

RELATIONSHIP BETWEEN SELF-COMPASSION (WELAS DIRI) AND PERCEIVED STRESS PARENTS WITH SPEECH DELAY CHILDREN

Aufa Rizqia Sahna¹, Nadya Ariyani Hasanah Nuriyyatiningrum², Reti Wahyuni³

^{1,2,3} Department of Psychology, Faculty of Psychology and Health,
Universitas Islam Negeri Walisongo Semarang, Indonesia

Abstract: Speech delay in children can present significant challenges for parents, often having a detrimental effect on their psychological well-being. This is partly due to the numerous negative stigmas that are still firmly associated with children with special needs, including speech delay. Parents of children with speech delay are more likely to experience elevated levels of stress due to the presence of more complex parenting challenges in comparison to parents of children with other special needs. Prolonged exposure to stress without adequate management can give to maladaptive coping strategies. This study aims to examine the relationship between self-compassion and perceived stress in parents with children who have speech delay disorders. A correlational quantitative approach was adopted in this research, with a total of 50 parents who have children with speech delay serving as respondents. The resulting data was analyzed using Spearman's rho correlation test with a value of $p < 0.05$, which indicates that the hypothesis in this research is accepted. The correlation coefficient value obtained was $r = -0.681$. The obtained value indicates a negative correlation, suggesting that as self-compassion among parents of children with speech disorders increases, their stress levels decrease.

Keywords: parents; perceived stress; psychology; self-compassion; special need children; speech delay.

Abstrak: Kondisi speech delay pada anak dapat menimbulkan tantangan yang besar dan seringkali mempengaruhi kesejahteraan psikologis para orang tua, sebab banyaknya stigma negatif yang masih melekat kuat terkait anak-anak dengan gangguan khusus, salah satunya ialah keterlambatan wicara (*speech delay*). Orang tua dengan anak yang mengalami keterlambatan bicara rentan terhadap stres sebab dihadapkan dengan tantangan pengasuhan yang lebih kompleks dibanding orangtua dengan anak berkebutuhan khusus lainnya. Stres yang tidak ditangani dengan baik dapat menyebabkan strategi coping yang maladaptif. Sehingga penelitian ini bertujuan untuk melihat apakah terdapat hubungan antara sikap welas diri dengan *perceived stress* yang dimiliki orang tua yang memiliki anak dengan gangguan keterlambatan bicara. Pendekatan kuantitatif korelasional digunakan dalam riset ini, dengan jumlah responden 50 orang tua yang memiliki anak dengan keterlambatan bicara. Data yang dihasilkan kemudian dianalisis menggunakan uji korelasi Spearman's rho dengan nilai $p < 0.05$, yang mengindikasikan hipotesis dalam riset ini diterima. Serta nilai koefisiensi korelasi yang didapatkan $r = -0.681$. Arah korelasi negatif didapatkan sehingga semakin tinggi sikap welas diri yang dimiliki orang tua yang memiliki anak dengan gangguan wicara maka semakin rendah tingkat stres yang dirasakan.

Kata kunci: anak berkebutuhan khusus; keterlambatan wicara; orang tua; psikologi; stress yang dirasakan; welas diri.

corresponding author: Aufa Rizqia Sahna. Department of Psychology, Faculty of Psychology and Health, Universitas Islam Negeri Walisongo Semarang, East Java-Indonesia
E-mail address: 2207016021@student.walisongo.ac.id

Submitted
10-04-2025

Reviewed
29-04-2025

Revised
27-05-2025

Accepted
16-06-2025

Published
09-08-2025

Introduction

Children are one of the greatest gifts that God has given to mankind. Children have an important role in every family. Every parent always dreams of having a healthy child, and not lacking anything. However, when accompanying the process of child development, sometimes children get obstacles in the process of growth and development, one of which is a speech disorder known as speech delay (Halimah & Ratnasari, 2021).

Speech delay in the context of psychology is included in the category of children with special needs (ABK) which can be recognized from attitudes and behaviors (Mutiarra et al., 2023). Children with special needs require special handling and experience greater challenges to complete their developmental tasks such as succeeding in school compared to ordinary children (Papalia & Feldman, 2017).

Each child has their own language development which is certainly influenced by various factors and environments that are different from one another which greatly contribute to children's language development (Nurhayati et al., 2022). Language and speech development is one of the most important factors of child growth and development. Language skills can help children express their feelings, communicate with others, and solve problems (Hayati & Na'imah, 2022), of course, if aspects of children's language developmental experience problems, developmental and growth in other aspects will experience problems too.

In Indonesia, there are many cases of speech delay, but it has not been widely observed

how many specific cases of speech delay occur in Indonesia because there are obstacles when ascertaining the criteria for delayed language development. However, Delima et al (2023) in the research that the prevalence of speech delay disorders in children is around 32% of the total population of children in Indonesia.

The results of a study conducted by Wiliyanto et al (2023) in Surakarta City Inclusive Elementary School on PDBK found 76 cases of children experiencing speech delay, with the prevalence of boys. In line with research observed by Safitri (2017) the prevalence of speech delay cases in toddlers in Indonesia is around 2.3% to 24% per year. There are many factors behind children experiencing speech delay, especially when smartphones and internet services are developing rapidly.

Not only adults, but the impact of technological advances also has an impact on the development of children (Tambunan et al., 2024). As revealed in Suryawan & Merijanti (2021) research that playing gadgets has a positive relationship with speech delay experienced by toddlers with a p value = 0.02. Growth and development problems that children have, can raise a sense of anxiety and worry for parents regarding the future of the child's growth and development, in order to pursue the appropriate stage of development that the child is going through (Masykuroh et al., 2022; E. Nurhayati et al., 2023).

Thus, faced with more complex challenges than typical children, parents with speech delayed children are vulnerable to stress (Garnika & Rohiyatun, 2023; Safriana 2017). Hastuti & Hadi (2022) stated that perceived stress is a process in which environmental demands received by an

individual exceed the individual's ability or power to overcome them, resulting in psychological changes. Perceived stress is when the brain's ability to accept stimuli to pressure or burden exceeds what is capable in a person's life, which comes from knowledge and experience to be perceived as stress (Wahyuni et al., 2018).

Parents of speech-delayed children experience greater stress than parents of typical children, such as often feeling embarrassed because their child looks different from other children of their age and is often perceived as being different (DesChamps et al., 2020). In addition, parents of children with speech delay tend to be more emotionally sensitive, which can lead to increased stress (Neherta & Mulyasari, 2020; Hadi, 2023; Lubuk & Widyawati, 2024).

The continuous stress felt by parents with children who experience speech delay can cause discomfort in psychological aspects that can lead to depression and suicide (Sarrionandia et al., 2018). As expressed by Catabay et al (2019) that perceived stress has a negative impact on mental health, and shows a positive relationship with depression so that the higher the perceived stress, the more depression occurs (Bert et al., 2022; Catabay et al., 2019; Cristóbal-Narváez et al., 2020). Perceived stress can encourage individuals to apply maladaptive coping strategies, which can increase emotional distress, rumination, and self-criticism when facing stressful situations (Chen et al., 2018; Gao et al., 2023).

A study conducted by Nam & Park (2020) on nursing students found that self-compassion acts as a mediator between perceived stress and quality of life, and is an important factor in improving quality of life. Self-compassion plays a

crucial role in moderating the impact of perceived stress on self-care and burnout, such that individuals with sufficient self-compassion are better protected from the negative effects of perceived stress (Abdollahi et al., 2020).

The results of Bui et al (2021) reveal that self-compassion mediates the relationship between proactive coping and perceived stress, it can be concluded that proactive coping can reduce stress through increased self-compassion, particularly in the aspects of mindfulness, self-kindness, and self-judgement. Perceived stress has three aspects, namely: (1) feeling of unpredictability, (2) feeling of uncontrollability, (3) feeling of overloaded. Perceived stress has two factors, namely (1) perceived helplessness, (2) perceived self-efficacy.

Self-compassion (*welas diri*) refers to being supportive of oneself when experiencing suffering or pain whether caused by personal faults and shortcomings or life challenges (Neff, 2023). Self-compassion (*welas diri*) is an adaptive way to deal with distressing thoughts and emotions that interfere with mental and physical well-being. Self-compassion (*welas diri*) is an attitude that individuals choose to understand themselves when they feel failure, face their weaknesses and negative experiences rather than blaming themselves by giving negative criticism and avoiding mistakes and weaknesses (Zhu et al., 2019). According to Neff (2023) self-compassion consists of positive aspects such as self-kindness, sense of common humanity and mindfulness.

In longitudinal research conducted by Stutts et al (2018), it was found that the level of self-compassion at the beginning can predict lower depression, anxiety and negative effects after 6 months. A meta-analysis of research conducted on

adult and adolescent populations found moderate to large effects showing an inverse relationship between self-compassion and negative mental conditions such as depression, anxiety, stress, and suicidal ideation (Marsh et al., 2018; Ferrari et al., 2019; Hughes et al., 2021).

This is in line with the findings of Lee et al (2021) who found that increased self-compassion is associated with reduced psychopathology and loneliness. Luo et al (2021) found that a self-compassion intervention has a moderate effect size in reducing PTSD (post-traumatic stress disorder). Conversely, Cleare et al (2019) discovered a negative correlation between self-compassion and suicidal ideation as well as self-harm.

The ability of self-compassion to reduce negative emotional attachment is evidenced by the improvement in an individual's emotional regulation skills (Inwood & Ferrari, 2018; Miyagawa & Taniguchi, 2020). Furthermore, the ability to self-compassion can serve as a mitigating factor in the experience of feelings of shame, which have been identified as a fundamental factor in the genesis of numerous adverse and protracted mental health conditions (Inwood & Ferrari, 2018).

Research related to self-compassion and perceived stress in parents of children with speech delay disorders has not been extensively studied in Indonesia. Consequently, there is a necessity for research related to these variables and populations, with the objective of determining the emotional dynamics experienced by parents when confronted with the challenges associated with child development. Furthermore, this research aims to facilitate a comprehensive understanding of how self-compassion attitudes can influence the level of

stress felt by parents with children who are delayed in aspects of language development.

The objective of this study is to test the research hypothesis that examines the relationship between self-compassion and perceived stress in parents with children who have speech delay disorders.

Method

This research employs a correlational quantitative approach. The objective of this approach is to ascertain the relationship between the self-compassion variable, which serves as the dependent variable, and the perceived stress variable, which functions as the independent variable. The population of this study comprises parents with children who have been identified as having speech delays. The exact population size is still unknown, so this study requires the use of an infinite population (infinity sampling), to ensure that the research sample is relevant to the research objectives, the purposive sampling was applied.

The sample was determined using purposive sampling, with the following criteria applied: (1) parents with children experiencing speech delay, (2) children exhibiting speech delay at preschool age, and (3) children who have been evaluated by a medical practitioner or psychologist and diagnosed with speech delay. The purposive sampling technique was selected to obtain data that was in line with the background of the study. The total number of respondents was 50 people, who were father or mother who had children with speech delay disorders, which was determined to be the minimum sample size required for quantitative research as outlined by Kerlinger and Lee (2000),

who stipulated that 30 respondents were necessary.

The data collection phase entailed the administration of a psychological scale via an online questionnaire platform (g-form) from March 10 to April 10, 2025. *Welas Diri* Scale (SWD by Sugianto et al (2020), and contains 26 items, encompassing six aspects: self-love, self-judgment, universal humanity, isolation, mindfulness, and over-identification. It possesses a reliability value of 0.87 and was utilized to measure the self-compassion variable. The Perceived Stress Scale (PSS10) by Cohen and Williamson (1988), which has been validated and translated into Indonesian by Hakim et al (2024), is a psychometric instrument designed to assess perceived stress and related to feelings and thoughts over the past month. The scale comprises 10 items, with five answer options and exhibits a reliability value of 0.9. The classical assumption test, namely the normality test, was used to ascertain the distribution of the data.

The Spearman Rho correlation test was then employed to test the research hypothesis. However, due to the non-normal distribution of the resulting data, Spearman Rho analysis was employed. It is noteworthy that both the assumption test and the hypothesis test in this research were facilitated by the SPSS v26 software.

Results

The research participants included in this study numbered 50 respondents. The analysis revealed a marked predominance of the female demographic, constituting 72% of the total sample, while the male demographic constituted 28%. The population distribution related to the respondents'

marital status is 88% married, 6% widowed, and 6% divorced. Frequency of Sequence Children Who Experience Speech Delay, the lowest instance of speech delay recorded by respondents in this study was observed in the third child, at 4%, followed by an evenly balanced outcome in the second and first child, at 48%.

Table 1. Category Perceived Stress Scale (PSS-10) and *Welas Diri* Scale (WD)

Variable	Category	Sum	%
Welas Diri	Low	5	10%
	Average	39	78%
	High	6	12%
Perceived Stress	Low	27	54%
	Average	15	30%
	High	8	16%

In table 1, the results of the data obtained show that 54% of the respondents in this research are in the low category regarding perceived stress. Meanwhile, 16% are in the high category and 30% are in the moderate category. On the self-compassion scale, 78% of respondents are in the moderate category, 12% are in the high category, and 10% are in the low category.

Table 2. Hypothesis Test Results

Variable	Sig (2-tailed)	r value
Welas Diri	0.00	-0.681
Perceived Stress	0.00	-0.681

The findings of the linearity assumption test demonstrate that the data on both variables is not normally distributed, with a sig value of

0.002<0.05. Consequently, hypothesis testing is conducted using Spearman Rho correlational analysis with the number of research respondents $N = 50$. Spearman Rho analysis is used to assess the research hypothesis concerning the existence of a significant relationship between the perceived stress variable and the self-compassion variable.

The research sample comprises parents who have children with speech delay disorders. The results obtained yielded an r value = 0.00<0.05 threshold. The objective of this study is to test the research hypothesis that examines the relationship between self-compassion and perceived stress in parents with children who have speech delay disorders. Based on the results obtained, there is a relationship between self-compassion and perceived stress in parents who have children with speech delay disorders.

The direction of the relationship between these two variables is negative, with an r value of -0.681. This indicates that as the self-compassion of parents increases, the perceived stress of parents with children experiencing speech delay decreases, and vice versa. The magnitude of $r = -0.681$ falls within the 0.51-0.75 range, categorized as a strong correlation level. Consequently, self-compassion contributes 18% to perceived stress, with the remaining 82% being influenced by other variables that not examined in this research.

Discussion

The purpose of this research is to test the research hypothesis regarding whether there is a relationship between self-compassion and perceived stress among parents of children with speech delay. The data analysis shows that there is a significant relationship between self-compassion and perceived stress, with a correlation value of $p =$

0.00<0.05. The coefficient value is $r = -0.681$ with a negative correlation direction (-). Thus, the hypothesis of this study is accepted.

The findings of this study are consistent with the findings of a study conducted by Li et al (2020) on 86 employees in China, which found a significant negative relationship between daily self-compassion and perceived stress. Difonte et al (2024) in their study conducted on 345 students in the USA found that self-compassion indirectly influences perceived stress and resilience, with mediation coefficients $b = -0.06$ at low anxiety levels and $b = -0.03$ at high anxiety levels. Align with Meng et al (2020), study which showed that self-compassion is negatively associated with perceived stress, with r value = -0.56 and $p < 0.001$.

The results of the categorization of self-compassion scores in this study population fall into the average category, indicating that the individuals in this study have a fairly good level of self-compassion toward themselves, though not yet optimal. As a result, they sometimes feel capable of being kind to themselves when facing failure, but there is still a possibility of inconsistency in applying such attitudes. This is supported by previous research findings indicating that if an individual's self-compassion is at an average level, their protection against stress is also moderate, and thus not as strong as in individuals with high self-compassion (Meng et al., 2020).

The study sample's perceived stress scores were in the low category, indicating minimal stress and effective pressure management. Those with low stress and average self-compassion tend to be effective in managing stress, performing steady daily activities and not panicking easily. However, they may still experience self-judgment

and lack self-compassion when faced with failure or criticism (Meng et al., 2020).

Thus, self-compassion can serve as a buffer against perceived stress in parents who have children with speech delay disorders, so that individuals with high self-compassion will be more resistant to pressure. However, at the average level, the buffer effect still exists but is not maximal (Boyne & Hamza, 2022). The direction of the coefficient value relationship obtained is negative, as illustrated in Table 2. The coefficient of variation falls within the range of 0.51-0.75, thereby indicating a strong correlation between the two variables under scrutiny. The negative coefficient value suggests an inverse relationship between the perceived stress variable and the compassion variable.

The increase in stress experienced by individuals is also reported as a positive sign of the emergence of depression and anxiety, which demonstrates a relationship between stress levels and the increase related to the emergence of symptoms of depression and anxiety, as revealed in the results of previous studies conducted in various demographic and cultural contexts (Huang & Zhao, 2021; Pieh et al., 2020; Salari et al., 2020).

Concurrent with the findings of the present study, Ni'matuzahroh & Farda (2024) have demonstrated a significant negative correlation between self-compassion and parenting stress in parents with children diagnosed with autism, with a correlation coefficient value of -0.533. A number of related studies have been conducted, including the study by Koesnita & Pratitis (2025), which revealed that self-compassion has a very significant negative relationship with parenting stress in parents with dyslexic children.

Conversely, the findings of Lluch-Sanz et al (2022) demonstrate that self-compassion can significantly predict reduced parenting stress for parents of children with and without psychological disorders. Furthermore, Arnos (2017) revealed that parents with high levels of self-compassion exhibited lower perceived stress levels, while those with high stress levels demonstrated low levels of compassion,

The findings of this study demonstrate a negative correlation between the two variables under investigation, indicating that parents who exhibit a higher degree of compassion tend to experience a reduced level of stress. This finding aligns with Pramagita & Pande (2023) assertion that a compassionate attitude, characterized by the capacity to accept oneself without judgement and to be kind to oneself in the face of adversity, plays a significant role in reducing stress.

Parents who exhibit a higher level of self-compassion have been observed to demonstrate a greater capacity to overcome the emotional challenges associated with raising a child with speech delay (Pramagita & Pande, 2023). They demonstrate greater patience in supporting their child through therapy, refrain from self-blame, maintain an optimistic outlook on their child's condition, and exhibit a positive attitude (Aghniya & Bakhtiar, 2023).

Conversely, parents with low levels of self-compassion are more likely to experience anxiety, guilt or frustration in dealing with the situation (Cohen & Naaman, 2023; Shenaar-Golan et al., 2021, 2023). The accumulation of these distressing feelings, if not effectively addressed, can exacerbate parental stress and hinder their ability to devise constructive solutions (Asmarany et al.,

2024; Skinner et al., 2016). Consequently, the implementation of efficacious interventions that focus on enhancing parents' self-compassion is imperative to alleviate their stress levels while concurrently promoting the overall well-being of their families (Jinpa, 2020).

Gilbert et al (2017) explained that when an individual adopts a self-compassion attitude, it activates a soothing effect mechanism on the parasympathetic nervous system, which plays a role in the processes of "rest and digestion. This, in turn, engenders a sense of security and calm, which in turn stimulates deep and rhythmic breathing, thereby reducing the rapid heart rate. This phenomenon bears resemblance to the phenomenon of maternal bonding, which fosters a sense of security and facilitates the processing of threat-related emotions (Henning, 2025; Lestari, 2023).

Individuals who embody a compassionate disposition have been observed to facilitate the maintenance of a positive mood, thereby encouraging the adoption of more adaptive problem-solving strategies that circumvent the activation of dysfunctional self-defense mechanisms (Allen et al., 2021; Salerno, 2018).

A high sense of compassion in parents has been shown to engender greater support for their children, particularly in the context of parenting. This increased support has been demonstrated to reduce parenting fatigue, which is one of the effects of perceived stress (Hidayati & Fitroh, 2024; Nguyen et al., 2023; Rahmasari et al., 2023). A compassionate attitude has been shown to be a stronger predictor of coping with stress levels and the psychological well-being of parents, especially those with children with special needs

(Shenaar-Golan et al., 2021; Suwito & Sembiring, 2024).

The majority of respondents in this study were female, at 72%. This observation aligns with the notion that women play a pivotal role in nurturing and supporting the growth and development of children. It has been demonstrated that women are more prone to stress than men (Handayani et al., 2021; Putri & Rahmawati, 2021). The onset of psychological disorders in mothers can be attributed to elevated stress levels, which manifest in the form of negative emotions and their physical consequences, including immune system suppression, rendering individuals more vulnerable to disease. The absence of adequate intervention to mitigate stress can compromise parents' capacity to provide adequate childcare (Nurusyifa et al., 2020).

The adoption of adaptive stress coping strategies is therefore essential in addressing the challenges posed by stress (Fatirahma & Hendriani, 2025). A range of coping resources can be utilized to alleviate the burden of stress (Kurnia et al., 2019). Coping mechanisms can be categorized as external, encompassing social support from family, spouse, and the environment, or as internal, involving self-compassion (Fatirahma & Hendriani, 2025; Kurnia et al., 2019).

The analysis indicates that the self-compassion variable contributes 46% to perceived stress in parents. Consequently, 54% of the variance is attributable to unobserved factors not examined in this study, which provide support for perceived stress. Other factors that can influence perceived stress include coping strategies, social support self-esteem, personality, gender, and

financial status (Slimmen et al., 2022; Wang et al., 2023)

This includes the findings of research conducted by Acoba (2024), which investigated the role of social support in shaping stress assessment and its effect on mental health during the ongoing pandemic. This research involved 425 adult respondents from the Philippines, and the findings revealed a negative relationship between perceived stress and positive affect, with individuals who reported higher perceived stress levels exhibiting low positive affect.

The present study makes a significant contribution to the understanding of self-compassion as a pivotal attitude for parents, particularly those with children facing speech delay disorders. It is therefore vital for all parents to adopt a compassionate attitude, as this can act as a significant source of support, helping them to cope with the challenges posed by their children's conditions.

The practical implications of this research are twofold. Firstly, there is a need for appropriate intervention programs related to mental health for parents, with counselling programs or mental health-based therapies that emphasize an attitude of compassion to reduce the psychological burden that parents feel. In addition to childcare and therapeutic interventions, special attention must be paid to the emotional well-being of parents. A more empathetic approach to education and health services is required to prevent maladaptive coping. This approach is predicated on the premise that parents will feel valued and understood, thus facilitating the management of stress and the provision of optimal support to their children

Conclusion

The objective of study is to test the research hypothesis that examines the relationship between self-compassion and perceived stress in parents with children who have speech delay disorders. This research provides an important insight into the emotional dynamics of parents in dealing with the challenges posed by developmental conditions in children. The ability to self-compassionate may assist parents in enhancing their psychological well-being

Further research using a longitudinal approach is needed to identify the long-term mechanisms of self-compassion on perceived stress, as well as to further explore other factors that may moderate or mediate the relationship between self-compassion and perceived stress in individuals, such as social support, stigma, and coping strategies, and to identify more specific interventions in this issue.

References

- Abdollahi, A., Taheri, A., & Allen, K. A. (2020). Self-compassion moderates the perceived stress and self-care behaviors link in women with breast cancer. *Psycho-Oncology*, 29(5), 927–933. <https://doi.org/10.1002/pon.5369>.
- Acoba, E. F. (2024). Social support and mental health: the mediating role of perceived stress. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1330720>.
- Aghniya, M. Z., & Bakhtiar, A. M. (2023). Analisis Perkembangan Sikap Sosial Siswa Berkebutuhan Khusus Di UPT SDN 263 Gresik. *Pendas: Jurnal Ilmiah Pendidikan Dasar*, 8(2), 1970–1982.
- Allen, A. B., Cazeau, S., Grace, J., & Banos, A. S. (2021). Self-compassionate responses to an imagined sexual assault. *Violence against Women*, 27(3–4), 574–596.
- Arnos, O. M. (2017). *Perceived stress, self-compassion, and emotional variance in*

- parents of children with communication disorders: A family approach to service delivery in speech-language pathology.
- Asmarany, A. I., Arif, H. M., Yuminah, M. A., Aripin, H. Z., Arini, D. U., Psi, M. M., Anis Marjukah, S. E., Cokorda Putra, S. T., Indah Naryanti, S. K. M., & Hamka, R. A. (2024). *MANAJEMEN STRESS*. Cendikia Mulia Mandiri.
- Bert, F., Ferrara, M., Boietti, E., Langiano, E., Savatteri, A., Scattaglia, M., Lo Moro, G., Leombruni, P., De Vito, E., & Siliquini, R. (2022). Depression, suicidal ideation and perceived stress in italian humanities students: a cross-sectional study. *Psychological Reports*, 125(1), 256–279.
- Boyne, H., & Hamza, C. A. (2022). Depressive Symptoms, Perceived Stress, Self-Compassion and Nonsuicidal Self-Injury Among Emerging Adults: An Examination of the Between and Within-Person Associations Over Time. *Emerging Adulthood*, 10(5), 1269–1285.
<https://doi.org/10.1177/21676968211029768>.
- Bui, T. H. T., Nguyen, T. N. T., Pham, H. D., Tran, C. T., & Ha, T. H. (2021). The mediating role of self-compassion between proactive coping and perceived stress among students. *Science Progress*, 104(2).
<https://doi.org/10.1177/00368504211011872>.
- Catabay, C. J., Stockman, J. K., Campbell, J. C., & Tsuyuki, K. (2019). Perceived stress and mental health: The mediating roles of social support and resilience among black women exposed to sexual violence. *Journal of Affective Disorders*, 259, 143–149.
- Chen, C.-M., Du, B.-F., Ho, C.-L., Ou, W.-J., Chang, Y.-C., & Chen, W.-C. (2018). Perceived stress, parent-adolescent/young adult communication, and family resilience among adolescents/young adults who have a parent with cancer in Taiwan: a longitudinal study. *Cancer Nursing*, 41(2), 100–108.
- Cleare, S., Gumley, A., & O'Connor, R. C. (2019). Self-compassion, self-forgiveness, suicidal ideation, and self-harm: A systematic review. *Clinical Psychology & Psychotherapy*, 26(5), 511–530.
- Cohen, E., & Naaman, E. R. (2023). Linking mothers' self-compassion and parenting feelings to their child's behavior problems. *Mindfulness*, 14(1), 79–90.
- Cristóbal-Narváez, P., Haro, J. M., & Koyanagi, A. (2020). Perceived stress and depression in 45 low-and middle-income countries. *Journal of Affective Disorders*, 274, 799–805.
- Delima, D., Suhaimi, S., Herwati, H., & Irfan, A. (2023). Penerapan Metode Story Telling dalam Upaya Pencegahan dan Mengatasi Keterlambatan Bicara pada Anak Usia Prasekolah. *Takris: Journal of Community Service*, 1(2), 91–105.
- DesChamps, T. D., Ibañez, L. V., Edmunds, S. R., Dick, C. C., & Stone, W. L. (2020). Parenting stress in caregivers of young children with ASD concerns prior to a formal diagnosis. *Autism Research*, 13(1), 82–92.
<https://doi.org/10.1002/aur.2213>.
- DiFonte, M. C., Schick, M. R., & Spillane, N. S. (2024). Perceived stress and resilience among college students: The roles of self-compassion and anxiety symptomatology. *Journal of American College Health*, 72(1), 128–134.
<https://doi.org/10.1080/07448481.2021.2024211>
- Fatirahma, N., & Hendriani, W. (2025). Peran Coping Stress Orang Tua Tunggal yang Memiliki Anak Berkebutuhan Khusus. *Jurnal Education And Development*, 13(1), 132–140.
- Ferrari, M., Hunt, C., Harrysunker, A., Abbott, M. J., Beath, A. P., & Einstein, D. A. (2019). Self-compassion interventions and psychosocial outcomes: A meta-analysis of RCTs. *Mindfulness*, 10, 1455–1473.
- Gao, L., Wang, L.-L., Yang, R., Yang, X.-J., & Zhou, S.-J. (2023). Anxiety, depression, perceived stress, and burnout among Chinese researchers: a cross-sectional nationwide study. *Psychology Research and Behavior Management*, 4209–4220.
- Garnika, E., & Rohiyatun, B. (2023). Implementasi Manajemen Emosi Pada Ibu Dengan Anak Gangguan Speech Delay. *Realita: Jurnal Bimbingan Dan Konseling*, 8(1), 1907–1917.
- Gilbert, P., Catarino, F., Duarte, C., Matos, M., Kolts, R., Stubbs, J., Ceresatto, L., Duarte, J., Pinto-Gouveia, J., & Basran, J. (2017). The development of compassionate engagement and action scales for self and others. *Journal of Compassionate Health Care*, 4, 1–24.
- Hadi, F. (2023). Makna Cooperative Parenting pada Orang Tua yang Memiliki Anak dengan Permasalahan Perkembangan: Studi Fenomenologi. *Prosiding Konferensi Mahasiswa Psikologi Indonesia*, 4, 168–176.
- Hakim, A. R., Mora, L., Leometa, C. H., & Dimala, C. P. (2024). Psychometric Properties Of The Perceived Stress Scale (PSS-10) In Indonesian Version. *JP3I (Jurnal Pengukuran Psikologi Dan Pendidikan Indonesia)*, 13(2),

- 117–129.
- Halimah, D. N., Ratnasari, D., & Rumah, P. P. (2021). *Parenting Nabawi dalam 3 Sudut Pandang PSA (Psikologi, Sains, dan Agama)*. Penerbit Pustaka Rumah C1nta.
- Handayani, P. A., Dwidianti, M., & Mu'in, M. (2021). Pengaruh Mindfulness Terhadap Tingkat Stres Pada Ibu Yang Bekerja Sebagai Perawat Critical Care. *Indonesian Journal of Nursing Research (IJNR)*, 4(1), 24–37.
- Hastuti, L. E. D., & Hadi, C. (2022). Hubungan Job Insecurity dan Perceived Stress Karyawan Swasta. *Buletin Penelitian Psikologi Dan Kesehatan Mental (BRPKM)*, 2(1), 502–511.
- Hayati, S. N., & Na'imah, N. (2022). Analisis kompetensi berbicara anak usia dini pada masa new normal. *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*, 6(4), 3203–3217.
- Henning, W. A. (2025). *Attachment Made Simple: A Practical Handbook for Kids and Parents to Build Trust, Emotional Resilience, and Connection*. Winifred Audrey Henning.
- Hidayati, P. N., & Fitroh, S. F. (2024). Hubungan Self Compassion Dengan Stres Pengasuhan Anak Usia Dini Pada Ibu Bekerja. *WISDOM: Jurnal Pendidikan Anak Usia Dini*, 5(1), 82–102.
- Huang, Y., & Zhao, N. (2021). Mental health burden for the public affected by the COVID-19 outbreak in China: Who will be the high-risk group? *Psychology, Health & Medicine*, 26(1), 23–34.
- Hughes, M., Brown, S. L., Campbell, S., Dandy, S., & Cherry, M. G. (2021). Self-compassion and anxiety and depression in chronic physical illness populations: A systematic review. *Mindfulness*, 12, 1597–1610.
- Inwood, E., & Ferrari, M. (2018). Mechanisms of change in the relationship between self-compassion, emotion regulation, and mental health: A systematic review. *Applied Psychology: Health and Well-Being*, 10(2), 215–235.
- Jinpa, T. (2020). *Hati Tanpa Gentar: Berani Berwelas Asih Untuk Mengubah Hidup*. Yayasan Pelestarian dan Pengembangan Lamrim Nusantara.
- Koesnita, D., & Pratitis, N. T. (2025). The Relationship Self Compassion and Resillience with Parenting Stress in Parents of Dyslexia Children: Self Compassion, Resilience, Parenting Stress, Dyslexia. *Journal of Scientific Research, Education, and Technology (JSRET)*, 4(1), 289–296.
- Kurnia, R. T. R., Putri, A. M., & Fitriani, D. (2019). Dukungan sosial dan tingkat stres orang tua yang memiliki anak retardasi mental. *Jurnal Psikologi Malahayati*, 1(2), 28–34.
- Lee, E. E., Govind, T., Ramsey, M., Wu, T. C., Daly, R., Liu, J., Tu, X. M., Paulus, M. P., Thomas, M. L., & Jeste, D. V. (2021). Compassion toward others and self-compassion predict mental and physical well-being: A 5-year longitudinal study of 1090 community-dwelling adults across the lifespan. *Translational Psychiatry*, 11(1), 397.
- Lestari, G. D. (2023). *Pengasuhan Anak: Teori Dan Praktik Baik*. Bayfa Cendekia Indonesia.
- Li, Y., Deng, J., Lou, X., Wang, H., & Wang, Y. (2020). A daily diary study of the relationships among daily self-compassion, perceived stress and health-promoting behaviours. *International Journal of Psychology*, 55(3), 364–372. <https://doi.org/10.1002/ijop.12610>
- Lluch-Sanz, C., Galiana, L., Vidal-Blanco, G., & Sansó, N. (2022). Psychometric properties of the self-compassion scale—Short form: Study of its role as a protector of Spanish nurses professional quality of life and well-being during the COVID-19 pandemic. *Nursing Reports*, 12(1), 65–76.
- Lubuk, F. R., & Widyawati, Y. (2024). Resiliensi Ibu Bekerja yang Memiliki Anak dengan Gangguan Pendengaran. *MANASA*, 13(2), 92–113.
- Luo, X., Che, X., Lei, Y., & Li, H. (2021). *Investigating the influence of self-compassion-focused interventions on posttraumatic stress: A systematic review and meta-analysis*. *Mindfulness*, 12 (12), 2865–2876.
- Marsh, I. C., Chan, S. W. Y., & MacBeth, A. (2018). Self-compassion and psychological distress in adolescents—a meta-analysis. *Mindfulness*, 9, 1011–1027.
- Masykuroh, K., Chandra Dewi, S., Kons, M. P., Heriyani, E., Kons, M. P., & Widiastuti, H. T. (2022). *Modul psikologi perkembangan*. Feniks Muda Sejahtera.
- Meng, R., Luo, X., Du, S., Luo, Y., Liu, D., Chen, J., Li, Y., Zhang, W., Li, J., & Yu, C. (2020). The Mediating Role of Perceived Stress in Associations Between Self-Compassion and Anxiety and Depression: Further Evidence from Chinese Medical Workers. *Risk Management and Healthcare Policy*, Volume 13, 2729–2741. <https://doi.org/10.2147/RMHP.S261489>
- Miyagawa, Y., & Taniguchi, J. (2020). Self-

- compassion and time perception of past negative events. *Mindfulness*, 11, 746–755.
- Mutiara, S., Putri, A. S., Sari, T. P., Hidayati, Y., & Asvio, N. (2023). Karakteristik dan model bimbingan atau pendidikan islam bagi ABK Tuna Wicara di masyarakat kelurahan Lubuk Lintang gang Macang Besar RT 07 RW 03. *Jurnal Kajian Ilmu Pendidikan (JKIP)*, 4(1), 113–124.
- Nam, J.-H., & Park, H.-S. (2020). The Impacts of Perceived Stress and Self-compassion on Quality of Life of Nursing Students. *Journal of Korean Academic Society of Nursing Education*, 26(1), 67–77. <https://doi.org/10.5977/jkasne.2020.26.1.67>
- Neff, K. D. (2023). Self-compassion: Theory, method, research, and intervention. *Annual Review of Psychology*, 74(1), 193–218.
- Neherta, M., & Mulyasari, I. (2020). *Optimalkan Peran Dan Fungsi Keluarga: (Anak Dengan Keterlambatan Bicara)*. Penerbit Adab.
- Nguyen, T. M., Nguyen, A. H., Tran, P. T. T., & Vo, H. T. P. (2023). Self-compassion reduces parental burnout: Mediation roles of parental psychological control and support. *Personal Relationships*, 30(1), 262–277. <https://doi.org/10.1111/pere.12464>
- Ni'matuzahroh, N., & Farda, F. (2024). The relationship between self-compassion and parenting stress in parents with autistic children. *Journal for the Child Development, Exceptionality and Education*, 81–91.
- Nurhayati, E., Hapsari, E. D., Rosyidah, R., & Helmyati, S. (2023). Educational models of infant and young child feeding among prenatal and postnatal women during the COVID-19 pandemic (January 2020–January 2023): A scoping review. *Nutrition*, 115, 112150.
- Nurhayati, N., Mansyur, Z., & Sadi, H. (2022). Upaya Guru Dalam Meningkatkan Kemampuan Berbicara Anak Melalui Media Visual di Raudhatul Atfhal Awal Fathul Mubien Pada Masa Pandemi. *Indonesian Journal of Early Childhood Education (IJECE)*, 2(01).
- Nurussyifa, Z., Brebahama, A., & Kinanthi, M. R. (2020). Hubungan antara resiliensi keluarga dan stres pengasuhan pada ibu yang memiliki anak tunanetra. *Seminar Nasional Psikologi Dan Ilmu Humaniora (SENAPIH)*, 1(1).
- Papalia, D. E., & Feldman, R. D. (2017). Menyelami perkembangan manusia. *Jakarta: Salemba Humanika*, 20154.
- Pieh, C., Budimir, S., & Probst, T. (2020). The effect of age, gender, income, work, and physical activity on mental health during coronavirus disease (COVID-19) lockdown in Austria. *Journal of Psychosomatic Research*, 136, 110186.
- Pramagita, N. M. A., & Pande, A. S. L. K. (2023). Peran Welas Diri dan Dukungan Sosial terhadap Resiliensi Perawat Rumah Sakit di Kota Denpasar. *PSIKOLOGI KONSELING*, 14(1), 14–27.
- Putri, Y. A., & Rahmawati, I. (2021). Mengungkap beban ganda pada ibu di masa pandemi COVID-19. *Unusia Conference*, 1(1), 101–116.
- Rahmasari, A. M., Gotami, A. W., Margareta, P., Cintiawati, Y., & Saputro, U. G. (2023). Kontribusi Metta Dan Karuna Bagi Anak Dalam Berbakti Kepada Orang Tua. *Jurnal Nyanadassana: Jurnal Penelitian Pendidikan, Sosial Dan Keagamaan*, 2(1), 51–63.
- Safitri, Y. (2017). Faktor-Faktor yang Berhubungan dengan Perkembangan Bahasa Balita di UPTD Kesehatan Baserah Tahun 2016. *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*, 1(2), 148. <https://doi.org/10.31004/obsesi.v1i2.35>
- Safriana, L. (2017). Pengaruh Stres Orang Tua terhadap Keterlambatan Bicara (Speech Delay) pada Anak. *Jurnal Permata Indonesia*.
- Salari, N., Hosseinian-Far, A., Jalali, R., Vaisi-Raygani, A., Rasoulpoor, S., Mohammadi, M., Rasoulpoor, S., & Khaledi-Paveh, B. (2020). Prevalence of stress, anxiety, depression among the general population during the COVID-19 pandemic: a systematic review and meta-analysis. *Globalization and Health*, 16, 1–11.
- Salerno, A. (2018). *The light shines through: A psychodynamic study of the healing transition from self-hatred to self-compassion*. The Chicago School of Professional Psychology.
- Sarrionandia, A., Ramos-Díaz, E., & Fernández-Lasarte, O. (2018). Resilience as a mediator of emotional intelligence and perceived stress: A cross-country study. *Frontiers in Psychology*, 9, 2653.
- Shenaar-Golan, V., Gur, A., & Yatzkar, U. (2023). Emotion regulation and subjective well-being among parents of children with behavioral and emotional problems—the role of self-compassion. *Current Psychology*, 42(24), 20995–21006.
- Shenaar-Golan, V., Wald, N., & Yatzkar, U. (2021). Parenting a child with mental health problems: The role of self-compassion. *Mindfulness*, 12, 2810–2819.
- Skinner, E. A., Zimmer-Gembeck, M. J., Skinner, E.

- A., & Zimmer-Gembeck, M. J. (2016). Parenting, family stress, developmental cascades, and the differential development of coping. *The Development of Coping: Stress, Neurophysiology, Social Relationships, and Resilience during Childhood and Adolescence*, 239–261.
- Slimmen, S., Timmermans, O., Mikolajczak-Degrauwe, K., & Oenema, A. (2022). How stress-related factors affect mental wellbeing of university students A cross-sectional study to explore the associations between stressors, perceived stress, and mental wellbeing. *PLOS ONE*, 17(11), e0275925. <https://doi.org/10.1371/journal.pone.0275925>.
- Stutts, L. A., Leary, M. R., Zeveney, A. S., & Hufnagle, A. S. (2018). A longitudinal analysis of the relationship between self-compassion and the psychological effects of perceived stress. *Self and Identity*, 17(6), 609–626.
- Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Reliabilitas dan validitas self-compassion scale versi Bahasa Indonesia. *Jurnal Psikologi Ulayat*, 7(2), 177–191.
- Suryawan, K. B., & Merijanti, L. T. (2021). Bermain aplikasi gadget berhubungan dengan keterlambatan perkembangan bicara dan bahasa pada balita. *Jurnal Biomedika Dan Kesehatan*, 4(4), 157–163. <https://doi.org/10.18051/JBiomedKes.2021.v4.157-163>.
- Suwito, T. P., & Sembiring, M. (2024). Pastoral Counseling for Parents of Children with Spastic Cerebral Palsy. *Journal of Industrial Engineering & Management Research*, 5(6), 11–29.
- Tambunan, I. S. B., Kabeakan, N., br Sebayang, D. S., Srimati, S., Angkat, P., & Budiman, B. (2024). Pengaruh Gadget Terhadap Perkembangan Bahasa Indonesia Pada Anak Usia Dini. *Innovative: Journal Of Social Science Research*, 4(3), 18244–18257.
- Wahyuni, S., Anies, A., Soejoenoes, A., & Taat Putra, S. (2018). *Perceived stress dan sindrom depresi pada ibu primigravida*.
- Wang, S., Li, J., Zhao, X., Zhou, M., Zhang, Y., Yu, L., Yang, Z., & Yang, J. (2023). Perceived stress mediates the association between perceived control and emotional distress: The moderating role of psychological resources and sex differences. *Journal of Psychiatric Research*, 168, 240–248. <https://doi.org/10.1016/j.jpsychires.2023.10.051>.
- Wiliyanto, D. A., Husadani, R., Wicara, J. T., Kesehatan, P., Surakarta, K., Letjend, J., Mojosongo, S., Jebres, K., Surakarta, K., & Tengah, J. (2023). Pemetaan Jumlah Kasus Speech Delay Di Sekolah Dasar Negeri Inklusif Kota Surakarta: Studi Kasus. *Journal on Education*, 06(01), 9916–9923.
- Zhu, L., Yao, J., Wang, J., Wu, L., Gao, Y., Xie, J., Liu, A., Ranchor, A. V., & Schroevers, M. J. (2019). The predictive role of self-compassion in cancer patients' symptoms of depression, anxiety, and fatigue: A longitudinal study. *Psycho-Oncology*, 28(9), 1918–1925. <https://doi.org/10.1002/pon.5174>.