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Perilaku Mencari Pertolongan Formal Pada Caregiver Orang Dengan Gangguan Mental
YENI FITRIANI, M. Noor Rachman Hadjam, Prof. Dr., S.U., Psikolog
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Dinamika Perilaku Mencari Pertolongan Formal Pada Caregiver Orang dengan Gangguan Mental

Abstrak

Gangguan mental merupakan suatu permasalahan yang banyak terjadi di Indonesia bahkan di dunia. Berdasarkan hasil penelitian yang dilakukan oleh Clement, Schauman, Graham, Maggioni dan Bezborodovs (2015); Yu, Liu, Hu, Liu, Yang, Zhou dan Xiao (2015), lebih dari 30% dari seluruh populasi di dunia mengalami gangguan mental, dan lebih dari dua-pertiganya tidak mendapatkan penanganan. Banyak orang dengan gangguan mental yang belum mendapatkan pertolongan secara formal di Indonesia karena minimnya literasi kesehatan mental yang dimiliki oleh *caregiver* serta adanya pengaruh komunitas dalam menentukan pencarian pertolongan. Berdasarkan permasalahan tersebut, peneliti ingin mengetahui bagaimana dinamika pencarian pertolongan formal pada *caregiver* orang dengan gangguan mental.

Sebanyak tujuh orang *caregiver* ($n=7$) yang tinggal di Kabupaten Sleman dan Kota Yogyakarta diteliti menggunakan metode kualitatif (studi naratif) dengan teknik wawancara mendalam. *Caregiver* ditanya mengenai bagaimana proses pencarian pertolongan yang dilakukan sejak awal gejala gangguan terlihat hingga mendapat pertolongan formal. Hasilnya, ketujuh *caregiver* merasa stres pada saat merawat anggota keluarga yang mengalami gangguan mental dan memutuskan untuk mencari pertolongan dari pihak lain sebagai koping. Sebanyak empat *caregiver* mencari bantuan informal terlebih dahulu dan tiga *caregiver* langsung mencari pertolongan formal.

Kata kunci: *Caregiver*, Perilaku Mencari Pertolongan Formal, Gangguan Mental



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The Dynamics of Formal Help Seeking Behavior of Caregiver of People with Mental Disorder

Abstract

Mental disorder is a problem that occurred a lot in Indonesia and even in the world. Based on the study conducted by Clement, Schauman, Graham, Maggioni and Bezborodovs (2015); Yu, Liu, hu, Liu, Yang, Zhou and Xiao (2015), more than 30% of all of the world population are experiencing mental disorder and more than two thirds of them doesn't receive any treatment. Many people with mental disorder haven't receive formal help in Indonesia because of the lack of mental health literacy possessed by the caregiver and because of the community impact in determining the help seeking behavior. Based on the aforementioned problem, the researcher wanted to determine how the dynamics of formal help seeking behavior in the caregiver of people with mental disorder.

As many as seven caregivers (n=7) were being studied using qualitative method (narative study) with interview technique. The caregivers were being asked about how the help seeking process was conducted since the onset of the disorder until they got formal help. The result showed that those seven caregivers were feeling stressed when they treat their family member with mental disorder and decided to seek help from other parties as their coping. As many as four caregivers were seeking informal help first and three caregivers were seeking formal help directly

Keywords: *Caregiver, Formal Help Seeking Behavior, Mental Disorder*