



INTISARI

Kanker merupakan salah satu penyakit *long term* yang membutuhkan perawatan yang intensif untuk mengurangi gejala yang dialami pasien. Beberapa pasien membutuhkan seorang *caregiver* untuk merawat membantu terapi yang dijalani. Namun, *caregiver* berpotensi mengalami beban *caregiver* saat mengasuh pasien. Tujuan penelitian ini adalah untuk mengetahui gambaran beban yang dialami *caregiver* atau *caregiver burden* keluarga pasien penderita kanker di RSUP Dr. Sardjito, Sleman, Yogyakarta.

Penelitian ini menggunakan pendekatan kualitatif fenomenologis dengan pengambilan data melalui wawancara yang mendalam. Penelitian dilakukan di RSUP Dr. Sardjito, Sleman, Yogyakarta. Responden yang menjadi sumber informasi primer berjumlah 10 orang, yaitu *caregiver* pasien kanker yang beragam. Proses pengumpulan data dilakukan dengan wawancara yang direkam kemudian ditranskrip dengan *microsoft word online*. Data dianalisis dengan metode analisis tematik.

Hasil penelitian menunjukkan banyak kesamaan pada peran *caregiver*, yaitu berfokus pada pemenuhan kebutuhan dan mengurangi beban dikala pasien tidak mampu mandiri di rumah. Selain itu, *caregiver* mendampingi dan menjaga motivasi pasien saat melakukan kontrol di Rumah Sakit. *Caregiver* mengalami beban saat mengasuh pasien namun tidak terlalu berdampak sebab pola pikir dan lingkungan yang sangat mendukung di sekitar *caregiver*.

Kata kunci: kanker, *long term*, *caregiver*, beban, dan masalah



ABSTRACT

Cancer is a long-term disease that requires intensive care to reduce the symptoms experienced by patients. Some patients need a caregiver to help with the therapy they are undergoing. However, caregivers have the potential to experience caregiver burden when caring for patients. The purpose of this study was to describe the burden experienced by caregivers or family caregivers of cancer patients at RSUP Dr. Sardjito, Sleman, Yogyakarta.

This study uses a qualitative phenomenological approach by collecting data through in-depth interviews. The research was conducted in the patient waiting room at the RSUP Dr. Sardjito, Sleman, Yogyakarta. There were 10 respondents who were the primary source of information, namely caregivers of various cancer patients. The data collection process was carried out by interviews which were recorded and then transcribed using Microsoft Word online. Data were analyzed by thematic analysis method.

The results of the study show a lot of comfort in the caregiver role, namely focusing on meeting needs and reducing the burden when the patient is unable to be independent at home. In addition, caregivers accompany and maintain patient motivation when carrying out controls at the hospital. Caregivers experience the burden of caring for patients but it doesn't really have an impact because of the very supportive mindset and environment around the caregiver.

Keywords: cancer, long term, caregiver, burden, and problem.