

## ABSTRAK

**Latar Belakang:** Skizofrenia merupakan gangguan jiwa berat yang disebabkan oleh kelainan perkembangan otak. Orang dengan skizofrenia memerlukan bantuan dalam memenuhi kebutuhan hidup sehari-hari. Caregiver merupakan orang yang memberikan perawatan bagi orang dengan skizofrenia. *Caregiver* keluarga sering kali menanggung beban finansial, emosional, sosial, dan fisik ketika memberikan perawatan kepada penderita skizofrenia.

**Tujuan Penelitian:** Mengetahui gambaran beban keluarga di wilayah kerja Puskesmas Jetis II Bantul dalam merawat ODGJ dan mengetahui gambaran beban fisik, beban emosional, beban ekonomi, dan beban sosial pada *caregiver*.

**Metode:** Penelitian ini merupakan studi deskriptif dengan pendekatan kuantitatif dan menggunakan rancangan *cross-sectional*. Populasi penelitian ini adalah keluarga dari pasien skizofrenia yang terdata menjalani pengobatan di Puskesmas Jetis II Bantul sebanyak 115 orang. Jumlah responden 35 *caregiver* yang ditentukan dengan teknik *consecutive sampling*. Pengambilan data dilakukan secara langsung menggunakan lembar kuisioner *Zarit Burden Interview*. Analisis deskriptif menggunakan uji univariat.

**Hasil:** Hasil menunjukkan bahwa sebagian besar *caregiver* berada pada tingkat beban ringan hingga sedang (37,1%). Nilai rata-rata pada dimensi fisik sebesar  $1,88 \pm 1,21$ , dimensi emosional  $1,75 \pm 1,09$ , dimensi ekonomi ( $2 \pm 0;4$ ), dan dimensi sosial  $1,2 \pm 0;4$ .

**Kesimpulan:** Sebagian besar *caregiver* mengalami beban ringan hingga sedang. Dimensi ekonomi merupakan dimensi yang nilainya paling tinggi dalam beban *caregiver*. Kemudian disusul dimensi fisik, emosional, dan sosial.

Kata kunci: beban *caregiver*, skizofrenia, merawat.

## ABSTRACT

**Background:** Schizophrenia is a serious mental disorder caused by abnormalities in brain development. People with schizophrenia need help to fulfill their daily living needs. A caregiver is a person who provides care for people with schizophrenia. Family caregivers often bear financial, emotional, social, and physical burdens when providing care to people with schizophrenia.

**Objective:** To determining the burden on families in the working area of the Jetis II Bantul Community Health Center in caring for people with mental disorder and to determining understand the description of the physical burden, emotional burden, economic burden and social burden on caregivers.

**Method:** This research is a descriptive study with a quantitative approach and cross-sectional design was used. The population of this study was the families of 115 schizophrenic patients who were registered as undergoing treatment at the Jetis II Bantul Community Health Center. The number of respondents was 35 caregivers who were determined using consecutive sampling technique. Data collection was carried out directly using the Zarit Burden Interview questionnaire sheet. Descriptive analysis uses univariate test.

**Results:** The results show that the majority of caregivers are in the mild to moderate burden category (37.1%). The average score for the physical dimension was  $1.88 \pm 1.21$ , the emotional dimension  $1.75 \pm 1.09$ , the economic dimension ( $2 \pm 0$ ; 4), and the social dimension  $1.2 \pm 0$ ; 4.

**Conclusion:** Most caregivers experience light to moderate burdens. The economic dimension is the dimension with the highest value in caregiver burden. Then followed by physical, emotional and social dimensions.

Key word: caregiver burden, schizophrenia, care.