

# Pengaruh Regulasi Emosi terhadap Beban Caregiver pada Family Caregiver Pasien Stroke = The Effect of Emotion Regulation on Caregiver Burden among Family Caregivers of Stroke Patients

Haifa Salma Safiya, author

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## Abstrak

Penelitian ini bertujuan untuk melihat pengaruh regulasi emosi terhadap beban caregiver pada family caregiver pasien stroke. Strategi regulasi emosi yang digunakan adalah cognitive reappraisal dan expressive suppression. Pengukuran dilakukan menggunakan The Emotion Regulation Questionnaire (ERQ)

yang telah diadaptasi ke dalam Bahasa Indonesia oleh Radde et al. (2021). Sedangkan beban *caregiver* diukur menggunakan *The Zarit Burden Interview* (ZBI-22) yang diadaptasi ke dalam Bahasa Indonesia oleh Andina (2018). Sebanyak 57 *family caregiver* pasien stroke berusia 18 &ndash; 62 tahun yang tinggal bersama maupun tidak bersama dengan pasien menjadi responden dalam penelitian. Hasil penelitian dengan metode regresi berganda menunjukkan bahwa regulasi emosi, khususnya strategi *cognitive reappraisal* memiliki pengaruh yang negatif dan signifikan terhadap beban *caregiver* pada *family caregiver* pasien stroke ( $F = 8,249$ ,  $p < .05$ ).

New Roman&quot;, serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">&lt;0,05, </span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">R</span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">2</span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;"> = 0,13). Dengan demikian, hasil penelitian dapat dijadikan sumber referensi untuk menentukan strategi regulasi emosi yang efektif dalam meringankan beban </span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-style: italic; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">caregiver</span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;"> serta acuan para praktisi untuk mengembangkan intervensi penggunaan strategi regulasi emosi </span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-style: italic; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">reappraisal</span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;"> bagi </span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-style: italic; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">family caregiver</span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">.</span></span></p><hr /><p dir="ltr" style="line-height: 1.2; text-align: justify; margin-top: 0pt; margin-bottom: 0pt;"><span id="docs-internal-guid-26f4a178-7fff-92a6-  
ea98-41fa7f0cf15e"><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;, serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">This study aimed to examine the effect of emotional regulation on caregiver burden among family caregiver of stroke patients. Two emotion regulation strategies, cognitive reappraisal and expressive suppression were measured using The Emotion Regulation Questionnaire (ERQ) adapted to Indonesian by Radde et al. (2021). Meanwhile, caregiver burden was measured using the Zarit Burden Interview (ZBI-22), adapted to Indonesian by Andina (2018). A total of 57 family caregivers of stroke patients aged 18 &ndash; 62 years who lived together with or without the patient participated in this study. The study&#39;s results using the multiple regression method show that emotion regulation, specifically cognitive reappraisal has a negative and significant effect on caregiver burden among family caregivers of stroke patients (F = 8.249, </span><span style="font-size:

10pt; font-family: &quot;Times New Roman&quot;; serif; background-color: transparent; font-style: italic; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">p</span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;; serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">&lt;0.05, </span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;; serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">R</span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;; serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">2</span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;; serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;"></span><span style="font-size: 10pt; font-family: &quot;Times New Roman&quot;; serif; background-color: transparent; font-variant-numeric: normal; font-variant-east-asian: normal; font-variant-alternates: normal; vertical-align: baseline; white-space-collapse: preserve;">= 0,13). Thus, this study's results can be used as a reference to determine effective emotion regulation strategies to relieve the caregiver's burden. In addition, the research results can also be used as a reference for practitioners in developing interventions using reappraisal for family caregivers.</span></span></p>