

ABSTRAK

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Upaya Peningkatan Resiliensi pada *Caregiver* Pasien Skizofrenia: *Literature Review*

Latar belakang: Skizofrenia merupakan penyakit kejiwaan berdampak jangka panjang. Dampak tersebut dialami juga oleh pendamping pasien atau *caregiver*. *Caregiver* rentan mengalami beban dan stress berlebih yang dapat mengganggu perannya sebagai pendamping dan keberfungsian dalam keluarga. Resiliensi yang adekuat diperlukan agar *caregiver* dapat menghadapi tekanan serta berfungsi optimal dalam merawat pasien skizofrenia.

Tujuan: Penelitian bertujuan untuk menguraikan upaya peningkatan resiliensi pada *caregiver* pasien skizofrenia berdasarkan bukti ilmiah yang tersedia.

Metode: Penelitian menggunakan metode studi deskriptif dengan pendekatan *literature review*. *Database* yang digunakan ProQuest, PubMed, Science Direct, Wiley Online Library dan GARUDA. Artikel diseleksi berdasarkan kesesuaian kata kunci, topik serta kriteria inklusi dan eksklusi yang ditentukan. Artikel yang digunakan dalam penelitian berjumlah enam artikel yang terbit pada rentang waktu 2015-2021. Instrumen telaah kritis yang digunakan adalah instrumen Hawker.

Hasil: Terdapat 12 upaya peningkatan resiliensi *caregiver* pasien skizofrenia yaitu mengidentifikasi dan mengevaluasi pengalaman merawat serta keberfungsian keluarga, meregulasi emosi, mengenali karakteristik dan sumber resiliensi, meningkatkan dan mempertahankan sumber koping adaptif, merencanakan penguatan koping adaptif, pandangan hidup positif, adanya harapan, keterbukaan terhadap kritik, ajaran iman untuk tulus ikhlas, rasa cinta dan kasih sayang, penguatan dukungan sosial, melakukan meditasi dan yoga *mindfulness-cognitive based intervention*.

Simpulan: Keduabelas upaya peningkatan resiliensi *caregiver* pasien skizofrenia didapatkan dari bukti ilmiah yang valid sehingga dapat dijadikan referensi ilmiah untuk diaplikasikan sebagai intervensi asuhan keperawatan.

Kata kunci : *Caregiver*, Resiliensi, Skizofrenia, Upaya Peningkatan Resiliensi.

ABSTRACT

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Improving Resilience in Caregiver of Schizophrenic Patients: A Literature Review

The Backgrounds: Schizophrenia is a long-term psychiatric disease. It also affects the patient's companion or caregiver. The caregivers are vulnerable to excessive burdens and stress that can interfere with their role as companions and their functioning in the family. Adequate resilience is needed so that caregivers can deal with stress and function optimally in treating schizophrenic patients.

The Objectives: This study aimed to describe efforts to increase resilience in caregivers of schizophrenic patients based on available scientific evidence.

The Methods: The study used a descriptive study method with a literature review approach. The databases used were ProQuest, PubMed, Science Direct, Wiley Online Library, and GARUDA. Articles were selected based on suitability of keywords, topics and the specified inclusion and exclusion criteria. There were six articles found. They were published in the 2015-2021 period. The critical assessment instrument used was the Hawker instrument.

The Results: There were 12 efforts to increase caregiver resilience of schizophrenia patients, namely identifying and evaluating the experience of caring for and functioning of the family, regulating emotions, recognizing characteristics and sources of resilience, increasing and maintaining source of adaptive coping, planning for strengthening adaptive coping, positive outlook on life, having hope, openness to criticism, teachings of faith to be sincere, love and compassion, strengthening social support, doing meditation and yoga mindfulness-cognitive based intervention.

The Conclusions: The twelve efforts to increase caregiver resilience for schizophrenia patients are obtained from valid scientific evidence. Therefore, they can be used as scientific references to be applied as nursing care intervention.

Keywords : Caregiver, Resiliency, Schizophrenia, Efforts to Increase Resiliency Interventions.