

THE ADAPTATION MODEL OF CAREGIVER IN TREATING FAMILY MEMBER WITH SCHIZOPHRENIA IN KEDIRI, EAST JAVA

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ABSTRACT

BACKGROUND: Schizophrenia is a severe mental disorder that is characterized by impaired reality (e.g. hallucination and delusion), inability to communicate, unnatural or blunt affect, cognitive disorder (e.g. bizarre abstract thinking), and difficulty in doing daily activities. Normally, the family is most affected by the presence of people with schizophrenia. Adaptation of care giver is important in the care of family member with schizophrenia, as it sustains the process of treatment and prevents relapse of schizophrenia. This study aimed to develop an adaptation model of care giver in families with a schizophrenic member.

SUBJECT AND METHODS: This was a cross sectional study conducted in Kediri, East Java. A sample of 135 families with a schizophrenic member was selected by random sampling from 9 health centers in Kediri. The dependent variable was willingness to give care to a schizophrenic family member. The independent variables included care giver's perception, self-efficacy, self-esteem, access to community resource, and coping effort. A structured questionnaire was developed to collect the data. The data was analyzed by path analysis model.

RESULTS: Positive perception of the care giver ($b=0.19$; $p<0.05$), strong self-efficacy ($b=0.22$; $p>0.05$), access to community resource ($b=0.24$; $p<0.05$), and strong coping effort ($b=12.17$; $p<0.05$), increased willingness to care for a schizophrenic family member. In contrast, higher self-esteem of the care giver ($b=-0.25$; $p<0.05$) decreased willingness to care for a schizophrenic family member. Care giver's perception was affected by stress due to caring for a family member with schizophrenia, especially schizophrenia with aggressive behavior.

CONCLUSION: An adaptation model of caring for a family member with schizophrenia can be developed, based on finding of this study that there is positive association between perception of the care giver, self-efficacy, access to community resource, and coping effort, and increased willingness to care for a schizophrenic family member. Higher self-esteem of the care giver is negatively associated with willingness to care for a schizophrenic family member.

Keywords: schizophrenia, care giver, adaptation model