

# Hubungan antara Beban Perawatan dan Kesiapan Merawat terhadap Depresi dan Kecemasan Family Caregiver Anak dengan Kanker = The Relationship Between Caregiver Burden and Caring Readiness to the Depression and Anxiety of Family Caregiver of Children with Cancer

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## Abstrak

Latar belakang: family caregiver (FC) anak dengan kanker mengalami berbagai tekanan psikologis. Tujuan: penelitian ini bertujuan untuk mengidentifikasi hubungan antara beban perawatan dan kesiapan merawat terhadap kecemasan dan depresi family caregiver anak dengan kanker. Metode: kami merekrut subjek penelitian dari ruang rawat inap dan rawat jalan di PKN RSK Dharmais, Jakarta dari bulan Maret hingga April 2023. Depresi, kecemasan dan faktor yang mempengaruhi tekanan psikologis FC anak dengan kanker diidentifikasi dengan instrumen Patient Health Questionnaire, (PHQ-9), Generalized Anxiety Disorder-7 (GAD-7), Zarit Burden Interview, (ZBI) dan Preparedness for Caregiving Scale (PCS). Hasil: 127 FC menyelesaikan pengisian kuesioner penelitian, dimana mayoritas mengalami beban perawatan kategori ringan, tidak siap memberikan perawatan, tingkat depresi dan kecemasan kategori ringan. Tingkat depresi FC cenderung dipengaruhi secara signifikan oleh beban perawatan (0,001); kesiapan merawat (0,036). Sedangkan kecemasan dipengaruhi secara signifikan oleh usia FC (18-45 tahun) ( $p=0,004$ ), kategori kanker ( $p=0,018$ ) dan beban perawatan (0,000). Kesimpulan: semakin berat beban perawatan dan ketidak siap FC dalam memberikan perawatan maka tingkat depresi dan kecemasan FC akan meningkat. Saran: diperlukannya merancang dan menargetkan intervensi psikososial untuk mengurangi beban perawatan, meningkatkan kesiapan merawat, menurunkan tingkat depresi dan kecemasan FC, sehingga dapat meningkatkan QOL pada populasi ini.

.....Background: the family caregiver (FC) of children with cancer experiences various psychological pressures. Purpose: This study aims to identify the relationship between care burden and readiness to care for the anxiety and depression of family caregivers of children with cancer. Methods: we recruited research subjects from inpatient and outpatient wards at PKN RSK Dharmais, Jakarta from March to April 2023. Depression, anxiety and factors that affect the psychological pressure of FC children with cancer were identified by means of the Patient Health Questionnaire, (PHQ-9), Generalized Anxiety Disorder-7 (GAD-7), Zarit Burden Interview, (ZBI) and Preparedness for Caregiving Scale, (PCS). Results: 127 FC completed the research questionnaire, the majority experienced the burden of mild category care, not ready to provide care, mild category levels of depression and anxiety. FC depression level tends to be significantly influenced by the burden of care (0.001); readiness to care (0.036). Meanwhile, anxiety was significantly influenced by FC age (18-45 years) ( $p=0.004$ ), cancer category ( $p=0.018$ ) and care burden (0.000). Conclusion: the heavier the burden of care and the unprepared FC in providing care, the higher the level of depression and anxiety. Suggestion: It is necessary to design and target psychosocial interventions to reduce the burden of care, increase readiness to care, reduce of depression and anxiety of FC, so as to increase QOL in this population.