

## Abstract

The data show that family caregivers of patients with chronic disease often experience psychological burdens such as family caregivers of people with diabetes mellitus. The purpose of this study was to measure the effectiveness of group psychoeducation program to reduce psychological burden on family caregivers of diabetics. Participants in this study were 11 family caregiver of diabetics. The design of this study was untreated control group design with dependent pretest and posttest samples. Participants were given 6 sessions group psychoeducation program. Data collected using a caregiver burden scale at pretest and posttest. The results of statistical analysis independent sample t-test indicates there were significant differences between the scores of psychological burden in the experimental and control group with the t value = -4.651 and  $p = 0.001$  ( $p < 0.05$ ). Therefore it can be concluded that the group psychoeducation program effectively reduce psychological burden on family caregiver of diabetics.

Keywords: Psychological burden, group psychoeducation program, family caregivers of diabetics

## Abstrak

Data menunjukkan bahwa *family caregiver* dari penderita penyakit kronis seringkali mengalami beban psikologis, diantaranya adalah *family caregiver* dari penderita diabetes mellitus. Tujuan dari penelitian ini adalah mengetahui efektivitas program psikoedukasi kelompok dalam menurunkan beban psikologis pada *family caregiver* penderita diabetes mellitus. Partisipan dalam penelitian ini berjumlah 11 orang *family caregiver* pasien diabetes mellitus. Penelitian ini menggunakan desain penelitian eksperimen kuasi *untreated control group design with dependent pretest and posttest samples*. Partisipan diberikan enam sesi program psikoedukasi kelompok. Pengukuran dilakukan dengan menggunakan skala beban psikologis pada saat *pretest* dan *posttest*. Hasil analisis statistik *independent sample t-test* menunjukkan ada perbedaan yang signifikan antara skor beban psikologis pada kelompok eksperimen dan kelompok kontrol dengan nilai  $t = -4,651$  dan  $p = 0,001$  ( $p < 0,05$ ). Oleh karena itu dapat diambil kesimpulan bahwa program psikoedukasi kelompok efektif digunakan dalam menurunkan beban psikologis pada *family caregiver* diabetes mellitus.

Kata kunci : beban psikologis, program psikoedukasi kelompok, *family caregiver* penderita diabetes mellitus.