

STRATEGI KOPING SEBAGAI MODERATOR HUBUNGAN ANTARA BEBAN SUBJEKTIF DENGAN KUALITAS HIDUP *FAMILY CAREGIVER* PENDERITA CKD HEMODIALISA

Intisari

Family caregiver membutuhkan kualitas hidup yang baik untuk menjalankan perannya dalam mendampingi penderita. Namun, ada faktor-faktor yang dapat menurunkan kualitas hidup salah satunya adalah beban subjektif. Tujuan dari penelitian ini adalah untuk mengetahui apakah strategi koping dapat berperan sebagai moderator bagi hubungan antara beban subjektif dan kualitas hidup pada *family caregiver* penderita CKD Hemodialisa. Penelitian ini melibatkan 124 orang *family caregiver*. Alat ukur yang digunakan adalah Skala *World Health Organization Quality of Life BREF*, Skala *Zarit Caregiver Burden Scale*, dan Skala *The Coping Responses Inventory- Adult Form*. Hasil penelitian menunjukkan bahwa strategi koping dapat menjadi moderator hubungan antara beban subjektif dan kualitas hidup pada *family caregiver* CKD Hemodialisa. Lebih rinci, *Approach Coping* memperkuat hubungan, sedangkan *avoidance coping* memperlemah hubungan. Hasil analisis selengkapnya dibahas dalam laporan penelitian

Kata kunci: *kualitas hidup, beban subjektif, strategi koping, approach coping, avoidance coping, family caregiver CKD hemodialisa.*

COPING STRATEGIES AS A MODERATOR OF RELATIONSHIP BETWEEN SUBJECTIVE BURDEN AND QUALITY OF LIFE AMONG FAMILY CAREGIVER OF CKD PATIENTS WITH HEMODIALYSIS

Abstract

Family caregivers need to be concern about their quality of life to carry out their rules. However, there are some factors can decreased quality of life, one of which is subjective burden. The aim of this study was to find out whether coping strategies can act as a moderator for the relationship between subjective burden and quality of life in the family caregiver of CKD patients with Hemodialysis. Quality of life was measured by the World Health Organization Quality of Life BREF scale, subjective burden was measured by the Zarit Caregiver Burden Scale, and coping strategies were measured by the Scale Coping Responses Inventory-Adult Form. The subject of this study was a 124 family caregiver of CKD patients with Hemodialysis. The results of this study show coping strategies can act as moderator variable in the relationship between subjective burden and quality of life among family caregiver of CKD hemodialysis patients. Further result will be discussed.

Keywords: *quality of life, subjective burden, strategies coping, approach coping, avoidance coping, family caregiver of CKD patients with Hemodialysis.*