

## INTISARI

**Latar Belakang:** Skizofrenia adalah penyakit gangguan jiwa yang bersifat kronis dan progresif dengan ciri utama gejala psikotik yang diderita oleh 1% penduduk dunia. Yogyakarta menduduki peringkat kedua angka penderita skizofrenia di Indonesia. Prevalensi onset kejadian skizofrenia banyak dimulai di usia muda serta didominasi oleh laki-laki. Sekitar 50-92% pasien skizofrenia mengalami kekambuhan walaupun sedang dalam masa pengobatan. Ekspresi emosi *caregiver* yang tinggi merupakan salah satu faktor yang mengakibatkan kekambuhan sebesar 8 kali. Secara umum, orang tua merupakan *caregiver* pasien skizofrenia.

**Tujuan Penelitian:** Penelitian ini memiliki tujuan mengetahui signifikansi perbedaan ekspresi emosi bapak dan ibu pasien skizofrenia di Rumah Sakit Jiwa Ghrasia Daerah Istimewa Yogyakarta.

**Metode Penelitian:** Jenis penelitian ini adalah penelitian analitik observasional dengan desain penelitian *cross-sectional*. Subjek penelitian merupakan orang tua pasien skizofrenia RSJ Ghrasia DIY yang sesuai dengan kriteria. Data yang diambil didapat dari data sekunder melalui instrumen *Family Questionnaire (FQ)* yang mengukur kadar ekspresi emosi orang tua. Karakteristik demografis orang tua dianalisis menggunakan analisis univariat. Uji signifikansi menggunakan uji bivariat *chi square* dengan nilai  $p < 0,05$ .

**Hasil Penelitian:** Didapatkan sebanyak 36 orang tua sebagai partisipan penelitian. Uji *chi square* menunjukkan tidak adanya hubungan yang signifikan perbedaan *criticism*, *emotional overinvolvement* dan ekspresi emosi orang tua pasien skizofrenia ( $p = 0,609$ ;  $0,276$ ;  $0,810$ ).

**Simpulan :** Tidak terdapat perbedaan yang signifikan antara ekspresi emosi bapak dan ibu pasien skizofrenia di RSJ Ghrasia Daerah Istimewa Yogyakarta.

**Key word:** ekspresi emosi, bapak, ibu, kekambuhan, skizofrenia.

## ABSTRACT

**Background:** Schizophrenia is a chronic and progressive mental disease, characterized with main psychotic features which is suffered by 1% worldwide population. Yogyakarta is the second city with the most schizophrenic patients in Indonesia. Incidence schizophrenic disease often occurred from young age, also the disease is dominated by men. About 50-92% schizophrenic patients rehospitalized even already took prescriptions. The higher expressed emotions of schizophrenic patients' parents, the more patients are rehospitalized to the number of 8 recurrences. Generally, parents become caregivers of schizophrenic patients.

**Objective:** this study has a goal to determine the different significant of father's and mother's expressed emotion of schizophrenic patients in Ghrasia Mental Health Hospital Daerah Istimewa Yogyakarta.

**Methods:** An observational analytic study with cross-sectional design. The subjects were schizophrenic patients' parents in Ghrasia Mental Health Hospital Daerah Istimewa Yogyakarta with suitable criterias. Datas were obtained through Family Questionnaire (FQ) instrument which measured parents' expressed emotion as secondary datas. Demographic characteristic of parents were analyzed univariately. Significance were tested using chi square bivariately with p value <0.05

**Results :** There were 36 parents as responden of this study. The chi square test showed that there was no significant association of difference between father's and mother's criticism, emotional overinvolvement, and expressed emotion of schizophrenic patients (p= 0,609; 0.276; 0.810) respectively.

**Conclusion :** There is no significant difference of father's and mother's expressed emotion of schizophrenic patients in Ghrasia Mental Health Hospital Daerah Istimewa Yogyakarta.

**Key word:** expressed emotion, father, mother, rehospitalized, schizophrenia.