



(MUDIMA)



## Phenomenological Method in Research on Resilience of Mothers with Autistic Children in Indonesia

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### ABSTRACT

Researchers often use phenomenology to study topics that are still little known or to explore sensitive content. One of them is the resilience of a mother with an autistic child. This article aims to describe the use of phenomenological research methods in studies of the resilience of mothers of children with autism. The use of literature studies is considered the most appropriate for examining how to use phenomenological studies in an effort to explore the real experiences of resilience of mothers with autistic children. By applying the 2019–2021 filtering and using the keywords phenomenological studies and resilience of mothers of autistic children, four articles were selected that met the criteria. In general, the steps in phenomenological research are bracketing, intuiting, analyzing, and describing. However, two out of the four scientific papers reviewed did not carry out bracketing and intuiting. Bracketing is a characteristic of research using the phenomenological method because it limits the researcher's assumptions about the experience being studied. The process of intuiting generates a variety of data that requires exploration but does not contribute to the expansion of the experience being studied. The incompleteness of the four steps in research using the phenomenological method may result in the mixing of the resulting data with the researcher's assumptions

## **INTRODUCTION**

One can distill the essence of universality from a variety of real-life situations. This experience has the potential to be utilized in scientific study. Experience-based research is characterized as a set of fundamental positions or frameworks (Tuli, 2010). This actual experience is then referred to as a phenomenon, which in this case is an object of human experience, such as sleep problems, feelings of abandonment, feelings of rage, resilience, and feelings of grief (Hendriani, 2018; Creswell & Poth, 2016).

Phenomenology is described as a subjective experience or the study of consciousness from a person's ultimate point of view (Husserl in Khoiri; 2019). Authentic knowledge is a necessary outcome when Husserl launched the study of phenomenology. Authentic knowledge refers to knowledge that is not influenced by the specific circumstances or personal background of the researcher (Cibangu & Hepworth, 2016). Based on his explanation, the phenomenological paradigm is strongly linked to the study of consciousness (McPhail, 1995).

Phenomenological research methods are often utilized to investigate subjects that remain unfamiliar or to reveal information that tends to be delicate (Griffiths, Schweitzer, & Yates, 2011). These designs are firmly grounded in philosophy and commonly involve interviews (Giorgi, 2009; Moustakas, 1994).

Resilience has been a delicate subject thus far, making it highly suitable for phenomenological approaches. Resilience, in essence, refers to one's ability to uphold mental well-being and adjust constructively when confronted with stress or substantial challenges (Masten & Reed, 2002; Shastri, 2013; Schultze-Lutter, Schimmelmann, & Schmidt 2016; Nebhinani & Jain, 2019). This resilience is vital to a person to be able to think clearly and effectively respond to difficulties they are encountering (Siebert, 2005). Resilience is a positive result of facing and overcoming adversity. Resilience is necessary for everyone, including mothers.

Women who decide to have children need to possess strong resilience skills to effectively navigate the process of adapting to change and maintaining focus on long-term objectives while also being open to making modifications (Milestad & Darnhofer, 2003; Shamsuddin, 2020; Werner, 1995). Mothers

may face a range of challenges, one of which is the well-being of their kid.

While mothers typically anticipate the alterations in their lives, every mother aspires for a kid who is in good health and within the normal range. Nevertheless, certain children are born with exceptional requirements, like autism, which is a neurodevelopmental disorder that impacts social interaction, communication, and child behavior. The presence of autism has the capacity to impact every facet of family life (Norton & Drew, 1994; Myers, Mackintosh, & Goin-Kochel, 2009). Research indicates that mothers of children with autism experience higher levels of stress compared to mothers of typically developing children (Koydemir & Tosun, 2009; Smith, Seltzer, Tager-Flushberg, Greenberg, & Carter, 2008). Mothers of autistic children generally exhibit greater resilience due to their tendency to reconcile with themselves, enabling them to consider the broader context surrounding their children (Maniacci, Bouteyre, Despax, & Bréjard, 2019).

This article aims to elaborate on the use of phenomenological research methods in the study of the resiliency of mothers of autistic children. The experiences of mothers about their resilience can be studied by other mothers who have experienced the same. Valid and complete data can be the product of a thorough and accurate phenomenological study.

## **METHODS**

Literary studies are most suitable for examining the application of phenomenological studies in understanding the genuine experiences of the mother of an autistic kid. This literary analysis is conducted by curating scientific publications that have been previously published. The process involves the selection of specific areas for article search, followed by analysis and categorization. A total of four articles were chosen for the category, which pertained to the resilience exhibited by mothers of children with autism.

### **Selection of the Articles**

The process of article selection commenced by accessing the website [scholar.google.co.id](http://scholar.google.co.id) and employing the keyword "a phenomenological study of the autistic child's mother" to retrieve a total of 627 relevant articles. The search is narrowed by applying year filters from 2019-2021 taking into account the novelty of the article. After applying the filter, there

are a total of 304 articles that are relevant to the search criteria.

During the second phase, the researchers specifically targeted papers that examined the resilience of moms and children with autism. Researchers intentionally dismissed articles that covered parents and children with various special needs. Therefore, by applying the filtering process, we have identified four articles that are closely connected.

**Analysis of Studies**

The author selected four articles that meet the standards and are accessible without subscription, providing discussion in a phenomenological study focusing on the resilience of mothers of children with autism.

**Categorization of the Articles**

Each article will undergo a comprehensive evaluation, considering the phases that are implicitly indicated throughout, starting from the introduction and ending with the derived conclusion. The researchers additionally affirmed that the papers had the capacity to delve further as they depicted the diverse circumstances of the individuals. The study's findings will be determined by the level of resilience exhibited by mothers of autistic children.

**RESULTS AND DISCUSSION**

This study specifically examines phenomenological research undertaken to explore the experiences of resilience among mothers of autistic children.

Table 1. Analysis of Studies

|    | <b>Title</b>  | <b>Bracketing</b>   | <b>Intuiting</b>   | <b>Analyzing</b>  | <b>Describing</b>  |
|----|---|---|--|---|--|
| 1. | Studi Fenomenologi Resiliensi Ibu yang Memiliki Anak dengan Autisme (Astria & Setyawan, 2020) | This restriction remains extremely ambiguous with regard to the intended uses of the written research.<br><br>"...this is meant to find out how the life dynamics of a mother who has an autistic child from before and after being diagnosed with autism and to how the resilience experience of a mom who has autistic children..." | Not clear. The author of this study is still deficient in a number of library studies concerning the formation of maternal resilience. | It's shown by a comprehensive encoding of the mother's resilience from the beginning of their marriage. | This study proposes an examination of the elements and stages of resilience linked to the thorough coding pertaining to maternal resiliency. |

|    |   |  |   |   |  |
|----|---|--|---|---|--|
| 2. | Interpretative Phenomenological Analysis Tentang Resiliensi Pada Ibu yang Memiliki Anak Autisme (Savitri & Siswati, 2020) | <p>The author of this study explicitly limits assumptions regarding the resilience of mothers with autistic children.</p> <p>“The objective of this study is to comprehend the resilience of moms who have children with autism and identify the elements that impact it.”</p> | The author maintains a concentrated focus on the resilience of mother by presenting a diverse range of studies that explore the development of mother's resilience. | Their narrative of the formation of resilience in mothers with autistic children in this study does not pay much attention to the experience of mothers, and instead emphasizes the growth of children and the mother's reaction. | The presence of a categorization of resilience in the mother indicates its occurrence.                     |
| 3. | Resiliensi Ibu dengan Anak Autisme (Dewi & Widiyasavitri, 2019)   | <p>In this research, the author made limiting assumptions regarding resilience in mothers of autistic children.</p> <p>"Based on this, this research aims to determine the resilience of mothers who have children with autism."</p>   | The author of this study focuses on maternal resilience formation by providing a variety of literature reviews.   | This research shows that there is a category for the formation of resilience in mothers.  | This research shows that there is an elaboration of categories for the formation of resilience in mothers. |
| 4. | Hasil Penelitian: Analisa Kebutuhan untuk Resiliensi Pada Ibu yang Memiliki Anak Autis (Yudiati, 2020)                    | In this research, the author made limiting assumptions regarding the need to achieve resilience in   | In this research, the author has not presented variations in the needs of mothers of autistic children  | In this research, the author tends to be vague in describing a list of needs to achieve resilience based on the experiences of  | This research actually explains the basic needs that must exist to achieve resilience in                   |

|  |  |   |  |                            |  |
|--|--|---|--|----------------------------|--|
|  |  | mothers of autistic children. "In this study, researchers focused on finding out and analyzing the needs for resilience in mothers who have autistic children..." | to achieve resilience. This can obscure the researcher's intuition in analyzing and explaining research results. | the mothers being studied. | parents and does not focus on mothers. |
|--|--|---|--|----------------------------|--|

Bracketing is a method that enables researchers to gain a comprehensive understanding of a phenomenon in real-time (Pearson, Rittenmeyer, & Robertson-Malt (2011). This statement encapsulates the essence of phenomenological investigations. The researcher's approach to setting study objectives is seen in their avoidance of personal assumptions (Hamill & Sinclair, 2010). Bracketing in the first study remained vague because the researchers aimed to obtain a mother's experience of an autistic child related to her resilience, while also desiring to understand the dynamics of her life. The researchers in the second, third, and fourth studies imposed more specific limitations to avoid mixing their assumptions.

In a phenomenological investigation, the second phase involves the use of intuition. This requires the researcher to be perceptive and able to identify different patterns in the data that are relevant to the research issue. The goal is to establish a shared knowledge of the research topic (Levinas & Levinas, 1995). This phase is essential to enable researchers to thoroughly immerse themselves in the phenomenon under investigation (Greening, 2019). The first studies missed this process due to the lack of restrictions on the first step. So, the variety of data provided is also unlimited. Researchers still lack involvement in the main phenomenon that is the topic of discussion. Meanwhile, the fourth study still does not provide the data needed to understand the

needs of mothers of autistic children to achieve resilience.

After bracketing and intuition, there needs to be a stage in the form of analysis. At this stage, the researcher will explain and give meaning to the phenomenon being studied (Wojnar & Swanson, 2007). The researcher conducted the analysis in the first study with great proficiency. The author provides an explanation of the formation of resilience in a mother of an autistic child. In the fourth study, the author's description of the list of needs to achieve resilience based on the experiences of the mothers being studied was vague.

The researcher needs to describe the explanation in the analysis process comprehensively and give it meaning (Sousa, 2014). This is needed as a closing and complementary step in a phenomenological study (Greening, 2019). The fourth study actually explains the basic needs that must exist to achieve resilience in parents and does not focus on mothers.

## CONCLUSION

Phenomenological research can be carried out in four steps, namely bracketing, intuiting, analyzing, and describing. The use of phenomenological methods in researching the resilience experiences of mothers with autistic children requires researchers to fully involve themselves in these experiences. Researchers often fail to fully immerse themselves in the topic being studied, despite the essence of phenomenological

study relying on this immersion. In the future, researchers need to blend phenomenology with the experience that serves as the topic of research. This can help researchers provide valid, coherent, and real data.

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