

Hubungan Dukungan Sosial dengan Motivasi Caregiver dalam Merawat Pasien Skizofrenia = The Relationship between Social Support and Caregiver Motivation in Caring for Schizophrenia Patients

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Abstrak

Permasalahan perawatan pasien skizofrenia sering kali menimbulkan kendala dan masalah bagi orang yang merawatnya (caregiver). Dukungan sosial yang diberikan oleh dukungan keluarga, teman dan orang spesial mampu meningkatkan motivasi perawatan yang dimiliki caregiver dalam melaksanakan perawatan terhadap pasien skizofrenia. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara dukungan sosial dengan motivasi caregiver dalam merawat pasien skizofrenia di Kabupaten Kutai Barat. Penelitian ini menggunakan cross sectional study. Metode sampel dengan teknik purposive sampling sebanyak 120 responden. Instrumen penelitian berupa kuesioner dukungan sosial Multidimensional Scale of Perceived Social Support (MSPSS) dari Zimet (1988) dan kuesioner motivasi Self-Regulation Questionnaire (SRQ) dikembangkan oleh Ryan & Connell (1989). Hasil penelitian diketahui mayoritas berusia dewasa tengah (40- 60 tahun), berstatus kawin (menikah), berpendidikan dasar dan menengah, pekerjaan sebagai swasta dan wiraswasta, dan mempunyai hubungan sebagai keluarga inti pasien, serta dukungan sosial tinggi dan memiliki motivasi yang baik dalam melakukan perawatan pasien skizofrenia. Uji chi square menunjukkan terdapat hubungan yang bermakna antara dukungan sosial dengan motivasi caregiver dalam melakukan perawatan pasien skizofrenia (p value $<0,05$). Kegiatan promosi kesehatan ditujukan bagi caregiver dan keluarga dengan bentuk kegiatan penyuluhan pentingnya manfaat perawatan pasien skizofrenia.

.....The problem of caring for schizophrenic patients often creates obstacles and problems for the people who care for them (caregivers). Social support provided by family supports, friends and intimate partners can increase caregivers' care motivation in carrying out care for schizophrenia patients. This study aims to identify the relationship between social support and caregiver motivation in caring for schizophrenia patients in West Kutai Regency. This research uses a cross sectional study. The sample method used a purposive sampling technique of 120 respondents. The research instruments were the social support qwas Multidimensional Scale of Perceived Social Support (MSPSS) questionnaire from Zimet (1988) and the motivation questionnaire was Self-Regulation Questionnaire (SRQ) developed by Ryan & Connell (1989) for social support. The research results show that the majority are middle adults (40-60 years old), married (married), have primary and secondary education, work in the private sector and are self-employed, and have a relationship as the patient's nuclear family, as well as high social support and have good motivation in carrying out treatment of schizophrenic patients. The chi square test shows that there is a significant relationship between social support and caregiver motivation in caring for schizophrenia patients (p value <0.05). Health promotion activities are aimed at caregivers and families in the form of outreach activities on the importance of the benefits of caring for schizophrenia patients.