

## Hubungan antara Strategi Koping dan Beban Caregiver pada Family Caregiver Pasien Kanker = The Relationship between Coping Strategies and Caregiver Burden among Family Caregiver of Cancer Patients

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### Abstrak

Merawat anggota keluarga yang menderita penyakit kanker merupakan pengalaman traumatis bagi family caregiver sehingga tak jarang mereka merasakan beban. Strategi koping dipercaya dapat menjadi salah satu faktor protektif bagi family caregiver dalam mencegah terjadinya beban caregiver. Penelitian ini bertujuan untuk mengetahui hubungan antara strategi koping dan beban caregiver pada family caregiver pasien kanker. Peneliti menggunakan alat ukur Ways of Coping Questionnaire dalam mengukur strategi koping dan Zarit Burden Interview dalam mengukur beban caregiver. Penelitian ini menggunakan analisis pearson correlation pada 90 partisipan dan didapatkan hasil yang menunjukkan bahwa tidak ada hubungan yang signifikan antara beban caregiver dan total skor problem-focused coping maupun emotion-focused coping yang digunakan oleh family caregiver pasien kanker. Walaupun demikian, peneliti menemukan adanya hubungan positif yang signifikan antara escape avoidance dengan beban caregiver. Artinya, ketika strategi escape avoidance digunakan lebih sering, maka family caregiver akan mengalami beban merawat yang lebih besar. Temuan ini dapat menjadi landasan penelitian lebih lanjut mengenai pentingnya strategi koping terhadap pengalaman family caregiver di seluruh fase spesifik penyakit kanker untuk menentukan titik waktu kritis dalam mencegah beban caregiver.

.....Caring for family members who suffer from cancer was a traumatic experience for family caregivers so that they often feel the burden. Coping strategies were believed to be one of the protective factors for family caregivers from caregiver burden. This study aimed to determine the relationship between caregiver burden and coping strategies used by family caregivers in cancer patient. Coping strategies were assessed using the Ways of Coping Questionnaire and caregiver burden was assessed using Zarit Interview Scale. This study used the Pearson correlation analysis on 90 participant. The results showed that there was no significant relationship between caregiver burden and the total score of problem-focused coping and emotion-focused coping used by family caregivers of cancer patients. However, this research found a significant positive relationship between one type of emotion-focused coping, namely the escape avoidance strategy with the caregiver burden. This shows when the escape avoidance strategy used more often, the family caregiver will experience a greater caregiver burden. This finding can be the basis for further research on the importance of coping strategies used by family caregivers at specific stages along the cancer illness trajectory to determine critical time points in preventing caregiver burden.