

Kualitas Relasi Sosial Orang dengan Skizofrenia (ODS) pada Masa Pemulihan di Masyarakat Daerah Istimewa Yogyakarta

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Abstrak

Manusia sebagai makhluk sosial termasuk ODS (Orang Dengan Skizofrenia) membutuhkan relasi. Salah satu dampak skizofrenia, relasi atau jejaring sosial menjadi rusak sehingga menghambat pemulihan. Pada ODS, hambatan harus diperbaiki karena relasi menjadi dasar pemulihan. Penelitian bertujuan melihat gambaran kualitas relasi ODS dan dinamikanya pada masa pemulihan di masyarakat Daerah Istimewa Yogyakarta. Penelitian menggunakan metode kualitatif dengan pendekatan fenomenologi. Partisipan berjumlah empat ODS dengan riwayat kekambuhan berkisar dua sampai empat tahun yang lalu. Hasil penelitian menunjukkan, ODS pada masa awal pemulihan, mengalami hambatan dalam berelasi terutama pada aspek timbal balik. Hambatan relasi berkurang apabila partner relasi menjadi sumber dukungan yang memadai dan adanya motivasi dari diri ODS untuk menjadi bagian dari komunitas. Relasi sosial dipengaruhi oleh konsep *tangga kui sedulur cedak*, *semanak semedulur*, *guyub rukun*. Keberagaman yang kuat terwujud saat ODS berelasi dengan orang-orang dekat yang memberikan rasa nyaman, menerima, sikap peduli, *ngemong* sehingga mendukung pemulihan. Aspek keleluasaan dalam berelasi didapatkan dari orang-orang yang dapat dipercaya dan bersikap positif pada ODS sehingga merasa di-*wongke* dan dianggap setara dalam berelasi. Timbal balik yang diberikan ODS turut menciptakan suasana yang *anyem* (tentram), *manut* (mengikuti peraturan, arahan) dan *enthengan* (ringan tangan= senang membantu). Model relasi demikian menjadi bentuk dari model relasi *communal sharing* dan *authority ranking*. Model relasi *communal sharing* tampak pada relasi dengan keluarga dan tetangga. Sementara model *authority ranking* tampak pada relasi dengan tenaga kesehatan dan tokoh masyarakat. Model relasi *authority ranking* penting untuk menciptakan ketaatan ODS terhadap rangkaian proses pemulihan.

Kata Kunci: *ODS, Relasi Sosial, Pemulihan di Masyarakat*

**Social Relation Quality among People with Schizophrenia (ODS)
undergoing Recovery Living in the Community of Daerah Istimewa
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Abstract

As social human being, there is a need of building social relationship, including people with schizophrenia (ODS). One of major impact on people having schizophrenia is damage of social relation and network which leads to recovery disrupt. This obstacle needs to be fixed as social relation is an underpinning of recovery. This research aims to picture the social relation quality of ODS undergoing recovery living in the community of Daerah Istimewa Yogyakarta. A qualitative method using phenomenology approach was used in this research. The data of the research were gathered using in depth interview, observation, and document search. There were four participants joined in this research. The results of the study showed that in the early recovery period, patients experiencing some obstacle especially in feedback aspect. Relation obstacle became lessened when the relation partner become an adequate support source and a self-motivation to be a part of the society. Social relation influenced by the concepts of *tangga kui sedulur cedak*, *semanak*, *semedulur*, and *guyub rukun*, which will be explained later in the text. A wide variety of relation can happen when ODS has a social relation and then feel comforted, accepted, and cared which represented by the term of *ngemong*, so the recovery become supported. A sense of liberated in terms of express their feeling can be achieved by trusted person and people with a positive behavior to them, so they were feeling humanized and taken into account in the relationship. Feedback given to the ODS also given and supporting a good atmosphere in the relationship which represented by the term of *ayem* (peaceful), *manut* (compliant), and *entengan* (kindly help each other) which are also will be explained in the text. Those relation model becomes a form of communal sharing and authority ranking. Communal sharing model showed by the relation with family and neighbourhood. While authority ranking showed on relation with healthcare professional and public figure in the community. Authority ranking model is important to build an environment that support compliance in recovery process.

Keywords: *people with schizophrenia, social relation, recovery in the community*