

ABSTRAK

PENGARUH *MOBILE MENTAL HEALTH EDUCATION CAREGIVER GROUP* (MMHECG) TERHADAP KEMAMPUAN KELUARGA MERAWAT PASIEN SKIZOFRENIA

Oleh: Suhardiana Rachmawati

Latar belakang: Pasien skizofrenia membutuhkan dukungan keluarga dalam menjalani proses perawatan di rumah. Dukungan keluarga dapat ditingkatkan dengan pemberian informasi dari tenaga kesehatan melalui media *smartphone*. Penelitian ini bertujuan menganalisis pengaruh MMHECG terhadap kemampuan keluarga dalam merawat pasien skizofrenia.

Metode: Penelitian ini menggunakan desain *Quasy eksperimental pre-post control group design*. Sampel penelitian sebanyak 41 responden kelompok perlakuan dan 41 responden kelompok kontrol. Sampel diambil melalui *non probability sampling* dari keluarga yang menjalani rawat jalan di Klinik Kesehatan Jiwa RSJ. Dr. Radjiman Wediodiningrat Lawang. Variabel independen dalam penelitian ini adalah MMHECG sedangkan variabel dependen adalah kemampuan keluarga merawat pasien skizofrenia yang meliputi pencegahan kekambuhan, kepatuhan pengobatan, keberfungsian sosial dan resosialisasi. Data diperoleh melalui kuesioner dan dianalisis dengan menggunakan uji *Wilcoxon Signed Ranks Test* dan *Mann-Whitney U Test* dengan tingkat signifikansi $\alpha < 0,05$.

Hasil dan analisis: Hasil penelitian dengan *Wilcoxon Signed Ranks Test* menunjukkan ada perbedaan kemampuan pada kelompok perlakuan (pencegahan kekambuhan $p = 0,000$, kepatuhan pengobatan $p = 0,000$, keberfungsian sosial $p = 0,000$, resosialisasi $p = 0,000$) dan kelompok kontrol (pencegahan kekambuhan $p = 0,002$, kepatuhan pengobatan $p = 0,066$, keberfungsian sosial $p = 0,146$, resosialisasi $p = 0,117$). Hasil uji *Mann-Whitney U test* menunjukkan pengaruh MMHECG terhadap pencegahan kekambuhan ($p = 0,000$), kepatuhan pengobatan ($p = 0,002$), keberfungsian sosial ($p = 0,000$) dan resosialisasi ($p = 0,000$).

Kesimpulan: Pemberian MMHECG dapat meningkatkan kemampuan keluarga merawat pasien skizofrenia melalui pencegahan kekambuhan, kepatuhan pengobatan, keberfungsian sosial dan resosialisasi sehingga keluarga mampu merawat pasien skizofrenia dengan lebih baik.

Kata kunci: skizofrenia, *smartphone*, kemampuan keluarga

ABSTRACT**THE EFFECT OF MOBILE MENTAL HEALTH EDUCATION CAREGIVER GROUP (MMHECG) ON FAMILY ABILITY TREATING SCHIZOPHRENIA PATIENTS**

By: Suhardiana Rachmawati

Introduction: Schizophrenic patients need family support to undergo the home care process. Family support can be improved by providing information from health workers through smartphone media. This study aims to analyze the influence of MMHECG on the ability of families to treat schizophrenic patients.

Method: This study used an experimental quasy pre-post control group design. The study sample was 41 respondents in the treatment group and 41 respondents in the control group. Samples were taken through non-probability sampling from families undergoing outpatient care at the RSJ Mental Health Clinic. Dr. Radjiman Wediodiningrat Lawang. The independent variable in this study was MMHECG while the dependent variable was the ability of the family to care for schizophrenic patients which included prevention of relapse, medication adherence, social functioning and resocialization. Data were obtained through questionnaires and analyzed using the Wilcoxon Signed Ranks Test and Mann-Whitney U Test with a significance level of $\alpha < 0.05$.

Results and analysis: The results of the study with the Wilcoxon Signed Ranks Test showed that there were differences in ability in the treatment group (prevention of recurrence $p = 0,000$, medication compliance $p = 0,000$, social functioning $p = 0,000$, resocialization $p = 0,000$) and control group (prevention of recurrence $p = 0.002$, medication adherence $p = 0.066$, social functioning $p = 0.146$, resocialization $p = 0.117$). The results of the Mann-Whitney U test showed the effect of MMHECG on prevention of recurrence ($p = 0,000$), medication adherence ($p = 0,002$), social functioning ($p = 0,000$) and resocialization ($p = 0,000$).

Conclusion: The administration of MMHECG can improve the ability of families to treat schizophrenic patients through prevention of recurrence, medication adherence, social functioning and resocialization so that families are able to treat schizophrenic patients better.

Keywords: schizophrenia, smartphone, family abilities