

Pengaruh Terapi Psikoedukasi Keluarga terhadap Spiritual Well Being, Self Efficacy, dan Resiliensi Caregiver Anggota Keluarga Skizofrenia yang Terdampak Banjir Rob = The effect of family psycho-education towards spiritual well being, self efficacy, and caregiver resilience on family members with schizophrenia on affected tidal flood area

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Abstrak

ABSTRAK

Keluarga sebagai caregiver anggota keluarga dengan skizofrenia memiliki stressor yang tinggi. Stressor dapat semakin bertambah oleh adanya banjir rob. Respon keluarga yang tidak tepat dapat semakin meningkatkan stressor, mempengaruhi spiritual well being, self efficacy, dan resiliensi. Penelitian ini bertujuan untuk mengetahui pengaruh terapi psikoedukasi keluarga terhadap spiritual well being, self efficacy dan resiliensi caregiver anggota keluarga skizofrenia yang terdampak banjir rob. Metode yang digunakan adalah quasi experimental pre-post test with control group dengan total populasi. Jumlah sampel 81 responden. Kriteria inklusi penelitian ini adalah anggota keluarga inti yang berusia > 18 tahun, merawat langsung anggota keluarga lain dengan skizofrenia minimal relaps 1 kali, tinggal dalam satu rumah dengan anggota keluarga dengan skizofrenia, mengalami masalah keperawatan ketidakberdayaan, dan mampu baca tulis dan dapat berkomunikasi dengan baik. Alat ukur menggunakan kuesioner skrining tanda dan gejala ketidakberdayaan, karakteristik dan data demografi responden, kuesioner spiritual well being dengan the functional assessment of chronic illness therapy-spiritual well-being, kuesioner self efficacy, dan kuesioner Family Resilience Assessment Scale. Analisis data menggunakan uji Independent t-test. Hasil menunjukkan terdapat pengaruh terapi psikoedukasi keluarga terhadap spiritual well being, self efficacy dan resiliensi caregiver anggota keluarga skizofrenia yang terdampak banjir rob (p value 0,000). Rekomendasi berdasarkan hasil penelitian tersebut yaitu pemberian terapi psikoedukasi keluarga pada caregiver sebaiknya dapat dilakukan dua kali pertemuan setiap sesi dengan durasi waktu minimal 45 setiap sesi dan dapat melibatkan kader serta kolaborasi dengan tokoh agama untuk penguatan koping spiritual, penelitian lanjut pemberian terapi psikoedukasi keluarga dengan menambahkan konten serta frekuensi dan durasi sesi terapi psikoedukasi keluarga.

ABSTRACT

Families as caregivers of family members with schizophrenia have high stressors. Stressors can be increased by the presence of tidal flood. Improper family responses can further increase stressors, affect spiritual well being, self efficacy, and resilience. This study aimed to determine the effect of family psychoeducation therapy on spiritual well being, self efficacy and resilience of family members of schizophrenia caregivers affected by tidal flooding. The method used quasi experimental pre-post test with control group with a total population. The number of samples were 81 respondents. The inclusion

criteria of this study were family members aged > 18 years, directly caring for other family members with schizophrenia who at least relapsed once, stayed in one house with family members with schizophrenia, experienced helplessness nursing problems, and were able to read and communicate well. Measuring instruments used screening questionnaires for signs and symptoms of helplessness, characteristics and demographic data of respondents, spiritual well being questionnaires with the functional assessment of chronic illness therapy-spiritual well-being, self-efficacy questionnaire, and family resilience assessment scale questionnaire. Data analysis using the Independent t-test. The results showed that there was an effect of family psychoeducation on spiritual well being, self efficacy and resilience of family members of schizophrenia caregivers affected by tidal flooding (p value 0,000). Recommendations based on the results of these studies are giving family psychoeducation therapy to caregivers should be able to do two meetings each session with a minimum duration 45 minutes and can involve the cadres and collaborate with religious leaders for strengthening spiritual coping, further research is giving family psychoeducation therapy is needed by adding content and the frequency and duration of family psychoeducation therapy sessions.