

## HUBUNGAN STRATEGI KOPING DENGAN KUALITAS HIDUP PADA FAMILY CAREGIVER PASIEN SKIZOFRENIA DI RSJ GRHASIA DAERAH ISTIMEWA YOGYAKARTA

### INTISARI

**Latar belakang** *Family caregiver* pasien skizofrenia menghadapi berbagai tantangan yang berdampak signifikan terhadap kesehatan mental maupun kesehatan fisik. Kompleksitas yang dihadapi oleh *family caregiver* membutuhkan keterampilan dalam mengatasi beban yang dialami atau dikenal juga sebagai strategi koping. Individu yang lebih sering menggunakan *problem focused coping* lebih mampu menghadapi situasi stres dibandingkan dengan penggunaan *emotion-focused coping* sehingga meningkatkan kualitas hidupnya. Dengan memahami tentang hubungan strategi koping dengan kualitas hidup *family caregiver*, berdampak positif terhadap *outcome* klinis pasien skizofrenia. Oleh karena itu, menjadi penting untuk diteliti tentang hubungan antara strategi koping dan kualitas hidup pada *family caregiver* pasien skizofrenia.

**Tujuan** Untuk mengetahui hubungan antara strategi koping dengan kualitas hidup *family caregiver* pasien skizofrenia di RSJ Grhasia DIY.

**Metode** Penelitian ini merupakan penelitian analitik observasional (non-eksperimental) dengan rancangan *cross-sectional*. Subyek penelitian ini adalah 104 *family caregiver* pasien skizofrenia di bagian rawat jalan psikiatri RSJ Grhasia DIY. Strategi koping dinilai dengan instrumen *Family Coping Questionnaire* (FCQ) versi Indonesia yang sebelumnya dilakukan uji validitas dan reliabilitas oleh peneliti. Kualitas hidup dinilai dengan instrumen *World Health Organization Quality of Life BREF* (WHOQOL-BREF) versi Indonesia. Analisis statistik dilakukan dengan menggunakan uji korelasi *Pearson*. Tingkat kemaknaan uji statistik dinyatakan pada  $p < 0,05$ .

**Hasil** Hasil analisis bivariat menunjukkan hubungan signifikan antara *coercion* dengan domain kesehatan fisik ( $r = -0,201$ ) dan domain psikologik ( $r = -0,268$ ); *avoidance* dengan domain kesehatan fisik ( $r = -0,267$ ), domain psikologik ( $r = -0,408$ ), dan domain hubungan sosial ( $r = -0,319$ ); *resignation* dengan domain psikologik ( $r = -0,255$ ); *alcohol-drugs* dengan domain kesehatan fisik ( $r = -0,232$ ) dan domain psikologik ( $r = -0,256$ ).

**Kesimpulan** Terdapat hubungan yang bermakna antara strategi koping dengan kualitas hidup pada *family caregiver* pasien skizofrenia di RSJ Grhasia DIY.

**Kata kunci** : strategi koping – kualitas hidup – *family caregiver* – skizofrenia – FCQ

***CORRELATION BETWEEN COPING STRATEGY AND QUALITY OF LIFE  
AMONG FAMILY CAREGIVER OF PATIENT WITH SCHIZOPHRENIA IN  
MENTAL HOSPITAL GRHASIA  
SPECIAL REGION OF YOGYAKARTA***

***ABSTRACT***

***Background*** Family caregiver schizophrenia patients face a variety of challenges that have a significant impact on mental health and physical health. The complexity faced by family caregiver requires skill in overcoming the burden experienced or also known as coping strategy. Individuals who more often use problem-focused coping more able to deal with stress situations compared with the use of emotion-focused coping that improve the quality of life. By understanding the relationship between coping strategies and the quality of life of the caregiver family, will have a positive impact on the clinical outcome of schizophrenic patients. Therefore, it becomes important to examine the relationship between coping strategies and quality of life in the caregiver family of schizophrenic patients.

***Objective*** To know the relationship between coping strategy and quality of life among family caregiver of patient with schizophrenia in Mental Hospital Grhasia Special Region of Yogyakarta.

***Methods*** This was an observational analytic study (non-experimental) with cross-sectional design. The subject of this study is 104 family caregiver of patients with schizophrenia in the outpatient psychiatric Mental Hospital Grhasia Special Region of Yogyakarta. Coping strategies were assessed with the Indonesian version of the Family Coping Questionnaire (FCQ) instrument which was previously tested for validity and reliability by the researchers. Quality of life is assessed with the Indonesian version of the World Health Organization Quality of Life BREF (WHOQOL-BREF). Statistical analysis was performed with Pearson correlation test. The significance level of the statistical test was defined at  $p < 0,05$ .

***Results*** The results of bivariate analysis showed a significant relationship between coercion and physical health domain ( $r = -0,201$ ) and psychological domain ( $r = -0,268$ ); avoidance with physical health domain ( $r = -0,267$ ), psychological domain ( $r = -0,408$ ), and social relations domain ( $r = -0,319$ ); resignation with the psychological domain ( $r = -0,255$ ); alcohol-drugs with physical health domain ( $r = -0,232$ ) and psychological domain ( $r = -0,256$ ).

***Conclusion*** There is a significant correlation between coping strategy with the quality of life in family caregiver of schizophrenia patient at Mental Hospital Grhasia Special Region of Yogyakarta.

***Keywords*** : coping strategy - quality of life - family caregiver - schizophrenia - FCQ