

Hubungan antara Caregiver Strain dan Perceived Social Support pada Ibu sebagai Caregiver dari Anak Down Syndrome = Correlation between Caregiver Strain and Perceived Social Support in Mother as Caregiver of Down Syndrome's Child

Frascilly Grasia, author

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Abstrak

Down syndrome merupakan suatu kondisi yang berkaitan dengan keterbatasan perkembangan. Adanya keterbatasan ini membuat anak down syndrome membutuhkan caregiver untuk membantu mereka melaksanakan aktivitas sehari-hari. Caregiver dapat mengalami dampak negatif akibat merawat anggota keluarga yang memiliki kebutuhan khusus. Salah satu dampak negatifnya adalah caregiver strain. Caregiver strain dipengaruhi oleh beberapa faktor. Salah satu faktor yang mempengaruhi adalah dukungan sosial. Caregiver strain dapat berkurang jika caregiver mendapatkan dukungan sosial, khususnya perceived social support.

Penelitian ini bertujuan untuk melihat hubungan antara caregiver strain dan perceived social support. Metode pengambilan data yang dilakukan adalah pengisian kuesioner dan melakukan probing terhadap item dalam kuesioner caregiver strain (Modification of Caregiver Strain Index). Kemudian partisipan diminta untuk mengisi kuesioner perceived social support (Multidimensional Scale of Perceived Social Support). Hasil penelitian menunjukkan hubungan yang negatif antara caregiver strain dan perceived social support dengan $r = -.174$, namun tidak signifikan dengan $p > 0,05$. Pada penelitian ini, partisipan ditemukan memiliki caregiver strain yang relatif rendah dan perceived social support yang relatif tinggi.

.....Down syndrome is condition related with developmental impairment. These impairments make the child with Down syndrome needs caregiver to help them carry out their daily activities. Caregiver may be negatively impacted due to caring for family members with special needs. One of the negative impacts is caregiver strain. Caregiver strain is influenced by several factors. One factor that influence caregiver strain is social support. Caregiver strain can be reduced if the caregiver get social support, especially perceived social support.

This study aimed to examine the correlation between caregiver strain and perceived social support. Method of data collection was questionnaires and do some probing to the items in the questionnaire caregiver strain (Modification of Caregiver Strain Index). Then participants were asked to complete a questionnaire perceived social support (Multidimensional Scale of Perceived Social Support).

The results showed a negative relationship between caregiver strain and perceived social support with $r = -.174$, but not significant with $p > 0.05$. In this study, participants were found to have relatively low caregiver strain and perceived social support were relatively high.