

## Harapan (hope) pada remaja penyandang thalassaemia mayor

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### Abstrak

[Remaja merupakan periode dimana individu disibukkan dengan tujuan yang berkaitan dengan masa depan. Namun, remaja yang memiliki penyakit kronis akan menghadapi berbagai permasalahan yang berdampak terhadap kemampuan mereka menghadapi kehidupan di masa depan. Thalassaemia Mayor merupakan salah satu penyakit kelainan darah yang diturunkan dan merupakan penyakit kronis yang dapat menimbulkan berbagai masalah mengenai harapan masa depan bagi penderitanya. Penelitian-penelitian menunjukkan bahwa harapan berhubungan dengan kemampuan individu untuk bertahan hidup, menghadapi penyakit, dan berpikir mengenai masa depan. Penelitian ini menggunakan metode penelitian kualitatif dan menggunakan teori harapan dari Snyder (1994) yang mengatakan bahwa harapan merupakan kombinasi dari willpower (kemampuan individu yang dibutuhkan seseorang untuk mencapai tujuan) dan waypower (kapasitas individu yang digunakan untuk menemukan jalan untuk meraih tujuan) yang digunakan untuk mencapai tujuan.

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Penelitian ini melibatkan empat orang subyek remaja yang berusia 15-22 tahun. Berdasarkan hasil penelitian ditemukan karakteristik optimisme, self-esteem, dan afek positif pada keempat subyek dalam mencapai beberapa tujuan yang mereka miliki. Willpower & waypower berbeda tergantung pada tujuan yang dimiliki. Tiga orang subyek memiliki willpower tinggi dan waypower rendah. Hanya satu orang subyek yang memiliki willpower & waypower tinggi untuk semua tujuannya.

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Adolescence is a period where individual occupied with a purpose related to the future. But, there are several problems exist for the adolescents with a chronic illness affecting to their ability to encounter future life. Thalassaemia Major is an inherited disease caused by a genetic blood disorder and one of a chronic illness which presents a wide range of problems including expectations of the future. Numerous studies indicate that hope related to individual ability to survive, cope with illness, and start a future thinking. In this study, the researcher used qualitative research method and hope theory from Snyder (1994) who defines hope as a willpower (individual's capacity which initiate and sustain movement to reach the goals) and waypower (individual's ability to find one or more effective ways to reach that goals) for goals.

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This study involved four adolescents with Thalassaemia Major aged 15-22 years. The results of this study found that all subjects had hope characteristics such as optimism, self-esteem, and positive affect to reach their own goals. They also had different willpower and waypower level which depend on their goals. Three subjects had high willpower and low waypower. Only one subjects had high willpower and waypower for all her goals.; Adolescence is a period where individual occupied with a purpose related to the future. But, there are several problems exist for the adolescents with a chronic illness affecting to their ability to encounter future life. Thalassaemia Major is an inherited disease caused by a genetic blood disorder and one of a chronic illness which presents a wide range of problems including expectations of the future.

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