

***The Role of Adaptive Coping Strategy, The Perception of Social Support  
and The Socioeconomic Status toward the Burden on Caregiver Family of  
People with Schizophrenia***

***Aulia Afriany<sup>(1)</sup> Diana Setiyawati<sup>(2)</sup>***

***University of Gadjah Mada***

**ABSTRACT**

*Schizophrenia is a severe mental disorder with a low rate of curing, experiencing a high disability, being dysfunction in a productive work, hence, it caused the burden on caregivers' family. The Adaptive coping strategy, the perception of social-support, and the caregiver's socioeconomic status hypothesized as to contribute to the caregiver's burden. Therefore, this study is aimed to examine whether the adaptive coping strategy, the perception of social support, and socioeconomic status has a role as predictors of the burden of family caregiver on taking care of ODS. The study was used a quantitative method. The data was collected using a purposive sampling technique. The subjects were involved 110 ODS of caregiver family. The data was analyzed using the Zarit Burden Interview Scale, several aspects of Adaptive Coping Strategies and Social Support Perceptions, as well as the questionnaires for Socio-Economic Status. The results of the multiple regression analysis found that adaptive coping strategies, perceptions of social support, and socioeconomic status has contributed to caregiver family's burden ( $F = 5.238$ ,  $R$  Square =  $0.129$ ,  $p < 0.01$ ). The perception of social support has played a greater role in reducing the level of burden on ODS of caregiver family compared to the adaptive coping strategies and the caregiver socioeconomic status.*

*Keywords: Caregiver burden, perception of social support, schizophrenia, the socioeconomic status, adaptive coping strategies*

## Peran Strategi Koping Adaptif, Persepsi Dukungan Sosial dan Status Sosial Ekonomi Terhadap Beban *Caregiver* Keluarga Orang Dengan Skizofrenia

Aulia Afriany <sup>(1)</sup> Diana Setiyawati <sup>(2)</sup>

Universitas Gadjah Mada

### ABSTRAK

Skizofrenia merupakan gangguan jiwa berat yang ditandai distorsi berpikir, persepsi, bahasa, rasa diri dan perilaku. Tingkat kesembuhan yang rendah, kecacatan yang tinggi, hingga ketidakberfungsian dalam pekerjaan yang produktif, menjadikan orang dengan skizofrenia (ODS) bergantung pada *caregiver*, sehingga menimbulkan beban perawatan pada *caregiver*. Strategi koping adaptif, persepsi dukungan sosial, dan status sosial ekonomi *caregiver* berkontribusi terhadap beban *caregiver*. Hipotesis penelitian ini adalah strategi koping adaptif, persepsi dukungan sosial, dan status sosial ekonomi merupakan prediktor beban *caregiver* keluarga yang melakukan perawatan pada ODS. Penelitian menggunakan metode kuantitatif, dengan teknik *purposive sampling*. Subjek melibatkan 110 *caregiver* keluarga ODS. Pengumpulan data menggunakan Skala Zarit Burden Interview, Strategi Koping Adaptif, dan Persepsi Dukungan Sosial, serta kuesioner demografi untuk Status Sosial Ekonomi. Hasil analisis dengan regresi ganda menunjukkan bahwa strategi koping adaptif, persepsi dukungan sosial, dan status sosial ekonomi berperan terhadap beban *caregiver* ( $F = 5,238$ ,  $R \text{ Square} = 0,129$ ,  $p < 0,01$ ). Strategi koping adaptif, persepsi dukungan sosial, dan status sosial ekonomi memberikan sumbangan efektif terhadap beban sebesar 12,9%. Persepsi dukungan sosial memiliki peran yang lebih besar dalam menurunkan tingkat beban pada *caregiver* keluarga ODS dibandingkan strategi koping adaptif dan status sosial ekonomi *caregiver*.

Kata kunci: Beban *caregiver*, persepsi dukungan sosial, skizofrenia, status sosial ekonomi, strategi koping adaptif