

Hubungan Dukungan Sosial, Self-efficacy terhadap Caregiver Burden Pasien Kanker = The Relationship between Social Support and Self-Efficacy on the Caregiver Burden of Cancer Patients

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Abstrak

Tingkat *caregiver burden* yang tinggi salah satunya diakibatkan oleh beban yang berat dalam merawat pasien kanker. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara dukungan sosial, *self-efficacy* terhadap *caregiver burden* pasien kanker. Metode yang digunakan *cross sectional* yang dilakukan kepada 231 *caregiver* pasien kanker dengan variabel bebas dukungan sosial dan *self-efficacy* sedangkan variabel terikat *caregiver burden*. Menggunakan instrumen ESSI (*Enriched Social Support Instrument*) untuk mengukur dukungan sosial, kuesioner CGI (*Caregiver Inventory*) untuk mengukur *self-efficacy* dan kuesioner ZBI (*Zarit Burden Interview*). Analisis yang digunakan regresi logistik berganda. Hasil penelitian menunjukkan bahwa *caregiver* mempunyai dukungan sosial rendah (55%), tingkat *self-efficacy* rendah (51,9%), dan *caregiver burden* tinggi (51,1%). *Burden* pada *caregiver* dipengaruhi secara signifikan oleh stadium kanker (0,001). Kesimpulan dukungan sosial dan *self-efficacy* mempunyai hubungan yang signifikan terhadap *caregiver burden*.

.....The high caregiver burden is the heavy burden of caring for cancer patients. This study aims to determine the relationship between social support and self-efficacy on caregiver burden in cancer patients. The method used was cross sectional which was carried out on 231 caregivers of cancer patients with the independent variables being social support and self-efficacy while the dependent variable was caregiver burden. Using the ESSI (*Enriched Social Support Instrument*) instrument to measure social support, the CGI (*Caregiver Inventory*) questionnaire to measure self-efficacy and the ZBI (*Zarit Burden Interview*) questionnaire. The analysis used is multiple logistic regression. The results showed that caregivers had low social support (55%), low levels of self-efficacy (51.9%), and high caregiver burden (51.1%). Caregiver burden was significantly influenced by cancer stage (0.001). In conclusion social support and self-efficacy have a significant relationship with caregiver burden.