

## ABSTRAK

Skripsi berjudul “**Dukungan Keluarga Dalam Membangun Resiliensi Akademik Siswa Tunagrahita Di SMP Negeri 6 Bukittinggi**” yang disusun oleh **Sofia Lestari Siregar 2621044**. Program Studi Bimbingan dan Konseling Fakultas Tarbiyah Dan Ilmu Keguruan Universitas Islam Negeri Sjech M. Djamil Djambek (UIN) Bukittinggi, 2025.

Penelitian ini dilatarbelakangi oleh pentingnya dukungan keluarga dalam membantu siswa tunagrahita menghadapi hambatan akademik di sekolah inklusif. Siswa tunagrahita sering mengalami kesulitan memahami materi pelajaran, beradaptasi dalam lingkungan belajar, serta mempertahankan motivasi akademik. Rumusan masalah penelitian ini adalah bagaimana bentuk dukungan keluarga dalam membangun resiliensi akademik siswa tunagrahita di SMP Negeri 6 Bukittinggi. Penelitian ini bertujuan untuk mendeskripsikan dukungan keluarga dalam membangun resiliensi akademik siswa tunagrahita.

Metode penelitian menggunakan pendekatan kualitatif dengan desain deskriptif melalui penelitian lapangan (*field research*). Lokasi penelitian dilakukan di SMP Negeri 6 Bukittinggi. Subjek penelitian terdiri dari tiga siswa tunagrahita kategori ringan dan sedang, serta orang tua sebagai informan utama. Teknik pengumpulan data dilakukan melalui wawancara mendalam, observasi, dan dokumentasi. Analisis data menggunakan model analisis interaktif.

Hasil penelitian menunjukkan bahwa dukungan keluarga berperan besar dalam membangun resiliensi akademik siswa tunagrahita, meliputi dukungan emosional, instrumental, informasional, dan penghargaan. Dukungan tersebut meningkatkan kepercayaan diri siswa, mendorong ketekunan belajar, serta membantu siswa beradaptasi dalam lingkungan sekolah. Kesimpulan penelitian ini menegaskan bahwa keterlibatan keluarga menjadi faktor penting dalam meningkatkan resiliensi akademik siswa tunagrahita. Disarankan agar keluarga meningkatkan keterlibatan aktif dan sekolah memperkuat kolaborasi dengan orang tua dalam mendukung perkembangan akademik siswa.

**Kata Kunci:** *Dukungan keluarga, Resiliensi akademik, Tunagrahita*

## ABSTRACT

*The thesis entitled “Family Support in Building the Academic Resilience of Students with Intellectual Disabilities at SMP Negeri 6 Bukittinggi” was written by Sofia Lestari Siregar (2621044), a student of the Guidance and Counseling Study Program, Faculty of Tarbiyah and Teacher Training, State Islamic University Sjech M. Djamil Djambek (UIN) Bukittinggi, 2025.*

*This study is motivated by the importance of family support in helping students with intellectual disabilities overcome academic challenges in inclusive schools. Students with intellectual disabilities often experience difficulties in understanding learning materials, adapting to the learning environment, and maintaining academic motivation. The research problem focuses on how family support contributes to building the academic resilience of students with intellectual disabilities at SMP Negeri 6 Bukittinggi.*

*This study aims to describe the forms of family support in developing academic resilience among students with intellectual disabilities. The research employed a qualitative approach with a descriptive field research design. The study was conducted at SMP Negeri 6 Bukittinggi. The research subjects consisted of three students with mild and moderate intellectual disabilities, along with their parents as the main informants. Data were collected through in-depth interviews, observation, and documentation. Data analysis used an interactive analysis model.*

*The findings indicate that family support plays a major role in building academic resilience, including emotional, instrumental, informational, and appraisal support. Such support enhances students’ self-confidence, encourages persistence in learning, and helps them adapt to the school environment. In conclusion, this study confirms that active family involvement is an essential factor in strengthening the academic resilience of students with intellectual disabilities. It is recommended that families increase active involvement and that schools strengthen collaboration with parents to support students’ academic development.*

**Keywords:** *family support, academic resilience, students with intellectual disabilities*