

## Pengaruh pain catastrophizing terhadap pain interference dengan jenis-jenis coping sebagai moderator pada individu dengan nyeri kronis di Indonesia = The effect of pain catastrophizing on pain interference with coping styles as moderator among chronic pain population in Indonesia.

Muthmainah Mufidah, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20515298&lokasi=lokal>

---

### Abstrak

Nyeri kronis merupakan masalah kesehatan yang penting di banyak negara termasuk di Indonesia, dengan prevalensi yang tinggi dan kemungkinan akan meningkat di masa mendatang. Individu dengan nyeri kronis dapat memunculkan respon pemikiran negatif, terutama pain catastrophizing yang mana dapat meningkatkan pain interference. Kemampuan coping yang efektif dapat mengurangi dampak pain catastrophizing terhadap pain interference. Penelitian budaya barat umumnya berfokus pada penggunaan emotion-focused coping dan problem-focused coping dalam menangani masalah nyeri kronis. Namun, Indonesia sebagai negara yang dekat dengan nilai-nilai dan praktik keagamaan, mendorong adanya eksplorasi positive religious coping. Penelitian ini bertujuan untuk menguji peran moderasi dari tiga jenis coping pada pengaruh pain catastrophizing terhadap pain interference. 368 orang yang telah memenuhi kriteria, berpartisipasi dan mengisi secara online dan offline kuesioner Pain Catastrophizing Scale, Pain Interference Short Form 6a, The Brief COPE, dan The Brief RCOPE yang telah diadaptasi. Hasil penelitian menunjukkan problem-focused coping dan positive religious coping memoderasi pengaruh pain catastrophizing terhadap pain interference. Mencari bantuan Tuhan dan secara aktif mencari solusi masalah nyeri membantu individu menghadapi keterbatasan akibat nyeri kronis. Penggunaan dua jenis coping ini pada populasi Indonesia dapat bermanfaat dalam praktik psikologis menangani individu dengan nyeri kronis.

.....Chronic pain is a significant health problem in many countries including Indonesia, with high prevalence and the possibility to increase in the future. Individuals experiencing chronic pain elicit cognitive and behavioral responses, including pain catastrophizing which can cause high pain interference. Effective coping ability can help reduce the impact of pain catastrophizing on pain interference. Previous research focused on emotion-focused and problem-focused coping in dealing with chronic pain. However, Indonesia as a country with a strong influence from religious values and practices encourages the exploration of positive religious coping. This study aimed to examine the moderating role of three coping styles on pain catastrophizing and pain interference associations. 368 individuals who have met the criteria, participated and completed the adapted Pain Catastrophizing Scale, Pain Interference Short Form 6a, The Brief COPE, and The Brief RCOPE online or offline questionnaires. The result showed that problem-focused coping and positive religious coping moderate the effect of pain catastrophizing on pain interference. Seeking help from God helped individuals deal with chronic pain problems, as well as actively resolving difficulties. The use of these two coping styles in Indonesian population can be useful for psychological practice managing chronic pain