

# Parental Resilience Among Parents of Children with Down Syndrome: An Interpretive Phenomenological Study of Relational and Temporal Processes

## Resiliensi Orang Tua di Antara Orang Tua Anak dengan Down Syndrome: Studi Fenomenologis Interpretatif tentang Proses Relasional dan Temporal

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**Abstract.** Down syndrome presents Indonesian parents with complex caregiving responsibilities creating emotional strain, stigma, and persistent anxiety about long-term care. While quantitative research documents high parental stress, understanding of how parents develop resilience as a dynamic, relational process remains limited. This interpretive phenomenological study explores parental resilience among Indonesian Muslim parents of children with Down syndrome in Makassar through Interpretative Phenomenological Analysis. Seven parents with minimum two years caregiving experience participated in in-depth interviews. Six superordinate themes emerged: acceptance as temporal process, patience as active emotional regulation, identity reframing and agency, family and community support, spiritual meaning-making, and time management. Resilience manifested as a consolidated process developing through three phases: crisis and disorientation, adaptation and learning, and integration and growth. Results indicate resilience emerges through relational and temporal dimensions, mediated by family support, community engagement, and culturally-embedded meaning-making. Findings highlight the importance of culturally-responsive, family-centered interventions recognizing resilience as a relational and temporal phenomenon grounded in lived experience.

**Keywords:** *Down syndrome, parental resilience, relational processes, temporal dynamics, Interpretative Phenomenological Analysis*

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**CONFLICT OF INTEREST:**

The authors declare no conflict of interest. No competing financial, professional, or personal interests related to this research exist among the authors.

**DATA AVAILABILITY**

The datasets associated with this study are not publicly available because interview transcripts and audio recordings contain sensitive qualitative data with the potential to compromise participant confidentiality and anonymity. Raw data include direct quotations from participants discussing personal experiences, family dynamics, and psychological vulnerabilities related to parenting a child with Down syndrome. Disclosure of these materials could violate informed consent agreements and expose participants to reidentification risks. Access to anonymized data summaries or specific inquiries regarding the study's datasets may be directed to the corresponding author at [gilang.triprayogo@unm.ac.id](mailto:gilang.triprayogo@unm.ac.id), subject to institutional ethical review and confidentiality agreements.