

## Pengaruh faktor-faktor biopsikososial terhadap persepsi dan ekspresi rasa sakit cold-pressor = The Effects of biopsychosocial factors on perception and expression of cold pressor pain

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### Abstrak

#### <b>ABSTRAK</b><br>

Studi ini menguji pengaruh faktor biologi tekanan darah sistolik , faktor psikologi trait neuroticism dan trait extraversion serta faktor sosial status sosial-ekonomi dan status sosial-subyektif terhadap persepsi dan ekspresi rasa sakit. Partisipan N=201 berasal dari dua kelompok sosial-ekonomi, yaitu bawah dan atas. Rasa sakit diinduksi oleh tes cold-pressor yang secara signifikan meningkatkan tekanan darah, persepsi sakit dan kecemasan. Terdapat pengaruh neuroticism terhadap peningkatan persepsi sakit afektif dan kecemasan. Terdapat pengaruh langsung trait kepribadian neuroticism terhadap persepsi rasa sakit sensoris, yang kemudian persepsi sakit afektif. Neuroticism mempengaruhi ekspresi sakit pada wajah secara tidak langsung. Tidak ditemukan pengaruh langsung extraversion terhadap persepsi sakit sensoris. Temuan ini menegaskan peran dimensi afektif-motivasi dari pengalaman sakit. Indeks Ekspresi kesakitan pada wajah perlu dikembangkan lebih lanjut dalam konteks masyarakat Indonesia sebagai alternatif pengukuran rasa sakit. Kata kunci: ekspresi wajah; kecemasan, persepsi sakit; tes cold-pressor; neuroticism

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The study examined the effects of biological factor systolic blood pressure , psychological neuroticism and extraversion traits of personality , and social factor socio economic status and subjective social status on perception and expression of cold pressor pain. Two hundreds and one participants from upper and lower socio economic status were recruited. Pain induced by cold pressor significantly increased blood pressure and heart rate, pain perception and state anxiety during the test. There were effects of neuroticism on increasing affective pain perception and state anxiety during the test. There was a direct effect of neuroticism on sensory pain perception, which later had direct effects on state anxiety, systolic blood pressure and also on affective pain perception. There was an indirect effect of neuroticism on pain expression. There was no direct neither indirect effects of extraversion on pain perception. The study confirmed the important role of affective motivational dimension of pain. The possibility to develop the index of pain expression specified for Indonesians was discussed