



COPING MECHANISM TOWARDS CAREGIVER ADAPTATION ABILITY IN CARING FOR CLIENTS WITH SCHIZOPHRENIA IN ACEH: A CROSS-SECTIONAL STUDY

Mohd. Rizal Fahmi Adha¹. Siti Nurafifah Qarimah²

¹ Universitas Bina Bangsa Getsempena, Banda Aceh, Indonesia

² Akademi Keperawatan Kesdam Iskandar Muda Banda Aceh, Indonesia

*Corresponding Email: mohd.rizalfahmiadha@gmail.com

ABSTRAK

Caregivers who care for schizophrenic clients are at risk of experiencing psychological problems, one of which is high levels of stress, so good adaptation skills are needed. This study aims to determine the effect of threat coping on caregivers' adaptability in caring for schizophrenic clients in Aceh using a *cross sectional study* approach. The sampling technique used a multistage random sampling technique with a sample size of 180 respondents. Data collection uses instruments, namely demographic data which includes age, gender, marital status, education, employment, relationship with clients, and income. The next instruments are the *Coping Scale* and *Occupational Adaptation Questionnaire of Family Caregiver (QAQC)* to assess coping mechanisms on caregiver adaptation abilities. . The results showed that the majority of caregivers were women (97.8%), aged between 46 and 55 years (71.7%), marital status was widower (66.1%), the relationship between caregiver and patient was mother (69, 4%), basic income education (72.2%) and below the provincial minimum wage (83.3%). Bivariate tests showed that there was a relationship between coping mechanisms ($p=0.024$) and caregivers' adaptability in caring for schizophrenic clients ($p=0.000$). It can be concluded that coping mechanisms can influence caregivers' adaptability in caring for schizophrenic clients. It is recommended that the attention of Community Health Centers, especially Aceh, can provide important information in caring for schizophrenic clients to their caregivers.

Kata kunci: *Caregiver, Adaptability, Schizophrenia, Coping Mechanisms.*

INTRODUCTION

Schizophrenia is a serious mental disorder that attacks 20 million people worldwide which is characterized by deviations in thinking, perception, emotions, language, self-perception and behavior such as hallucinations (hearing, seeing or feeling things that are not there) and delusions. (wrong beliefs are still maintained even though they do not match reality) (WHO, 2019). The World Health Organization (WHO, 2022), states that around 24 million people or 1 in 300 people (0.32%) worldwide suffer from schizophrenia.

Riskesdas data (2018) shows that the prevalence of household members suffering from schizophrenia is recorded at 282,654 people in Indonesia, where the highest cases of schizophrenia are in the Bali region, namely 11.1 per million, Yogyakarta Special Region around 10.4 per million, West Nusa Tenggara around 9.6 per mile, West Sumatra 9.1 per mile, South Sulawesi around 8.8 per mile and the Aceh region is ranked sixth in cases of schizophrenia, namely 8.7 per mile. Meanwhile, schizophrenia based on residence shows that more schizophrenia cases are experienced by individuals who live in rural areas, namely 7.0 per mile compared to individuals who live in urban areas, namely 6.4 per mile. Furthermore, Aceh Province Riskesdas Data (2018) shows that the prevalence of household members with the mental disorder Schizophrenia was recorded in Aceh at 11,061 people, where the highest cases of schizophrenia were in North Aceh Regency, namely 1,274 people, Pidie, namely 934 people. , Bireun namely 905 people, East Aceh 826 people. population and Aceh Besar Regency is ranked fifth in people with schizophrenia mental disorders, namely 823 people with schizophrenia.

Aceh Besar Regency itself has 23 sub-districts and 604 villages out of a total of 289 sub-districts and 6,497 villages throughout Aceh Province. In 2017, the population in this region was around 384,618 people (out of the total population of Aceh Province which was 4,486,570 people) consisting of 197,005 men and 187,613 women. The largest population is in Darul Imarah District, namely 51,017 people consisting of 25,924 men and 25,093 women spread across 32 villages.

Data from the Aceh Besar District Health Service (2021) shows that the highest number of people suffering from severe mental disorders (ODGJ) who receive health services are in the Kuta Baro District area, namely 193 people, 108 people in Suka Makmur District, 100 people in Seulimum District. Jantho City as many as 99 people, Krueng Barona Jaya District as many as 79 people, Want Jaya District as many as 77 people, Simpang Tiga District as many as 76 people and Darul Imarah District as many as 73 people.

The results of interviews with six Community Health Center nurses in the Aceh area stated that the high rate of schizophrenia was caused by family indifference in caring for clients with schizophrenia, lack of family knowledge in caring for clients with schizophrenia, non-compliance in taking medication

and inadequate care provided by the family while the client was in hospital. home so that it is very easy for clients to relapse. Apart from that, caregivers feel that caring for clients with schizophrenia is a disgrace for their families, so that clients are left without optimal care, the high level of public stigma towards families with schizophrenia and the burden and stress felt by caregivers also have an impact on the psychological condition and mental health of the caregiver.

The client's recovery cannot be separated from the family's role as Caregiver where the Caregiver is someone who lives with the client for 6 months or 1 year who is fully responsible for family members who experience mental disorders starting from preparing food, clothing, medicine, accompanying the client during treatment to health service facilities (Heru, 2021). Caregiver is a job that is not easy where individuals are required to be able to adapt to various conditions that they have never experienced before, such as high levels of stress experienced by the individual themselves, stigma received in the environment where they live, work that is starting to be disrupted and costs that are not the family has to spend a small amount on treatment for schizophrenia sufferers (Afriyeni, 2020).

Caregivers need adaptation to care for schizophrenia patients. Adaptability itself is the process of adapting or changing oneself according to environmental conditions. This is influenced by the individual's way of dealing with various perceived problems, dealing with various changes and situations that affect the individual's own psychology, such as stress and burdens felt (Afriansyah, 2019).

The coping mechanisms felt by caregivers are closely related to the caregiver's inability to adapt to new situations and poor coping mechanisms so that caregivers appear burdened by the presence of family members who experience mental disorders.

This is confirmed by research conducted by Fitriani, (2020) regarding the influence of coping strategies on stress levels in informal caregivers who care for schizophrenia sufferers in the outpatient clinic of the Dr. Soeharto Heerdjan mental hospital, West Jakarta, saying that the coping strategy used by caregivers is coping that adaptive such as support from friends and family, relaxing oneself and drawing closer to Allah SWT.

In line with the opinion expressed by Afriyeni, (2020) being a caregiver in caring for clients with mental disorders is not easy, caregivers are required to be able to adapt to various conditions, such as the high stress experienced by the caregiver themselves, then the stigma received in the environment where they live. , work is starting to be disrupted and families have to pay a lot of money for treatment of schizophrenia sufferers.

Apart from the above phenomena, researchers see that mental health problems are becoming a very serious problem because the number of mental disorders in the world is increasing every year. This has a big impact on the adaptability of families or caregivers in caring for family members who

experience mental disorders. One of the studies on factors related to the adaptability of caregivers in caring for clients with schizophrenia is still very little done in Indonesia so researchers are interested in researching this one further. factors related to caregiver adaptability, namely coping mechanisms in caring for clients with schizophrenia in Aceh Besar District.

METHODS

The design used in this research is a cross sectional study where each research respondent is observed only once, and the risk factors and effects measured are analyzed based on the circumstances and time of the study. The relationship between risk factors and effects and data collection is carried out on each variable simultaneously at the same time.

In this study, researchers analyzed the dependent variable, namely the caregiver's adaptability, then linked it to the independent variable, namely coping mechanisms. This research uses instruments, namely demographic data sheets, and the Coping Scale and Occupational Adaptation Questionnaire of Family Caregiver (QAQC) instruments.

Demographic data includes age, gender, marital status, education, employment, relationship with clients, and income. Data collection was carried out by distributing questionnaires and guided interviews. This study was approved by the local institutional ethics committee, and respondents signed informed consent and participated in the study voluntarily

RESULTS AND DISCUSSION

The research results obtained are as follows:

The average age of caregivers is in the age range 46-55 (71.7%), the caregiver's relationship with the client is mostly mother (69.4%), the most dominant gender is female (97.8%), caregiver's marital status is widows (66.1%), caregivers with basic education (72.2%), caregivers not working (81.1%) and caregivers earning less than the UMP (83.3%). For clearer results, the demographic data of respondents can be seen in table 1 below:

Table

Frequency Distribution of Data on Characteristics of Caregiver Respondents for Schizophrenia Clients

No	Demographic Data	Frekuensi	Persentase
1	age		
	late teens (17-25 years)	1	0.6
	early adulthood (26-35 years)	14	7.8
	late adulthood (36-45 years)	36	20
		129	71.7

	early erderly (46-55 years)		
2	The <i>caregiver's</i> relationship with the clients	4	2.2
	father	125	69.4
	mother	26	14.4
	wife	24	13.3
	older brother	1	0.6
	husband		
3	Gender		
	Man	4	2.2
	Woman	176	97.8
4	Marital status		
	Not married yet	6	3.3
	Marry	55	30.6
	widow	119	66.1
5	Level of education		
	Base	130	72,2
	intermediate	41	22,8
	Tall	9	5,0
6	work		
	trader	22	12.2
	farmer	4	2.2
	civil servants	8	4.4
	doesn't work	146	81.1
7	Income in UMP		
	Below UMP	150	83,3
	UMP	30	16,7

This research found that the age of 46-55 years is the dominant age for caregivers who care for schizophrenic clients. This is in line with previous research which shows that the age of most caregivers is early elderly between 46-55 years (Singkali et al, 2019). This is also in line with the explanation that

almost 57.14% of caregivers who care for schizophrenic clients are over 55 years old (Dewi, 2018). The age between 46 and 55 years is an early age for the elderly, at this age caregivers have a stable emotional state so that it is easier to adapt to the environment and manage stress so that in this case it has an impact on caring for clients with schizophrenia.

The fact that most of the caregivers in this study were women. This is also in line with previous research where the dominant caregivers are women (Nafiah, 2019). The average monthly income of caregivers is below the provincial minimum wage. in line with previous research, most caregivers' income is below the provincial minimum wage (Nafiah, 2019). Then the average education level of caregivers is basic education. This is in line with previous research, most of them have basic education (Nafiah, 2019). The largest caregiver is the client's mother with a percentage of 69.4% of 180 respondents. In line with previous research, most caregiver relationships with clients are with their mothers (Dewi, 2018).

Apart from demographic data, this study aims to measure the relationship between coping mechanisms and caregivers' adaptability in caring for schizophrenic clients using the Pearson product-moment test. The test results can be seen in table 2.

Table. 2
Correlation of Coping Mechanisms with Caregiver Adaptation Ability

Independen variable	<i>R</i>	<i>P</i>
Coping mechanisms	-0.715	0.000
Number of respondent 180		

Dependent Variable: *Caregiver* Adaptation ability

CONCLUSION

Based on the research results and discussion, it can be concluded that there is an influence of coping mechanisms on caregivers' adaptability in caring for clients with schizophrenia in Aceh.

It is hoped that future researchers will be able to develop research with different designs by adding self-efficacy and self-esteem variables as research variables.

ACKNOWLEDGEMENT

The author would like to thank all parties who have helped complete this research, especially the community health centers in the Aceh area and the respondents who have participated in this research.

REFERENCES

- Afriansyah, A. (2019). Pelayanan panti werdha terhadap adaptasi lansia. *Responsive*, 2(4), 190–198.
- Afriyani, N. (2020). Pengaruh Psikoedukasi Terhadap Pengetahuan dan Beban Caregiver Skizofrenia. *Jurnal Ilmu Perilaku*, 4(1), 60–73.
- Dewi, G. K. (2018). Pengalaman Caregiver dalam Merawat Klien Skizofrenia di Kota Sungai Penuh. *Jurnal Endurance*, 3(1), 200.
- Fitriani, A. (2020). Psikoterapi Suportif Pada Penderita Skizofrenia Hebefrenik. *Proyeksi*, 13(2), 123. <https://doi.org/10.30659/jp.13.2.123-133>
- Fitriani, R. D. (2020). Pengaruh Strategi Coping Terhadap Tingkat Stres Pada Caregiver Informal Yang Merawat Penderita Skizofrenia Di Poli Rawat Jalan Rumah Sakit Jiwa Dr. Soeharto Heerdjan Jakarta Barat. *Jurnal Delima Harapan*, 7(2), 128–133.
- Heru, M. J. A. (2021). Anger Management Berbasis Spiritual Care dalam Meningkatkan Regulasi Emosi Caregiver Klien Skizofrenia: A Systematic Review. *Forikes Ejournal*, 12(2), 219–224.
- Riskesdas. (2018). Laporan Riskesdas Nasional.pdf.
- Riskesdas. (2018). Laporan Riskesdas Provinsi Aceh.pdf.
- Singkali D.P, Nihayati H.E, M. (2019). Kemampuan Caregiver merawat klien skizofrenia di Rumah Sakit Daerah Madani Sulawesi Tengah. *Jurnal Penelitian Kesehatan Suara Forikes*, 10(4), 2017–2020.
- WHO. (2019). Mental Disorders. <https://www.who.int/news-room/fact-sheets/detail/mental-disorders>
- WHO. (2022). Schizophrenia <https://www.who.int/news-room/fact-sheets/detail/schizophrenia>