by parents (parental distress), and dysfunctional relationships between parents and children (dysfunctional parent-child) One way to reduce parenting stress levels is through self-compassion. This is because self-compassion will enable parents to remain resilient to unpleasant events by accepting the current situation without having to hurt themselves (Krieger et al., 2013; Ferrari et al., 2019). Apart from that, with self-compassion parents will comfort and be kind to themselves in difficult times (Neff & Faso, 2015). By having self-compassion, parenting stress experienced by parents can decrease, as well as having an attitude that is emotionally tough, optimistic about the child's future which makes the relationship between parents and children more functional (Neff & Faso, 2015).

Based on the research that has been conducted, the results obtained show that there is a significant negative relationship between self-compassion and parenting stress in parents of autistic children ( $r = -0.533$ ;  $p < 0.05$ ). This means that the higher the self-compassion, the lower the parenting stress for parents. Conversely, the lower the self-compassion, the higher the parenting stress for parents. The results of this study indicate that the research hypothesis which states that there is a significant negative relationship between self-compassion and parenting stress in parents of autistic children is acceptable.

This research hypothesis is in line with previous research which shows that there is a relationship between self-compassion and parenting stress in mothers who have children with cognitive disabilities (Kristiana, 2017) (Gouveia et

al., 2016). Other research also explains that self-compassion is a significant predictor of parenting stress in parents of children with autism (Bohadana et al., 2019). This proves that self-compassion can reduce the level of parenting stress experienced by parents of autistic children. This research is in line with previous research that self-compassion has a positive impact on parenting stress (Torbet et al., 2019) and can minimize the causes and negative impacts of parenting stress (Bohadana et al., 2021). Stress levels in mothers of children with autism and ADHD decrease when mothers have high levels of self-compassion (Riany & Ihsana, 2021).

In this study, parents of autistic children who had high self-compassion showed a good attitude towards themselves when facing failure and did not hurt themselves. This is because they have self-compassion which makes them persist in facing unpleasant events and accept their downturn without hurting themselves. (Krieger et al., 2013; Ferrari et al., 2019). Neff (2003a) explains that self-compassion will occur if the individual pays attention to the events they are facing, and this attention is better known as mindfulness. Mindfulness is one of the positive aspects of self-compassion which is more correlated with parenting stress because parents of autistic children pay attention to their current thoughts and emotions without changing the things in their minds and suppressing their feelings of suffering. Therefore, with mindfulness, parents will acknowledge their current condition and tolerate and provide support for themselves and expand their view of the adversity or suffering they are experiencing to the experiences of other people at large, so that this is what makes parents of autistic children have a level of self-compassion. high and able to reduce parenting stress that occurs in parents.

In addition, the results of this study also show that positive aspects of self-compassion have a negative correlation with parenting stress in autistic children. This means that increasing self-compassion also increases the positive aspects of self-compassion which include self-kindness, common humanity and mindfulness. (Gouveia et al., 2016). Therefore, parents are able to realize, accept and understand the condition of those who have to care for and care for autistic children with all their limitations.

The self-kindness aspect is an aspect of self-compassion that allows individuals to stop for a moment and comfort themselves emotionally when experiencing suffering. (Neff & Germer, 2017). Through the aspect of self-kindness, parents of autistic children who feel tired in the parenting process, can stop for a moment to do good or cheer themselves up and understand their current condition which may not be as expected without giving judgment or judging themselves for this event. Apart from that, self-kindness will make parents more concerned about the suffering or failures they experience and provide support for themselves (Gouveia et al., 2016). Common humanity also makes parents more understanding in seeing the adversity they feel. Common humanity allows parents to become more familiar with the experiences that occur to themselves and to others (Neff, 2003a). Through common humanity, parents are able to reduce feelings of isolation – as if they are the only ones who have or feel adversity – and broaden the view that other people also feel the same adversity or perhaps even more. Apart from that, common humanity will make parents realize that raising children with all limitations is a test of life like humans in general who must have experienced failure and success. So that the existence of common humanity will make parents more able to accept their children's imperfections.

The third aspect of self-compassion is mindfulness. In this research, the mindfulness aspect was one of the aspects that was highly negatively correlated with parenting stress. This is also similar to research from Gouveia et al. (2016) dan Conner and White (2014) stated that parents with high levels of mindfulness have a negative relationship with parenting stress. Mindfulness is an aspect of self-compassion that allows individuals to more accept and understand themselves and their current life objectively (Neff & Germer, 2017). Through mindfulness, parents can be more open about the problems they face without avoiding it, so that parents can truly understand what is happening and accept all the consequences that will be faced later. Mindfulness will also make parents more aware of painful emotions and thoughts without having to deny, avoid, or ruminate on them (Gouveia et al., 2016; Neff & Faso, 2015).

Apart from self-kindness, Mindfulness, common humanity, Self-compassion has three other aspects which are opposite aspects, namely self-judgment, isolation, and over-identification. These three aspects in this study have a significant positive correlation with parenting stress. This means that these three aspects can have an impact on the

parenting stress experienced by parents of autistic children. This is in line with previous research which found that these three were the only significant predictors of parenting stress and described parental competence in caring for their children. (Bohadana et al., 2019). The difficulty of caring for an autistic child affects the stress level of parenting, especially child domain factors such as autistic children's limitations in socializing and communicating, which makes parents unable to understand what their child wants, then the child's emotional state, and the child's temperament. (Bohadana et al., 2021).

The self-judgment aspect, which is the opposite of the self-kindness aspect, is an aspect that makes individuals prefer to hit or hurt themselves when faced with events that do not match their expectations. (Neff & Germer, 2017). Self-judgment will make parents prefer to blame themselves by criticizing and insulting themselves for the condition of their children who cannot develop like normal children in general. Then, the isolation aspect, which is the opposite of the common humanity aspect, is an aspect that makes individuals feel isolated when they see weaknesses or failures within themselves (Neff & Germer, 2017). Isolation will make parents feel as if they are trapped in a failure in taking care of their child and feel that they are the only ones who have experienced this failure and weakness. So parents feel embarrassed because they think that they have a bad reputation due to their child's condition not having the same development as children in general. The over-identification is a negative aspect that is highly positively correlated with parenting stress. Over-identification is an aspect where an individual is too identified with the negative thoughts and feelings they experience (Neff & Germer, 2017). Over-identification in autistic parents will make parents too fixated on their negative thoughts and emotions, so that parents will find it increasingly difficult to accept their child's condition.

Another factor, namely the parent domain, also contributes to the emergence of parenting stress, such as the lack of support from those closest to them and their partners, the competence and level of understanding of parents in caring for autistic children. (Bohadana et al., 2021), the mental and physical health of parents, and the limited time parents have to carry out activities due to their child's needs, which often makes parents feel guilty and even depressed about their child's current condition. (Phetrasuwan & Shandor Miles, 2009). Apart from that, the interaction between the child's parents (parent-child domain) can also make parents feel stressed due to the parents' unpreparedness to accept the condition of their child who has been detected as autistic, the child's limitations in meeting the expectations of his parents, and the lack of interaction between parents and children because the child's minimal ability to communicate verbally (DesChamps et al., 2020).

The results of research on demographic data show that education and employment are not significant predictors of self-compassion and parenting stress in parents. However, child age was a significant predictor of self-compassion and parenting stress. Study of Ekas and Whitman (2011), Riany & Ihsana (2021), dan Gong et al. (2015) showed the same result that The child's age is related to the parenting stress experienced by the parents. As children get older, self-compassion increases and parenting stress decreases in parents of autistic children. The average age of children in this study was 6-11 years, which is considered late childhood.

In late childhood, children begin to show several developments, such as increasing cognitive development and non-verbal skills (Clark et al., 2017). Study of Clark et al. (2017) states that autistic children show rapid development throughout childhood, especially if this autistic disorder is diagnosed early. The progress in the development of children with autism over time will of course influence the level of parenting stress in parents, where the stress level of parents can decrease further as the child's abilities develop with each increase in age. The results of this study are similar to previous research which showed that parents of autistic children entering school age had lower levels of stress than parents of younger children. (Ekas & Whitman, 2011). Apart from that, the development of children at each age also increases the level of self-compassion in parents, so that parents can be more open and more accepting of the conditions of themselves and their children. Apart from that, parents can learn lessons from the suffering experienced in raising their children, recognize that their experiences are part of the human experience in general, be optimistic about their children's future, and show a resilient attitude, and the parent-child relationship will function better (Neff & Faso, 2015).

The results also showed that parental age was a significant predictor of parenting stress, but not self-compassion. In line with previous research conducted on ASD and ADHD parents (Riany & Ihsana, 2021) as well as parents of children with developmental disorders (DeLambo et al., 2011), shows the results that parental age is related to the stress experienced by parents. This means that the older the parents, the lower the parenting stress they feel. DeLambo et al. (2011) explained that older parents tend to show lower levels of stress than younger parents because older parents can build a lot of resources to survive the parenting stress they experience. These resources include social support and better relationships with the community as well as having knowledge of available social services.

### Conclusion

The results of the research show that the proposed hypothesis is accepted, namely that there is a significant negative relationship between self-compassion and parenting stress in parents of autistic children. So the higher the self-compassion, the lower the parenting stress for parents of autistic children. The results of other research show that aspects of self-compassion have a relationship with parenting stress, and one of the positive aspects of self-compassion that has a high correlation value is mindfulness which shows a negative correlation with parenting stress. Regarding the negative aspect of self-compassion, over-identification has a high correlation value and shows a positive relationship with parenting stress.

### Recommendations

The meaning of this research is expected to help parents who are still feeling the stress of parenting to start applying self-compassion in living as parents, by developing positive thoughts and emotions to accept their current situation, provide support for themselves, and expand their discovery. about the suffering experienced in other people's experiences. For future researchers, it is to be able to differentiate the level of self-compassion and parenting stress in parents and other children with special needs, using different research approaches such as qualitative to obtain in-depth information, and being able to add variables such as quality of life, family resilience, and well-being to find out other causal factors not explained in this study.

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