

Distres Psikologis, Stigma Keluarga, dan Sikap terhadap Perilaku Caregiver Anggota Keluarga Penyandang Skizofrenia dalam Mencari Bantuan Profesional = Psychological Distress, Family Stigma, and Attitudes towards Help-seeking Behaviour among Caregiver as Family Member of Patients with Schizophrenia

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Abstrak

ABSTRAK

Penelitian ini bertujuan untuk menemukan peran distres psikologis dan stigma keluarga terhadap sikap caregiver anggota keluarga penyandang skizofrenia dalam mencari bantuan profesional dan mendapatkan gambaran lebih mendalam mengenai pengalaman caregiver terkait sikap pencarian bantuan profesional. Metode yang digunakan dalam penelitian adalah pendekatan penelitian metode campuran (mixed-methods research) dengan model sequential explanatory strategy. Terdapat 65 partisipan yang mengikuti penelitian kuantitatif dan selanjutnya tiga dari 65 partisipan diwawancarai secara kualitatif. Peneliti menggunakan alat ukur GHQ-12 (General Health Questionnaire-12), FSS (Family Stigma Scale), dan Skala Pencarian Bantuan Profesional, kemudian wawancara semi terstruktur. Pengolahan data secara kuantitatif dilakukan dengan analisis regresi berganda dan secara kualitatif menggunakan analisis tematik. Hasil dari penelitian menunjukkan bahwa distres psikologis dan stigma keluarga tidak dapat memprediksi secara signifikan sikap mencari bantuan profesional $F(2, 62) = 2.733, p = 0.073; R^2 = 0.051$. Adanya faktor lain, seperti literasi kesehatan mental, dukungan sosial, strategi koping, dan upaya dini pertolongan dinilai berhubungan dengan sikap perilaku mencari bantuan profesional. Melalui penelitian ini diharapkan tenaga profesional dapat melakukan pendampingan secara kontinyu pada kelompok caregiver yang paling berisiko. Mempertimbangkan untuk memberikan intervensi pada kelompok caregiver orang dengan skizofrenia episode psikotik pertama untuk mengurangi distres psikologis. Selain itu, psikoedukasi dapat diberikan ke masyarakat terkait dengan gangguan kesehatan mental dan manfaat bantuan profesional untuk mengurangi stigma.

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ABSTRACT

This study aims to examine the role of psychological distress and family stigma on attitudes towards help-seeking behaviour among caregiver family member of patient with schizophrenia also explore caregiver experiences related to attitudes seeking professional help. The method used in this research was a mixed-methods research approach with a sequential explanatory strategy model. There were 65 participants who participated in the study and then three of 65 participants were interviewed further. Researcher used GHQ-12 (General Health Questionnaire-12), FSS (Family Stigma Scale), and Attitudes towards Help-seeking, then semi-structured interviews for qualitative data collection. The results of the study showed that psychological distress and family stigma did not significantly predict the attitudes towards help-seeking behaviour $F(2, 62) = 2.733, p = 0.073; R^2 = 0.051$. Based on qualitative results, factors such as mental health literacy, social support, coping strategy, and sequence of help-seeking were assumed have relation to attitudes towards help-seeking behaviour. It is important to professional provide continuous assistance to

risky caregiver groups. Intervention to caregiver family member of patients with schizophrenia may be considered as a treatment to prevent psychological distress. Besides that, psychoeducation can be given to the community related to mental health disorders and the benefits of professional help to reduce stigma.