

INTISARI

Latar Belakang: Skizofrenia merupakan penyakit jiwa berat kronis yang ditandai dengan gejala psikotik pada penderitanya. Prevalensi penderita skizofrenia di Yogyakarta menempati peringkat pertama dengan angka 2,7 permil penduduk. Perawatan dan pengobatan skizofrenia dilakukan dalam lingkungan keluarga yang menyebabkan interaksi dan efek yang kompleks antara keluarga dan pasien. Ekspresi emosi merupakan kondisi sosial keluarga dalam berinteraksi dengan pasien. Banyak faktor yang mempengaruhi dan dapat memprediksi ekspresi emosi, salah satunya merupakan tingkat pendidikan keluarga.

Tujuan Penelitian: Penelitian ini memiliki tujuan mengetahui hubungan tingkat pendidikan dengan ekspresi emosi bapak dan ibu pasien skizofrenia di Rumah Sakit Jiwa Grhasia Daerah Istimewa Yogyakarta.

Metode Penelitian: Jenis penelitian ini adalah penelitian analitik observasional dengan desain penelitian *cross-sectional*. Subjek penelitian yang dipilih merupakan orang tua pasien skizofrenia RSJ Grhasia DIY yang telah memenuhi kriteria. Ekspresi emosi diukur menggunakan instrumen *Family Questionnaire* (FQ). Karakteristik demografis orang tua dianalisis menggunakan analisis univariat. Tingkat pendidikan digolongkan menjadi 2 kelompok, tinggi dan rendah. Hubungan antara tingkat pendidikan dengan ekspresi emosi, komentar kritis dan keterlibatan emosi berlebih orang tua dianalisis menggunakan uji bivariat *chi square* dan *Fisher Exact Test* dengan nilai $p < 0,05$.

Hasil Penelitian: Diperoleh 36 orang tua pasien yang memenuhi kriteria dan bersedia mengikuti penelitian. Uji komparasi *Fisher Exact* menunjukkan hasil adanya perbedaan proporsi yang bermakna pada tingkat pendidikan rendah dan tinggi pada komentar kritis bapak ($p = 0,011$). Bapak yang memiliki tingkat pendidikan rendah berpeluang 9x memiliki komentar kritis yang rendah (OR : 9,000 (95% IK : 1,550-52,266)). Tidak terdapat perbedaan proporsi yang bermakna antara tingkat pendidikan dengan ekspresi emosi ($p = 0,056$) dan keterlibatan emosi berlebih ($p = 0,675$) bapak. Tidak terdapat perbedaan proporsi yang bermakna antara tingkat pendidikan dengan ekspresi emosi ($p = 0,058$), EOI ($p = 0,224$) dan CC pada ibu ($p = 0,247$).

Simpulan : Terdapat perbedaan proporsi yang bermakna antara tingkat pendidikan rendah dan tinggi pada komentar kritis yang ditunjukkan bapak pasien skizofrenia di Rumah Sakit Jiwa Grhasia Daerah Istimewa Yogyakarta.

Kata kunci: ekspresi emosi, bapak, ibu, tingkat pendidikan, skizofrenia.

ABSTRACT

Background: Schizophrenia is a chronic and serious mental disorders that characterized by psychotic features in its patients. Yogyakarta has the most schizophrenic patient in Indonesia with 2,7 permile prevalence rate. Nowadays, schizophrenia's treatment is based on family environment which create a complex effect and interaction between the patient and their family. Expressed emotion is an indicator for pattern of communication and interaction between the patient and their family. Many factors that could influence and predict expressed emotion, and one example from that is educational attainment of the parent.

Objective: This study has a goal to determine the relationship between educational attainment and father's and mother's expressed emotion of schizophrenic patients in Ghrasia Mental Health Hospital Daerah Istimewa Yogyakarta.

Methods: An observational analyitic study with cross-sectional design. The subjects were schizophrenic patients' parents in Ghrasia Mental Health Hospital Daerah Istimewa Yogyakarta that had fullfilled the criterias. Expressed emotion was measured by Family Questionnaire (FQ). Demographic characteristic of parents were analized univariately. Educational level was categorized into 2 groups (high educational level and low educational level). The relationship between educational attainment and fathers' and mother's expressed emotion was determined by the chi-square test and Fisher exact test. The results are considered statistically significant when the probability value <0.05 is obtained.

Results : There were 36 parents as respondents of this study that had fullfilled the criterias and agreed to participate in this study. The Fisher exact test showed that there was a statistically significant differences in proportion between father's educational level and criticism to patients ($p= 0.011$). The Odds Ratio value is 9.00 (95% CI : 1,550-52,266). While there were no significance differences in proportion between father's educational level and expressed emotion ($p = 0,056$) and emotional overinvolvement ($p = 0,675$). There were no statistically significant differences in proportion between mother's educational level and expressed emotion ($p = 0,058$), critical comment ($p = 0,247$) and emotional overinvolvement ($p = 0,224$).

Conclusion : There was a statistically significant differences in proportion between educational attainment and father's critical comments of schizophrenic patients in Ghrasia Mental Health Hospital Daerah Istimewa Yogyakarta.

Key word: expressed emotion, father, mother, educational attainment, schizophrenia.