

***Description of the Level of Depression in Parents with Autistic Children at the UPTD Center for Disability and Inclusive Education Services in Surakarta City***

Syaharani Erika Sulistyana

[syahanierika017@gmail.com](mailto:syahanierika017@gmail.com)

University of 'Aisyiyah Surakarta

***ABSTRACT***

***Background :*** Parents are the closest figures to a child. Taking care of autistic children is a challenge for parents. 50% of the population of parents with autistic children experience depressive symptoms. Parents with autistic children have a higher rate of depression than parents with other special needs children. ***Objective:*** to determine the description of the level of depression of parents with autistic children at the UPTD Service Center for Disabilities and Inclusive Education in Surakarta City. ***Method:*** This study used a quantitative descriptive design with a cross-sectional approach. The sampling method used was total sampling, and 32 respondents were obtained. The instrument used was Beck Depression Inventory-II (BDI-II) standard instrument in the Indonesian version. ***Results:*** The majority of parents with autism experience moderate depression (40.6%). The characteristics used in this study were age, gender, and level of education. The results of this study showed that the majority of respondents were aged 46-55 years (43.8%), and the sex of the majority of respondents who experienced depression were women ( 96.9%). The majority of respondents' education level is high school (75%). ***Conclusion:*** the majority of parents with autistic children experience moderate stress. ***Keywords:*** Autistic Children, Depression, Parents