

Pengaruh Online Peer Support terhadap Distres Psikologis dan Koping Remaja dengan Kanker = The Effectiveness of Online Peer Support on Psychological Distress and Coping in Adolescents with Cancer

Putry Nur Faidah, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920522585&lokasi=lokal>

Abstrak

Kanker dan terapi pengobatan pada remaja menimbulkan masalah distres psikologis. Remaja perlu mengelola stresor dan menerapkan koping adaptif. Penelitian ini bertujuan untuk mengidentifikasi pengaruh online peer support terhadap distres psikologis dan koping remaja dengan kanker. Desain penelitian adalah quasi experiment pre-post test with control group dengan teknik consecutive sampling. Sampel sebanyak 60 remaja terbagi menjadi kelompok intervensi (n=30) dan kelompok kontrol (n=30). Online peer support diberikan kepada kelompok intervensi, sedangkan kelompok kontrol mendapat video edukasi. Hasil analisis dengan independent t test menunjukkan terdapat perbedaan yang bermakna skor distres psikologis dan koping mengatasi masalah dengan perencanaan, konfrontasi, mencari dukungan sosial, menerima tanggung jawab, dan penilaian positif setelah pemberian intervensi antara kedua kelompok ($p < 0,05$). Kesimpulan penelitian ini adalah ada pengaruh online peer support terhadap penurunan distres psikologis dan peningkatan koping adaptif pada remaja dengan kanker. Online peer support dengan metode yang tepat perlu diberikan pada pasien remaja dengan kanker sebagai intervensi kolaboratif guna menurunkan distres psikologis dan meningkatkan kemampuan koping adaptif.

.....Cancer and treatment in adolescents cause psychological distress. Adolescents need to manage stressors and apply adaptive coping. This study aims to identify the effect of online peer support on psychological distress and coping in adolescents with cancer. The research design was a quasi-experimental pre-post test with a control group using a consecutive sampling. A sample of 60 adolescents was divided into the intervention group (n = 30) and the control group (n = 30). Online peer support was given to the intervention group, while the control group received educational videos. The analysis results using independent t-test showed that there were significant differences in scores of psychological distress as well as scores of planful problem solving, confrontation, seeking social support, accepting responsibility, and positive appraisal coping after online peer support intervention between two groups ($p < 0,05$). The conclusion of this study is that there is an effect of online peer support on reducing psychological distress and increasing the use of adaptive coping in adolescents with cancer. Online peer support with appropriate methods needs to be given to adolescent patients with cancer as a collaborative intervention to reduce psychological distress and improve adaptive coping skills.