

Pengaruh psikoedukasi manajemen stress terhadap stress dan koping orang tua merawat anak dengan kanker = Stress management psychoeducational effect on stress and coping of parents in caring for children cancer / Trivini Valencia

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Abstrak

[ABSTRAK

Merawat anak dengan kanker dapat menimbulkan stres bagi orang tua. Stres tergantung pada mekanisme koping yang dimilikinya. Penelitian bertujuan mengidentifikasi pengaruh psikoedukasi manajemen stres terhadap stres dan koping orang tua merawat anak kanker. Desain penelitian quasi eksperimen dengan sampel 32 orang tua yang merawat anak kanker terdiri dari 16 orang kelompok intervensi (psikoedukasi manajemen stres) dan 16 orang kelompok kontrol (leaflet). Hasil menunjukkan terdapat pengaruh psikoedukasi manajemen stres terhadap stres dan koping orang tua merawat anak kanker ($p < 0,05$). Tidak terdapat pengaruh karakteristik responden terhadap stres dan koping, kecuali pengetahuan ($p < 0,05$). Intervensi psikoedukasi manajemen stres dapat menurunkan stres dan meningkatkan koping orang tua merawat anak kanker.

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ABSTRACT

Caring children with cancer cause stress for parents. Stress is depending on their coping mechanism. This study aims to determine the effect of stress management psychoeducation of parents caring for children with cancer. The study design was quasi experiment with 32 parents of children with cancer, consist of 16 parents for intervention group (stress management psychoeducation) and 16 parents for control group (leaflet). The result shown that stress management psychoeducation affected on parents's stress as well as coping in caring for children with cancer ($p < 0,05$). There had not affect respondent characteristics on parents's stress and coping, except knowledge ($p < 0,05$). Intervention stress management psychoeducation may decrease stress and increase coping of parents in caring for children cancer., Caring children with cancer cause stress for parents. Stress is depending on their coping mechanism. This study aims to determine the effect of stress management psychoeducation of parents caring for children with cancer. The study design was quasi experiment with 32 parents of children with cancer, consist of 16 parents for intervention group (stress management psychoeducation) and 16 parents for control group (leaflet). The result shown that stress management psychoeducation affected on parents's stress as well as coping in caring for children with cancer ($p < 0,05$). There had not affect respondent characteristics on parents's stress and coping, except knowledge ($p < 0,05$). Intervention stress management

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