

STUDI FENOMENOLOGIS PENGALAMAN RESILIENSI SUAMI YANG ISTRINYA MENGALAMI SKIZOFRENIA

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Abstract. This study aims to delve about meaning making in resilience experience of husbands whose taking role as spousal caregiver of wives diagnosed with schizophrenia. The study used a qualitative phenomenological method with an Interpretative Phenomenological Analysis (IPA) technique. Five male participants that involve within the research were aged 30 – 60 years, and have been spousal caregivers more than five years. This study found five superordinate themes that focused on identification and acceptance of wives' mental illness, internalization of spiritual values, 'ngemong' (Javanese word to refer to protect and care), responses from social environment, and living the life. Otherwise, researchers found that cultural factors influence the formation of resilience dynamics in terms of decision making. This study can help health professionals and academics to understand living experience of male spousal caregivers whose wives has been diagnosed with schizophrenia.

Keywords: *IPA, qualitative, resiliency, schizophrenia, spousal caregiver*

Abstrak. *Spousal caregiver* memerlukan kemampuan adaptasi positif atau ketangguhan dalam menghadapi *family demands* dan tugas *caregiving*. Peneliti ingin mengetahui persepsi *spousal caregiver* dalam memaknai dan membangun resiliensi selama menjalani tugas *caregiving*/ perawatan istri yang mengalami skizofrenia. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologis. Data dikumpulkan melalui wawancara semi terstruktur dan observasi. Teknik analisis data yang digunakan adalah *Interpretative Phenomenological Analysis* (IPA). Lima partisipan yang terlibat adalah laki-laki, tinggal di Yogyakarta, berusia 30-60 tahun, dan lebih dari lima tahun telah menjalani pernikahan dengan istri yang didiagnosis skizofrenia. Penelitian ini menemukan lima tema superordinate yang berfokus pada identifikasi dan penerimaan gangguan jiwa yang dialami oleh istri, penghayatan spiritual, *ngemong*, respon dari lingkungan sosial, dan menjalani hidup.

Keywords: *fenomenologis, kualitatif, resiliensi, skizofrenia, spousal caregiver*