

**Peran Dukungan Sosial terhadap Beban pada *Family Caregiver* yang Merawat
Pasien COVID-19 dengan Resiliensi sebagai Mediator**

***The Role of Social Support to Caregiver Burden on Family Caregiver COVID-19
Patients with Resilience as Mediator***

Afifah Nuha Nandelai¹, ***Muhana Sofiati Utami***²
Fakultas Psikologi Universitas Gadjah Mada, Yogyakarta
e-mail: afifah.nuha.n@mail.ugm.ac.id,

Abstrak

Situasi COVID-19 menimbulkan ancaman dan membawa berbagai perubahan bagi setiap individu di seluruh dunia. Salah satu kelompok yang terdampak baik secara fisik maupun psikologis adalah kelompok *family caregiver* yang merawat pasien COVID-19. Penelitian ini dilakukan melalui metode survei dengan menggunakan *The Multidimensional Scale of Perceived Social Support*, *The Zarit Burden Interview* dan *Conor-Davidson Resilience Scale*. Partisipan penelitian melibatkan 208 *family caregiver* yang sedang merawat pasien COVID-19. Hasil analisis data menggunakan mediasi sederhana melalui program JAMOVI 2.2.5 dengan *library module medmod*. menunjukkan bahwa dukungan sosial berpengaruh terhadap beban yang dirasakan *family caregiver* ($b = -0,610; p < 0,001$). Namun resiliensi tidak mampu berperan sebagai mediator hubungan dukungan sosial terhadap beban *family caregiver* ($b = -0,034; p = 0,324$).

Kata kunci: *Family Caregiver COVID-19; Resiliensi; Dukungan Sosial*

Abstract

The COVID-19 situation poses a threat and brings changes to every individual around the world. One of the groups that has been affected both physically and psychologically is the family caregiver group that cares for COVID-19 patients. This research was conducted through a survey method, using The Multidimensional Scale of Perceived Social Support, The Zarit Burden Interview and the Conor-Davidson Resilience Scale. The research participants involved 208 family caregivers who were caring for COVID-19 patients. The results of data analysis using simple mediation through the JAMOVI 2.2.5 program with the medmod module library. shows that social support has an effect on the burden felt by family caregivers ($b = -0.610; p < 0.001$). However, resilience is not able to play a role as a mediator between social support and the burden on family caregivers ($b = -0.034; p = 0.324$)

Key words: *Family Caregiver COVID-19; Resilience; Social Support*