

RESILIENSI *FAMILY CAREGIVER* YANG MERAWAT PASIEN KANKER DI RSUD PANEMBAHAN SENOPATI BANTUL

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INTISARI

Latar Belakang: Resiliensi menggambarkan individu yang mampu bertahan dan bangkit kembali setelah menghadapi tantangan atau kesulitan dalam kehidupan. Individu yang dapat mengatasi tantangan hidup dan mempertahankan kesehatan energinya sehingga dapat menjalankan hidup sehat dapat dikatakan individu yang resilien.

Tujuan: Mengetahui gambaran dan karakteristik resiliensi *family caregiver* yang merawat pasien kanker di RSUD Panembahan Senopati Bantul.

Metode: Penelitian ini menggunakan metode deskriptif dengan pendekatan kuantitatif dengan jumlah sampel 52 responden, teknik pengambilan *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Connor Davidson resilience 10-scale*, data dianalisis dengan statistik deskriptif.

Hasil: Nilai median resiliensi *family caregiver* yang merawat pasien kanker di RSUD Panembahan Senopati Bantul adalah 30, yang berarti bahwa ketahanan diri *family caregiver* termasuk tinggi. Nilai terendah yang diperoleh responden adalah 25 dan paling tinggi adalah 40 dari rentang skor 10-40.

KESIMPULAN: Perlu adanya program dukungan psikososial yang lebih terfokus untuk membantu *family caregiver* yang memiliki nilai resiliensi lebih rendah, seperti konseling, kelompok dukungan, atau pelatihan manajemen stres.

Kata Kunci: Resiliensi, *Family Caregiver*

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Resilience Family Caregivers Caring For Cancer Patients

At RSUD Panembahan Senopati Bantul

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ABSTRACT

BACKGROUND: Resilience describes individuals who are able to endure and recover after facing challenges or difficulties in life. Individuals who can overcome life's challenges and maintain their energy and well-being to lead a healthy life can be considered resilient.

OBJECTIVE: This research is aimed at understanding The overview and characteristics of resilience among family caregivers who care for cancer patients at RSUD Panembahan Senopati Bantul.

Method: This was quantitative research with a descriptive approach. The data collection technique used was purposive sampling with a total of 52 respondent cancer. The data were analyzed using descriptive statistics.

Result: The median value of resilience family caregivers caring for cancer patients at Panembahan Senopati Bantul Regional Hospital are 30, which means that The self-resilience of family caregivers is high. The lowest score obtained by respondents was 25 and the highest was 40 from a score range of 10-40.

Conclusion: There needs to be a psychosocial support program that is more focused on helping family caregivers who have a lower resilience score (for example, a score of 25), such as counseling, support groups, or stress management training.

Keywords: Resilience, Family Caregiver

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