

Dian Teres Agung. (150115049). ADHD: Neurodiversity atau Disorder. Skripsi. Sarjana Strata 1, Surabaya. Fakultas Psikologi Universitas Surabaya (2022).

ABSTRAK

ADHD sebagai salah satu bentuk neurodivergent mempengaruhi kehidupan banyak orang, namun informasi yang tersebar mengenai ADHD masih banyak kesalahan dan stigma-stigma mengenai ADHD banyak beredar dalam masyarakat. Penelitian ini bertujuan untuk memahami persepsi partisipan yaitu orang-orang yang memiliki ADHD khususnya terkait pengalaman hidupnya dalam lingkungannya, serta persepsi partisipan terhadap dirinya sendiri dalam kaitannya dengan ADHD. Metodologi penelitian yang digunakan dalam penelitian ini adalah metode kualitatif dengan pendekatan realis naif berdasarkan data kualitatif dari wawancara tiga orang partisipan.

Kesimpulan terkait perilaku yang dianggap partisipan dipengaruhi ADHD cenderung berkonotasi negatif dan sedikit yang dianggap positif. Kesimpulan menunjukkan perbedaan spesifik perilaku dari masing-masing individu yang meliputi perilaku hiperaktif, sulit memperhatikan hal tertentu, impulsivitas, dan hyperfocus pada hal tertentu. Para partisipan berpendapat dinamika hubungan dalam keluarga dipengaruhi waktu diagnosa ADHD, pola asuh keluarga, dan stigma, sedangkan pengalaman hidup mereka dalam lingkungan pendidikan dipengaruhi performa akademik, usaha dalam hal akademik, interaksi dengan orang lain. Terkait perasaannya sendiri terhadap ADHD, para partisipan berpendapat aspek waktu diagnosa dan aspek fenomena perasaan-perasaan pada saat diagnosa yang secara umum dirasakan para partisipan sebagai suatu hal yang sangat positif dan menjelaskan apa yang telah dirasakan selama bertahun-tahun.

Kata kunci: ADHD, perilaku ADHD, dinamika psikologi, realis naif.

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ABSTRACT

ADHD as a form of neurodivergent affects the lives of many people, however there are many unreliable information regarding ADHD and stigma in relation to ADHD in the society. This research was intended as an attempt to understand perceptions of the participants, who are people with ADHD, regarding their life experiences in their living environments, and also participants' perceptions about themselves in relation to ADHD. The research paradigm used was qualitative methods through naive realist approach based on qualitative data from the interview process of three participants.

The conclusion regarding behavior perceived by the participants tend to be perceived as negative behaviors rather than positive ones. The behaviors which are perceived as behaviors that might be influenced by ADHD shows some significant differences for each participant. The participants' perceptions in the familial environment are affected by the timing of ADHD diagnosis, parenting style, and stigma. The participants believe that their life experiences in the educational environment are affected by academic performance, academic efforts, and interpersonal interactions. In regards to their own personal perception towards ADHD, the participants believe that their perceptions are affected by the timing of the diagnosis. The general overview of the feelings that occur during the diagnosis are positive feelings and relief due to the sense of comprehension towards what they have been feeling for years.

Keywords: ADHD, ADHD behavior, psychological dynamic, naive realist.