

Hubungan antara Individual Coping, Dyadic Coping, dan Kepuasan Pernikahan pada penderita penyakit kronis = The Correlation between Individual Coping, Dyadic Coping, and marital satisfaction in people with chronic illness

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Abstrak

Penyakit kronis terjadi tanpa diprediksi sebelumnya, berkembang secara perlahan, dan memberi dampak secara fisik, psikologis, dan sosial dalam jangka waktu yang lama atau bahkan seumur hidup. Dukungan dari orang terdekat, terutama pasangan menjadi salah satu faktor penting yang berperan ketika penderita penyakit kronis menghadapi penyakitnya. Penelitian ini dilakukan untuk melihat hubungan antara individual coping, dyadic coping, dan kepuasan pernikahan pada penderita penyakit kronis. Enam puluh penderita penyakit kronis menjadi partisipan dalam studi ini dengan mengisi kuesioner individual coping, dyadic coping, dan kepuasan pernikahan.

Individual coping diukur dengan menggunakan alat ukur Brief COPE dari Carver (1997). Brief COPE dapat terbagi menjadi problem-focused coping dan emotion-focused coping. Dyadic coping diukur menggunakan alat ukur Dyadic Coping Inventory (DCI) (Bodenmann, 2007), yang terdiri dari : supportive, common, delegated, dan negative dyadic coping. Kepuasan Pernikahan diukur menggunakan Marital Satisfaction Scale (MSS) dari Roach, Frazier, dan Bowden, (1981).

Hasil penelitian ini menunjukkan adanya hubungan antara individual coping dan kepuasan pernikahan, antara dyadic coping dan kepuasan pernikahan, serta individual coping dan dyadic coping pada penderita penyakit kronis. Selain itu, hasil penelitian juga menunjukkan bahwa dyadic coping terutama common dyadic coping lebih berkontribusi dalam memprediksi kepuasan pernikahan pada penderita penyakit kronis dibandingkan dengan individual coping. Melalui analisis tambahan ditemukan pula perbedaan mean dyadic coping penderita penyakit kronis pada aspek jenis penyakit kronis.

.....Chronic disease occurs without previously predicted, develops slowly, and starts giving physical, psychological, and social impact in a long term or even a lifetime. Support from significant others, especially spouse also becomes one of the important factors which plays role when people with chronic illness facing his/her diseases. This research was conducted to investigate the correlation between individual coping, dyadic coping, and marital satisfaction in people with chronic illness. 60 people with chronic illness were completed all questionnaires of individual coping, dyadic coping, and marital satisfaction.

Individual coping was measured using Brief COPE from Carver (1997). Brief COPE can be divided into problem-focused coping and emotion-focused coping. Dyadic coping was measured by Dyadic Coping Inventory (DCI) which was constructed by Bodenmann (2007), which consists of four types of dyadic coping, namely supportive, common, delegated, and negative dyadic coping. Marital satisfaction was measured using the Marital Satisfaction Scale (MSS), which was constructed by Roach, Frazier, and Bowden (1981).

The results show that there were correlations between individual coping with marital satisfaction, dyadic coping with marital satisfaction, and individual coping with dyadic coping in people with chronic illness. Moreover, the result show that dyadic coping is more contribute in predicting marital satisfaction in people

with chronic illness compared with the individual coping. The additional analysis found that there were mean differences of dyadic coping toward type of chronic diseases.