

ABSTRAK

Latar belakang: Penderita gangguan jiwa berat dapat menimbulkan beban bagi semua pihak, termasuk diantaranya keluarga, masyarakat dan pemerintah karena produktivitas yang menurun. Proses adaptasi diperlukan agar masyarakat menyadari akan perannya dalam perawatan penderita gangguan jiwa. Adaptasi yang baik dapat meningkatkan resiliensi masyarakat dalam membantu perawatan penderita gangguan jiwa berat. Tujuan penelitian ini adalah untuk mengembangkan model adaptasi dalam upaya meningkatkan resiliensi masyarakat pada perawatan penderita gangguan jiwa berat. **Metode:** Penelitian ini menggunakan metode riset dan pengembangan (*Research and Development*) dengan tiga tahapan penelitian, yaitu melalui pendekatan observasional analitik, diskusi kelompok terarah dan pra eksperimen. Sampel penelitian ini sejumlah 205 orang masyarakat yang tinggal di Wilayah Kerja Puskesmas Bantur, Kabupaten Malang, Jawa Timur, Indonesia. Penelitian ini menggunakan sejumlah kuesioner dan analisis menggunakan analisis deskriptif, SEM-PLS, dan uji McNemar. **Hasil dan Kebaharuan:** Hasil penelitian menunjukkan bahwa adaptasi sosial merupakan indikator utama dari adaptasi. Dalam penelitian ini, adaptasi dipengaruhi oleh strategi koping ($p=0,007$). Strategi koping masyarakat dipengaruhi oleh penilaian masalah ($p=0,000$) dan dukungan sosial ($p=0,005$). Adaptasi juga mempengaruhi resiliensi masyarakat ($p=0,022$). Berdasarkan hasil uji pra eksperimen, model adaptasi berpengaruh terhadap resiliensi masyarakat ($p=0,000$). Kebaharuan penelitian ini adalah model adaptasi dapat dijadikan sebagai salah satu upaya untuk meningkatkan resiliensi masyarakat dalam membantu perawatan penderita gangguan jiwa berat sehingga dapat menjadi masyarakat yang lebih adaptif melalui peningkatan modal sosial. **Kesimpulan:** Kesimpulan penelitian ini adalah model adaptasi dapat meningkatkan resiliensi masyarakat dalam membantu perawatan penderita gangguan jiwa berat melalui peningkatan modal sosial dan pencegahan stigma sehingga masyarakat mampu berpartisipasi dalam proses pemulihan penderita di masyarakat.

Kata Kunci: Adaptasi, Resiliensi Masyarakat, Perawatan, Penderita Gangguan Jiwa Berat

ABSTRACT

Background: People with severe mental disorders can cause burdens to those involved in it, including families, communities and the government because of a decrease in their productivity level. The adaptation process is needed so that people are aware of their role in the care of people with mental disorders. Good adaptations can improve society resilience in helping the care for people with severe mental disorders. The purpose of this study was to develop an adaptation model in an effort to increase society resilience in the care of people with severe mental disorders. **Method:** This study used a research and development method, which was divided into three stages, namely observational analytic approach, focus group discussion and pre-experimental study. The sample of this study was 205 people living in the working area of Community Integrated Health Center, Bantur, Malang District, East Java, Indonesia. This study used a number of questionnaires and it was analyzed using descriptive analysis, SEM-PLS, and McNemar's test. **Results and Novelty:** The results of the study indicated that social adaptation was a major indicator of adaptation. The study revealed that adaptation was influenced by coping strategies ($p=0.007$). In addition to this, society coping strategies were influenced by problem appraisal ($p=0.000$) and social support ($p=0.005$). Further, adaptation affected society resilience ($p=0.022$). The findings of the pre-experimental study showed that the adaptation model influenced society resilience ($p=0.000$). The novelty of this study is that the adaptation model can be used as an effort to increase society resilience in helping the care of people with severe mental disorders, to become a more adaptive society by increasing social capital. **Conclusion:** It can be concluded that the adaptation model can increase society resilience in helping the care of people with severe mental disorders through increased in social capital and stigma prevention so that the society can participate in the recovery process of people with severe mental disorders in the community.

Keywords: Adaptation, Society Resilience, Caring, People with Severe Mental Disorders