

# Peranan dukungan sosial dan kepercayaan interpersonal terhadap kualitas hidup penyandang fibromyalgia di Indonesia = The role of social support and interpersonal trust on the quality of life of persons with fibromyalgia in Indonesia

Dhira Komala Nurbani, author

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## Abstrak

Fibromyalgia syndrome merupakan kondisi yang sering ditemui dalam kehidupan sehari-hari dengan gejala yang beragam dan tumpang-tindih dengan penyakit lain.

Gejala utama yang dirasakan penyandang adalah nyeri di sekujur tubuh yang telah berlangsung lama (Mansfield et al., 2017), disertai kelelahan yang hebat (fatigue) dan keluhan-keluhan somatik, afektif, dan kognitif (Purwata, 2018). Penelitian ini bertujuan mengetahui peranan dukungan sosial dan kepercayaan interpersonal terhadap kualitas hidup penyandang fibromyalgia di Indonesia. Partisipan merupakan penyandang fibromyalgia berjumlah 33 orang yang diperoleh dari media sosial. Alat ukur yang dipergunakan antara lain The World Health Organization Quality of Life (WHOQOL)-BREF versi Indonesia (World Health Organization, 1998), modifikasi dari Medical Outcomes Study – Social Support Survey (MOS-SSS) (Sherbourne & Stewart, 1991), dan Kepercayaan Interpersonal. Pengolahan data menggunakan teknik analisis regresi berganda dengan perangkat Jamovi. Pada hasil analisis, ditemukan bahwa dukungan sosial dan kepercayaan interpersonal tidak berperan signifikan terhadap kualitas hidup penyandang fibromyalgia di Indonesia, baik secara parsial maupun simultan.

.....Fibromyalgia syndrome (FMS) is a condition often encountered in everyday life, where the symptoms exhibit variation and can be encountered in other disorders that may overlap with fibromyalgia. The main symptom is chronic widespread pain (Mansfield et al., 2017), with intense tiredness (fatigue) and somatic, affective, and cognitive complaints (Purwata, 2018). This study aims to determine the role of social support and interpersonal trust in the quality of life of 33 Indonesian fibromyalgia survivors from social media. The instruments were the Indonesian version of The World Health Organization Quality of Life (WHOQOL)-Bref (World Health Organization, 1998), a modification of the Medical Outcomes Study – Social Support Survey (MOS-SSS) (Sherbourne & Stewart, 1991), and Interpersonal Trust Scale. Multiple regression analyses were used with Jamovi program. This study found that social support and interpersonal trust did not play a significant role in the quality of life of Indonesian fibromyalgia survivors, partially and simultaneously.