

## ABSTRAK

### **Peran *Perceived Social Support* terhadap Kesejahteraan Psikologis dari Keluarga Sebagai *Family Caregiver* dari Orang dengan Skizofrenia Rawat Jalan serta Tinjauannya dalam Islam**

Tantangan yang dimiliki oleh *family caregiver* dalam melakukan perawatan terhadap ODGJ skizofrenia mengakibatkan *caregiver* tidak dapat memenuhi fungsinya secara optimum, dimana hal ini berkaitan dengan kesejahteraan psikologisnya. Oleh karena itu, *family caregiver* dari ODGJ skizofrenia rawat jalan membutuhkan adanya *perceived social support* yang dapat bersumber dari teman, keluarga atau *significant others*. Tujuan dari penelitian ini adalah untuk mengetahui peranan dari *perceived social support* terhadap kesejahteraan psikologis dari keluarga sebagai *family caregiver* ODGJ skizofrenia rawat jalan. Penelitian ini menggunakan pendekatan kuantitatif dengan metode pengambilan data *non-probability purposive sampling*. Sampel dalam penelitian ini berjumlah 57 partisipan. Kedua alat ukur penelitian adalah *Multidimensional Perceived Social Support* yang berjumlah 12 aitem ( $\alpha = 0,855-0,914$ ) dan *Ryff psychological well being* 42 aitem ( $\alpha = 0,605-0,757$ ). Hasil penelitian menunjukkan bahwa dimensi teman berperan signifikan terhadap dimensi *personal growth*, *positive relationship*, dan *purpose in life* dan dimensi keluarga berperan terhadap dimensi *enviromental mastery*, dan dimensi *significant others* tidak berperan signifikan terhadap semua dimensi dari kesejahteraan psikologis. Hasil penelitian ini sejalan dalam peranan masing-masing dimensi *perceived social support* terhadap kesejahteraan psikologis pada *family caregiver* dalam tinjauan Islam, dimensi teman dan keluarga pada *perceived social support* memiliki peranan terpisah terhadap masing-masing dimensi-dimensi pada kesejahteraan psikologis.

Kata Kunci: *Perceived Social Support*; Kesejahteraan Psikologis; *Family Caregiver* dari ODGJ skizofrenia rawat jalan

## ABSTRACT

### **The Role of Perceived Social Support on Psychological Wellbeing of Families as Family Caregiver of People with Schizophrenia Outpatient and Their Overview in Islam**

The challenges that family caregivers have in taking care of schizophrenic ODGJ result in the caregiver not being able to fulfill his function optimally, which is related to his psychological well-being. Therefore, family caregiver from ODGJ outpatient schizophrenia requires the presence of perceived social support that can be sourced from friends, family or significant others. The purpose of this study was to determine the role of perceived social support for psychological well-being of families as outpatient schizophrenic family caregiver ODGJ. This research uses a quantitative approach with a non-probability purposive sampling data collection method. The sample in this study amounted to 57 participants. The two measurement tools are Multidimensional Perceived Social Support, amounting to 12 items ( $\alpha = 0.855-0.914$ ) and Ryff psychological well-being 42 items ( $\alpha = 0.605-0.757$ ). The results showed that the dimensions of friends have a significant role on the dimensions of personal growth, positive relationships, and purpose in life and the family dimension have a role in environmental dimensions of mastery, and the dimensions of significant others do not have a significant role in all dimensions of psychological well-being. The results of this study are in line with the role of each dimension of perceived social support for psychological well-being of family caregivers in the review of Islam, the dimensions of friends and family on perceived social support have a separate role in each of the dimensions of psychological well-being.

*Keywords: Perceived Social Support; Psychological Well Being; Family caregiver of ODGJ schizophrenia outpatient.*