

## ABSTRAK

HUBUNGAN SELF EFFICACY DENGAN RESILIENSI DAN KUALITAS HIDUP  
CAREGIVER YANG MERAWAT PENDERITA SKIZOFRENIA  
DI RSUD Dr SOETOMO SURABAYA

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**Pendahuluan :** Pengambil alihan tanggung jawab merawat penderita skizofrenia tanpa pelatihan dan sumber daya yang terbatas menyebabkan ketidakpercayaan seorang *caregiver*. Aktifitas fisik, emosional, tekanan sosial dirasakan terus menerus dan dalam jangka waktu lama akan berdampak pada resiliensi (ketahanan) dan kualitas hidup *caregiver*. Tujuan peneliti ingin mengetahui hubungan antara *self efficacy* dengan resiliensi dan kualitas hidup *caregiver* skizofrenia **Metode:** *crosssectional* dengan data kuantitatif sejumlah 216 *caregiver* skizofrenia yang berkunjung dipoli jiwa RSUD Dr Soetomo Surabaya. Pengambilan sampel dengan teknik *purposive sampling*. Instrumen yang digunakan adalah Kuesioner *Generally self Efficacy Scale* (GSES), Kuesioner *Connor Davidson Resiliensi Scale* ( CD-RISC) dan Kuesioner *Skizofrenia Caregiver Quality of Life Questionnaire* (SC-QoL) kemudian dianalisis oleh uji statistik korelasi Spearman Rho. **Hasil :** Pada penelitian variabel pertama menunjukkan adanya hubungan yang signifikan antara *self efficacy* dengan resiliensi *caregiver* skizofrenia dan searah dengan nilai  $p\text{-value}=0,000$  dan  $r = 0,435$ . Menandakan semakin tinggi *self efficacy* seseorang *caregiver* semakin tinggi pula resiliensinya. Pada variabel kedua yaitu adanya hubungan yang signifikan tetapi berbanding terbalik antara *self efficacy* dengan kualitas hidup *caregiver* skizofrenia dapat dilihat dari nilai  $p\text{-value}=0,039$  dengan  $r = -0,141$ . Menandakan semakin tinggi *self efficacy* seorang *caregiver* semakin buruk kualitas hidupnya **Diskusi:** pengharapan penguasaan diri yang tinggi menyebabkan mampu menyikapi masalah dengan baik akan tetapi pengharapan penguasaan diri yang tinggi bisa menyebabkan kualitas hidup buruk karena sangat kelelahan dengan usaha mencapai harapannya.

Keywords : *caregiver* skizofrenia, *self efficacy*, resiliensi, kualitas hidup

ABSTRACT  
RELATIONSHIP OF SELF EFFICACY WITH RESILIENCE AND QUALITY OF  
LIVING CAREGIVERS TREATING SCIZOFRENIA PATIENTS  
IN RSUD Dr. SOETOMO SURABAYA

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**Introduction:** Taking responsibility for caring for schizophrenics without training and limited resources causes a caregiver's lack of confidence. Physical, emotional, social pressure is felt continuously and in the long run, will have an impact on resilience (resilience) and quality of caregiver's life. wanted to know the relationship between self-efficacy with resilience and quality of life of schizophrenic caregiver **Method:** cross-sectional with quantitative data of 216 schizophrenia caregivers who visited the mental dipole Dr. Soetomo Hospital Surabaya. Sampling with purposive sampling technique. The instruments used were Generally Self Efficacy Scale (GSES) Questionnaire, Connor Davidson Resilience Scale (CD-RISC) Questionnaire and Schizophrenia Caregiver Quality of Life Questionnaire (SC-QoL) Questionnaire and then analyzed by Spearman Rho statistical test. **Results:** In the study of the first variable showed a significant relationship between self-efficacy and resilience of the schizophrenic caregiver and in the same direction with p-value = 0,000 and  $r = 0.435$ . Indicates the higher the self-efficacy of a caregiver, the higher the civilization. In the second variable, there is a significant but inversely related relationship between self-efficacy and the quality of life of the schizophrenic caregiver can be seen from the value of p-value = 0.039 with  $r = -0.141$ . Indicates the higher the self-efficacy of a caregiver the worse the quality of his life **Discussion:** high self-control expectations lead to being able to respond to problems well but high self-control expectations can lead to poor quality of life because it is very tired by trying to achieve his expectations.

Keywords: schizophrenia caregiver, self-efficacy, resilience, quality of life