

Hubungan antara ekspresi emosi, beban perawatan, stigma pengetahuan yang dimiliki pramurawat terhadap terjadinya kekambuhan orang dengan skizofrenia = Association between expressed emotion, burden of care, stigma knowledge of caregiver with relapse of person with schizophrenia

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Abstrak

Latar Belakang: Ekspresi emosi penting untuk perkiraan kekambuhan ODS dalam rentang 9-12 bulan. ODS yang berasal dari keluarga dengan ekspresi emosi tinggi 60% mengalami kekambuhan. Pramurawat menanggung beban dalam merawat ODS serta stigma dari lingkungan. Pengetahuan yang tak cukup dapat meningkatkan stigma dan ekspresi emosi. Penelitian ini bertujuan menganalisis hubungan antar ekspresi emosi, beban, stigma, pengetahuan terhadap kekambuhan ODS.

Metode: Penelitian studi potong lintang ini menilik 80 pramurawat ODS yang dirawat di RSUPN Cipto Mangunkusumo dan RSKD Duren Sawit yang diambil secara consecutive. Setelah informed consent, dilakukan pengisian kuesioner sosio-demografi, alat ukur ekspresi emosi (Family Questionnaire), beban perawatan (Burden Assessment Schedule), stigma (Stigma Items), pengetahuan tentang skizofrenia (Knowledge about Schizophrenia Interview).

Hasil: Analisis bivariat menemukan hubungan bermakna ekspresi emosi, beban, stigma yang dialami pramurawat dengan kekambuhan ODS ($p < 0,001$). Setelah dilakukan analisis multivariat ditemukan hubungan bermakna ekspresi emosi dengan kekambuhan ODS ($p < 0,006$). Hubungan bermakna juga terlihat dari hubungan antara stigma dengan kekambuhan ($p < 0,004$). Untuk beban dan pengetahuan tidak ditemukan hubungan bermakna dengan kekambuhan ODS.

Simpulan: Terdapat hubungan antara ekspresi emosi, stigma yang dialami pramurawat dengan kekambuhan ODS.

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Background: Expressed emotion is known as predictor of relapse of person with schizophrenia in 9-12 months. Person with schizophrenia who comes from family with high expressed emotion has 60% relapse. Caregiver experiences burden of care and stigma from environment. Inadequate knowledge could increase stigma and expressed emotion. This research is aim to analyze association between expressed emotion, burden of care, stigma, knowledge of caregiver with relapse of person with schizophrenia.

Method: this research based on cross sectional design to analyze 80 caregivers of person with schizophrenia who had admitted in RSUPN Cipto Mangunkusumo and RSKD Duren Sawit which has been taken consecutively. After informed consent, they answered question for socio-demography questionnaire, Family Questionnaire for expressed emotion, Burden Assessment Schedule for burden of care, Stigma Items, Knowledge about Schizophrenia Interview.

Result: Bivariate analysis has discovered the association between expressed emotion, burden of care, stigma which has been experienced by caregiver with relapse of person with schizophrenia ($p < 0,001$). After multivariate analysis, it has been clear that expressed emotion has association with relapse ($p < 0,006$). The association has been discovered for stigma with relapse ($p < 0,004$). Burden of care and knowledge about

schizophrenia has not associated with relapse.

Conclusion: There is association between expressed emotions, stigma which has been experienced by caregiver with relapse of person with schizophrenia.