

## HUBUNGAN *INSIGHT* DENGAN *SUBJECTIVE WELL BEING* PADA PASIEN SKIZOFRENIA DI RSJ GRHASIA DAERAH ISTIMEWA YOGYAKARTA

### INTISARI

**Latar belakang** Skizofrenia merupakan penyakit kronis yang dapat mengakibatkan masalah fisik, psikologis, dan sosial yang terkait dengan baik penyakit itu sendiri maupun potensi efek samping dari pengobatan. Berbagai aspek tersebut harus diperhitungkan saat menilai *outcome* manajemen medis pasien skizofrenia sehingga perlu penilaian komprehensif, salah satunya adalah penilaian *subjective well being*. Memahami faktor-faktor yang berhubungan dengan *subjective well being* dapat membantu dalam mengidentifikasi intervensi yang sesuai dan meningkatkan tingkat *subjective well being*. Salah satu faktor yang penting adalah *insight*. Beberapa studi tentang hubungan antara *insight* dan *subjective well being* telah menunjukkan hasil tidak konsisten. Sementara beberapa penelitian menemukan hubungan positif antara *insight* dan *subjective well being*, beberapa penelitian lainnya menemukan hubungan negatif.

**Tujuan** Untuk mengetahui hubungan antara *insight* dengan *subjective well being* pasien skizofrenia di RSJ Grhasia Daerah Istimewa Yogyakarta.

**Metode** Penelitian ini merupakan penelitian non-eksperimental dengan rancangan *cross-sectional*. Subyek penelitian ini adalah 105 pasien skizofrenia fase remisi di bagian rawat jalan psikiatri RSJ Grhasia. *Insight* dinilai dengan instrumen *Birchwood Insight Scale (BIS)* versi Indonesia. *Subjective well being* dinilai dengan instrumen *Subjective Well Being under Neuroleptic Treatment Short Form (SWN-S)* versi Indonesia yang sebelumnya dilakukan uji validitas dan reliabilitas oleh peneliti. Analisis statistik dilakukan dengan menggunakan uji korelasi *Pearson*. Tingkat kemaknaan uji statistik dinyatakan pada  $p < 0,05$ .

**Hasil** *Insight* mempunyai hubungan yang bermakna dengan *subjective well being* pasien skizofrenia dengan arah korelasi negatif ( $r = -0,202$ ,  $p = 0,039$ ).

**Kesimpulan** Terdapat hubungan negatif yang bermakna antara *insight* dengan *subjective well being* pasien skizofrenia di RSJ Grhasia DIY.

**Kata kunci** : *subjective well being* – *insight* – skizofrenia – SWN-S

## THE CORRELATION BETWEEN INSIGHT AND SUBJECTIVE WELL BEING AMONG SCHIZOPHRENIC PATIENTS IN MENTAL HOSPITAL GRHASIA SPECIAL REGION OF YOGYAKARTA

### ABSTRACT

**Background** Schizophrenia is a chronic disease with episodic or continuous evolution that can lead to physical, psychological, and social problems associated with both the disease itself and the potential side effects of treatment. These aspects should be taken into account when assessing the outcome of medical management of schizophrenic patients so that a comprehensive assessment is required, one of which is the assessment of subjective well being. Understanding the factors associated with subjective well being can help in identifying appropriate interventions and improving the subjective well being level. One important factor is insight. Several studies of the correlation between insight and subjective well being have showed inconsistent results. While some studies have found a positive correlation between insight and subjective well being, several other studies have found a negative correlation.

**Objective** To know the correlation between insight and subjective well being among schizophrenic patients in Mental Hospital Grhasia Special Region of Yogyakarta.

**Methods** This was a non-experimental study with cross-sectional design. The subjects of this study are 105 of schizophrenic patients in the outpatient psychiatric Mental Hospital Grhasia Special Region of Yogyakarta. Insight is assessed with the Indonesian version of the Birchwood Insight Scale (BIS). Subjective well being were assessed with the Indonesian version of the Subjective Well Being under Neuroleptic Treatment Short Form (SWN-S) instrument which was previously tested for validity and reliability by the researchers. Statistical analysis was performed with a pearson correlation test. The significance level of the statistical test was defined at  $p < 0.05$ .

**Result** Insight was significantly negative correlated with subjective well being in schizophrenic patients ( $r = -0,202$ ,  $p = 0,039$ ).

**Conclusion** There was a significant negative correlation between the insight with subjective well being of schizophrenic patients in the Grhasia Mental Hospital, Yogyakarta.

**Keywords** : subjective well being – insight – schizophrenia - SWN-S