

INTISARI

Latar belakang: Masalah kejiwaan pada remaja merupakan isu yang semakin meningkat secara global dan menjadi perhatian dalam upaya pembangunan berkelanjutan. Orang tua remaja dengan masalah kejiwaan rentan mengalami *affiliate stigma* dan kecemasan, yang dapat berdampak pada proses perawatan anak secara optimal. *Family psychoeducation* telah terbukti efektif dalam menurunkan *affiliate stigma* dan kecemasan, namun penerapannya belum pernah diteliti pada orang tua remaja dengan masalah kejiwaan.

Tujuan: Menganalisis pengaruh *family psychoeducation* terhadap penurunan skor *affiliate stigma* dan kecemasan orang tua remaja dengan masalah kejiwaan.

Metode: *Quasi experimental pre-test and post-test design with control group* pada 54 responden (27 responden kelompok intervensi dan 27 responden kelompok kontrol) dengan teknik *consecutive sampling*. Intervensi *family psychoeducation* dilakukan sebanyak tiga pertemuan dalam tiga minggu. Kuesioner *The Affiliate Stigma Scale* (ASS) dan *Zung Self Rating Anxiety Scale* (SAS) digunakan untuk mengukur variabel. Analisis data bivariat menggunakan *paired t-test* dan *unpaired t-test*.

Hasil: Sebelum intervensi, rerata skor *affiliate stigma* dan kecemasan antara kelompok intervensi ($47,89 \pm 10,994$; $38,74 \pm 7,435$) dan kontrol ($45,37 \pm 11,633$; $37,96 \pm 8,964$) tidak menunjukkan perbedaan signifikan ($p=0,417$; $p=0,730$). Setelah intervensi, ada penurunan signifikan rerata skor *affiliate stigma* ($40,41 \pm 9,120$, $p<0,001$) dan rerata skor kecemasan ($32,41 \pm 6,681$, $p<0,01$) pada kelompok intervensi, namun tidak ditemukan adanya perbedaan yang signifikan pada kelompok kontrol ($46,56 \pm 10,297$, $p=0,098$; $39,07 \pm 8,731$, $p=0,059$). *Family psychoeducation* efektif menurunkan *affiliate stigma* ($p<0,01$, *Cohen's d*=2,00) dan kecemasan ($p<0,01$, *Cohen's d*=2,128) pada responden.

Kesimpulan: *Family psychoeducation* terbukti efektif dalam menurunkan *affiliate stigma* dan kecemasan orang tua remaja dengan masalah kejiwaan.

Kata kunci: *affiliate stigma*, *family psychoeducation*, kecemasan, masalah kejiwaan remaja, orang tua

ABSTRACT

Background: Adolescent mental health problems are a growing global concern, impacting sustainable development. Parents of adolescents with mental health problems often experience affiliate stigma and anxiety, which can hinder effective caregiving. While family psychoeducation has proven effective in reducing these issues, its application to parents of adolescents with mental health problems has not been specifically studied.

Aim: To analyze the effect of family psychoeducation on reducing affiliate stigma and anxiety among parents of adolescents with mental health problems.

Methods: Quasi experimental pre-test and post-test design with control group was conducted involving 54 respondents (27 each group) selected through consecutive sampling. The intervention consisted of three weekly family psychoeducation sessions. Outcomes were measured using the Affiliate stigma Scale and Zung Self-Rating Anxiety Scale. Bivariate analyses were performed using paired and independent t-tests.

Results: Before the intervention, the mean scores of affiliate stigma and anxiety between the intervention ($47,89 \pm 10,994$; $38,74 \pm 7,435$) and control groups ($45,37 \pm 11,633$; $37,96 \pm 8,964$) showed no significant differences ($p=0,417$; $p=0,730$). However, post-intervention results showed a significant reduction in affiliate stigma ($40,41 \pm 9,120$, $p<0,001$) and anxiety ($32,41 \pm 6,681$, $p<0,01$) in the intervention group, while the control group exhibited no significant change ($46,56 \pm 10,297$, $p=0,098$; $39,07 \pm 8,731$, $p=0,059$). Family psychoeducation was effective in reducing affiliate stigma ($p<0,001$, Cohen's $d=2,00$) and anxiety ($p<0,001$, Cohen's $d=2,128$) among the participants.

Conclusion: Family psychoeducation is proven to be effective in reducing affiliate stigma and anxiety among parents of adolescents with mental health problems.

Keywords: affiliate stigma, family psychoeducation, anxiety, adolescent mental health problems, parents