

PERAN REGULASI EMOSI DAN SKEMA DIRI TERHADAP HALUSINASI AUDITORI PASIEN SKIZOFRENIA PARANOID

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INTISARI

Penelitian ini bertujuan untuk mengetahui peran regulasi emosi dan skema diri terhadap halusinasi auditori pasien skizofrenia paranoid.

Subjek penelitian merupakan 50 pasien skizofrenia paranoid yang sebelumnya telah didiagnosis secara klinis mengalami halusinasi auditori oleh psikolog. Subjek diseleksi oleh psikolog berdasar kemampuannya untuk berinteraksi dan berkomunikasi. Teknik pengambilan subjek adalah dengan metode purposive sampling. Untuk alat pengumpul data digunakan skala regulasi emosi, skala skema diri, dan skala halusinasi auditori. Data dianalisis dengan analisis regresi.

Hasil analisis menunjukkan bahwa: (1) terdapat peran yang positif dan signifikan antara skema diri terhadap halusinasi auditori pada pasien skizofrenia paranoid ($F=22,636$; $p=0,000$; $R=0,601$; dan $R^2=0,361$), (2) sumbangan prediktor (R^2) skema diri 36,1%; (3) Skema diri memiliki peran positif dan signifikan terhadap halusinasi auditori ($B=1,808$; dan $p=0,000$).

Kata kunci: regulasi emosi, skema diri, halusinasi auditori, skizofrenia paranoid

**THE ROLE OF EMOTION REGULATION AND SELF-SCHEMA IN AUDITORY
HALLUCINATION ON PATIENTS WITH PARANOID SCHIZOPHRENIA**

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ABSTRACT

The role of emotion regulation and self-schema in auditory hallucination on patients with paranoid schizophrenia was studied.

50 patients with paranoid schizophrenia clinically diagnosed as having auditory hallucination by psychologist. Subjects were also selected by psychologist based on their good ability to interact and communicate. Purposive technique sampling was used in collecting data. Emotion regulation scale, self-schema scale, and auditory hallucination were the data collection instruments. Data was analyzed by using regression analysis.

Result showed that: (1) there was a positive and significant role of self-schema in auditory hallucination on patients with paranoid schizophrenia ($F=22,636$; $p=0,000$; $R=0,601$; and $R^2=0,361$), (2) the contribution of the predictor (R^2) of self-schema 36,1%; (3) self-schema had a positive and significant role in auditory hallucination ($B=1,808$; and $p=0,000$).

Keywords: emotion regulation, self-schema, auditory hallucination, paranoid schizophrenia