

HUBUNGAN EKSPRESI EMOSI ORANG TUA DENGAN KEKAMBUIHAN PASIEN SKIZOFRENIA DI RSJ GRHASIA DAERAH ISTIMEWA YOGYAKARTA

INTISARI

Latar belakang Skizofrenia merupakan gangguan kronis progresif yang mengenai 2,7 per mil penduduk Yogyakarta. Skizofrenia menimbulkan berbagai akibat baik bagi keluarga, mau pun bagi pasien. Skizofrenia sering mengalami kekambuhan. Banyak faktor yang berpengaruh terhadap kekambuhan pasien skizofrenia, salah satunya adalah ekspresi emosi *caregiver*. Mayoritas *caregiver* pasien skizofrenia adalah keluarga, dan sebagian besar adalah orang tua.

Tujuan Untuk mengetahui hubungan antara ekspresi emosi orang tua dengan kekambuhan pasien skizofrenia di RSJ Grhasia DIY

Metode Penelitian ini merupakan penelitian analitik observasional (non eksperimental) dengan rancangan *cross-sectional*. Subjek penelitian ini adalah kedua orang tua kandung pasien skizofrenia di bagian rawat jalan psikiatri RSJ Grhasia DIY. Ekspresi emosi dinilai dengan menggunakan instrumen *Family Questionnaire (FQ)*. Kekambuhan dinilai berdasarkan perawatan di rumah sakit dalam 1 tahun terakhir. Uji statistik menggunakan uji *Kruskal-Wallis* dan uji *Mann-Whitney* dengan tingkat kemaknaan uji statistik ditetapkan $p < 0,05$.

Hasil Jumlah responden adalah 36 orang tua. Uji statistik menunjukkan tidak terdapat hubungan *criticism*, *emotional overinvolvement*, dan ekspresi emosi orang tua dengan kekambuhan ($H = 2,221$, $p = 0,329$; $H = 1,481$, $p = 0,477$, dan $H = 3,303$, $p = 0,192$). Tidak terdapat hubungan *criticism*, *emotional overinvolvement*, dan ekspresi emosi bapak dengan kekambuhan ($Z = -0,357$, $p = 0,721$; $Z = -0,651$; $Z = -0,073$, $p = 0,942$). Terdapat hubungan *emotional overinvolvement*, dan ekspresi emosi ibu dengan kekambuhan ($Z = -2,027$, $p = 0,043$; $Z = -2,326$, $p = 0,020$), namun *criticism* ibu tidak berhubungan dengan kekambuhan ($Z = -1,886$, $p = 0,059$).

Kesimpulan Terdapat hubungan yang bermakna antara *emotional overinvolvement* dan ekspresi emosi ibu dengan kekambuhan pasien skizofrenia.

Kata kunci orang tua, ekspresi emosi, kekambuhan, skizofrenia

THE ASSOCIATION BETWEEN PARENTS EXPRESSED EMOTION AND RELAPSE OF PATIENTS WITH SCHIZOPHRENIA IN GRHASIA MENTAL HOSPITAL SPECIAL REGION OF YOGYAKARTA

ABSTRACT

Background Schizophrenia is a chronic progressive disorder that affects 2.7 per mile of the population of Yogyakarta. Schizophrenia causes a burden for both the family and the patient. Schizophrenia often relapse. Many factors that affect the relapsed of patients with schizophrenia, one of which is caregiver expressed emotions. The majority of caregiver schizophrenic patients are family, and most are parents.

Objective To know the relationship between the parents expressed emotion with the relapse of patient with schizophrenia in Grhasia Mental Hospital Special Region of Yogyakarta.

Methods This was an observational (non experimental) analytic study with cross-sectional design. The subjects of this study were the biological parents of patients with schizophrenia in psychiatric outpatient of Grhasia Mental Hospital Special Region of Yogyakarta. Expressed emotion was assessed using the Family Questionnaire (FQ). Relapse were assessed based on hospital care within the past year. The statistical test using Kruskal-Wallis test and Mann-Whitney test and significance level of statistical test was set $p < 0,05$.

Results The subject was 36 parents. There was no association between parents criticism, emotional overinvolvement, and expressed emotion with relapse ($H = 2,221$, $p = 0,329$; $H = 1,481$, $p = 0,477$, and $H = 3,303$, $p = 0,192$). There was no association between father criticism, emotional overinvolvement, and expressed emotion with relapse ($Z = -0,357$, $p = 0,721$; $Z = -0,651$; $Z = -0,073$, $p = 0,942$). There was association between mother emotional overinvolvement, and expressed emotion with relapse ($Z = -2,027$, $p = 0,043$; $Z = -2,326$, $p = 0,020$), but there was no association between mother criticism and relapse ($Z = -1,886$, $p = 0,059$).

Conclusion There was a significant association between mother emotional overinvolvement and expressed emotion with relapse of patients with schizophrenia.

Keyword parents, expressed emotion, relaps, schizophrenia