

Support group untuk mengelola caregiver burden pada istri dari pasien hemodialisis = Support group to manage caregiver burden among wives of hemodialysis patient / Rami Busyra Ikram

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Abstrak

ABSTRAK

Latar Belakang: tugas dan tanggung jawab istri dalam merawat pasien hemodialisis dapat menimbulkan caregiver burden. Beban yang dialami tidak hanya terkait dengan tugas perawatan, tetapi juga tugas non-perawatan. Akibatnya, istri dari pasien hemodialisis rentan mengalami depresi. Tujuan penelitian: untuk menguji penerapan support group dalam mengelola caregiver burden. Metode: penelitian quasi-eksperimental, pretest-posttest nonequivalent control group design. Partisipan berjumlah delapan orang empat orang pada kelompok intervensi dan empat orang lainnya pada kelompok kontrol . Kelompok intervensi menjalani program support group yang dilaksanakan dalam lima sesi dan satu sesi follow-up. Program ini terdiri dari enam kegiatan: sharing, psikoedukasi, teknik pemecahan masalah, reframing thoughts, komunikasi asertif, dan latihan relaksasi. Pengukuran dilakukan dengan menggunakan Zarit Burden Interview ZBI dan General Health Questionnaire-12 GHQ-12 . Hasil: Partisipan kelompok intervensi mengalami penurunan skor ZBI maupun skor GHQ-12 setelah menjalani program support group. Dari hasil uji Mann-Whitney, diketahui nilai Z pada GHQ-12 adalah -2.178, $p < .05$. Artinya, terdapat perbedaan skor General Health Questionnaire-12 GHQ-12 yang signifikan antara kelompok intervensi dan kelompok kontrol. Data kualitatif menunjukkan bahwa partisipan kelompok intervensi memperoleh manfaat dari keikutsertaan dalam support group. Sharing, kohesivitas, dan sikap altruisme dalam kelompok membuat setiap partisipan mendapatkan dukungan informasional maupun dukungan emosional. Partisipan juga mengenali cara-cara yang efektif dan berguna dalam menghadapi masalahnya. Kesimpulan: penerapan support group membantu partisipan dalam mengelola beban yang dirasakannya.

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ABSTRACT

Background Wives rsquo duties and responsibilities in nursing hemodialysis patient can lead to caregiver burden. Burden they were experienced are not only related to nursing related tasks, but also to non nursing related tasks. As a result, they are prone to experience depression. Objective to examine the implementation of support group in managing caregiver burden. Methods Eight participants four in intervention group were enrolled into a quasi experimental research, pretest posttest nonequivalent control group design. The intervention group underwent a support group program, consisting of five sessions, and followed by a follow up session. This program contains of six activities, i.e. sharing, psychoeducation, problem solving techniques, reframing thoughts, assertive communication, and relaxation exercises. Zarit Burden Interview ZBI and General Health Questionnaire 12 GHQ 12 were administered to measure the outcomes. Results Participants in the intervention group showed a decrease on ZBI and GHQ 12 score after undergoing a support group program. From Mann Whitney test, they showed a significantly GHQ 12 score compared to the control group, $Z 2.178, p .05$. Results from qualitative inquires suggest that intervention group acquired the benefits from participation in the support group. Sharing, cohesiveness, and altruism attitudes within

group allowed the participants to gain informational support as well as emotional support. Participants in the intervention group were able to recognize the effective and useful ways of dealing with the problems. Conclusion the implementation of support group helps the participants in managing their burden.