



INTISARI

Latar Belakang: *Self-efficacy* diartikan sebagai keyakinan individu terhadap kemampuannya dalam menyelesaikan tugas dan berbagai rintangan yang dihadapi. *Self-efficacy* dipercaya mampu memberikan pengaruh positif terhadap *family caregiver* dalam meningkatkan kesehatan emosional, memfasilitasi coping yang adaptif dan secara langsung mampu menurunkan *psychological distress* saat menangani berbagai tantangan ketika merawat pasien demensia.

Tujuan Penelitian: Untuk mengetahui gambaran *self-efficacy family caregiver* dalam merawat pasien demensia.

Metode Penelitian: Jenis penelitian ini adalah deskriptif kuantitatif dengan rancangan *cross sectional*. Responden dalam penelitian ini adalah 53 *family caregiver* pasien demensia di Klinik Memori RSUP Dr. Sardjito Yogyakarta, diseleksi dengan *purposive sampling*. Instrumen penelitian menggunakan *Caregiver Self-efficacy Scale (CaSES)*. Analisis data menggunakan analisis univariat.

Hasil Penelitian: Empat domain penilaian dari efikasi diri *family caregiver* menunjukkan hasil rata-rata yang hampir sama. Domain *self-maintenance* (pemeliharaan diri) sebesar 3,18 (SD ± 0,81), domain *emotional connectivity* (ikatan emosional) sebesar 3,05 (SD ± 0,87), domain *instrumental caregiving* (pelayanan fisik) sebesar 3,15 (SD ± 0,82) dan untuk domain *resilience* (ketahanan) sebesar 2,99 (SD ± 0,85).

Kesimpulan: *Self-efficacy family caregiver* dalam merawat pasien demensia rata-rata memiliki nilai sebesar 3,09 (SD ± 0,84). Hal ini mengindikasikan bahwa *family caregiver* cukup yakin dalam merawat pasien demensia. Domain efikasi diri *family caregiver* dengan nilai tertinggi yaitu *self-maintenance* (pemeliharaan diri) dan yang paling rendah adalah *resilience* (ketahanan)

Kata kunci: demensia, *family caregiver*, *self-efficacy*



ABSTRACT

Background: Self-efficacy is individual beliefs towards his ability to finish assignment and various challenge. Self-efficacy is believed could give positive influence towards family caregiver in terms of improving emotional health, facilitating adaptive coping and directly could reduce psychological distress while handling various challenge treating dementia patient.

Objective: The research was aimed to know the description of self-efficacy family caregiver in treating dementia patient.

Method: This research used quantitative descriptive research with cross sectional study design. Respondents in this research were 53 family caregiver of dementia patient in Memory Clinic of Dr. Sardjito Hospital Yogyakarta, being selected by purposive sampling. This research used Caregiver Self-efficacy Scale (CaSES) as the research instrument. Data analysis was conducted using univariate analysis.

Result: Four assessment domain from family caregiver self-efficacy showed close on average result. Self-maintenance domain of 3.18 (SD \pm 0.81), emotional connectivity domain of 3.05 (SD \pm 0.87), instrumental caregiving domain of 3.15 (SD \pm 0.82) and for resilience domain of 2.99 (SD \pm 0.85).

Conclusion: Self-efficacy family caregiver in treating dementia patient on the average has a value 3.09 (SD \pm 0,84). This indicates that family caregiver is quite confident in treating dementia patients. The family caregiver self-efficacy with highest score is self-maintenance domain and the lowest score of family caregiver self-efficacy is resilience domain.

Keywords: dementia, family caregiver, self-efficacy