

ABSTRACT

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Self Adjustment Among Adolescent with Down Syndrome Sibling; Dr. Monty P. Satiadarma, MS/AT., MCP/MMFC., DCH., Psychologist; Linda Wati, M. Psi., Psychologist; Undergraduate Program in Psychology, Tarumanagara University, (i-ix; 91 Pages; R1-R5; Appdx 1-20)

Generally, no one expected to have siblings with mental disability such as Down Syndrome. People who were in this condition had experienced some problems such as feeling lonely, disturbed and embarrassed by public opinion. Those conditions were a big challenge for human development, including for adolescence. The purpose of this research was to describe self adjustment's characteristics of the person who have sibling with Down syndrome. This study used the theory of Haber and Runyon (1984) concerning the characteristic of good adjustment. Self adjustment was necessary for adolescences who have sibling with Down syndrome. It's important for them to find harmony between need and pressure which came from the environment. This study used qualitative method and in-depth interview. The participants were 2 females and 2 males, within the age of 13-16 years old. The data collection process conducted between Juni 2016 to September 2016. This research showed that four participants had accepted the condition living with sibling with Down Syndrome, but they're not ready to adjust well, neither to their siblings nor social environment. This study also found that male adolescent had better slef adjustment rather than female who are living with sibling with Down Syndrome.

Keywords: self-adjustment, sibling, adolescence, and Down Syndrome