

HUBUNGAN DUKUNGAN SOSIAL DAN TINGKAT STRESS DENGAN KEJADIAN *BURNOUT* PADA *FAMILY CAREGIVER* LANSIA DI KELURAHAN CIAPUS BOGOR

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Abstrak

Banyaknya beban yang ditanggung *family caregiver* merupakan salah satu hal negatif dari mengasuh lansia, dan jika tidak mendapatkan dukungan sosial akan berdampak pada stress yang dapat memicu timbulnya *burnout*. Penelitian ini bertujuan untuk mengetahui hubungan dukungan sosial dan tingkat stress dengan kejadian *burnout* pada *family caregiver* lansia di Kelurahan Ciapus, Bogor. Metode yang digunakan yaitu *cross-sectional* dengan uji *Chi Square* untuk mengetahui hubungan antara variabel dukungan sosial, tingkat stress, dan *burnout*. Teknik *sampling* menggunakan *stratified random sampling* pada 222 *family caregiver* lansia. Instrumen yang digunakan meliputi MSPSS (*The Multidimensional Scale of Perceived Social Support*), KCSS (*Kingston Caregiver Stress Scale*), serta MBI-HSS (*Maslach Burnout Inventory-Human Service Survey*). Hasil penelitian ini menunjukkan bahwa terdapat hubungan antara dukungan sosial dan stress dengan *burnout* dengan nilai *p-value* 0.000 dan 0.000 yang bermakna $p < 0.05$. Diharapkan penyedia layanan kesehatan memberikan dukungan bagi *family caregiver* dan mengadakan program konseling terkait stress atau *burnout* sehingga keluarga mampu memberikan perawatan yang terbaik agar kualitas hidup lansia meningkat. Adanya temuan dalam penelitian ini mengklarifikasi hasil temuan sebelumnya dan menambah informasi lebih lanjut sehingga peneliti selanjutnya dapat melakukan penelitian terkait faktor lain yang dapat memengaruhi *burnout* pada *family caregiver* lansia.

Kata Kunci: *Burnout*, Dukungan Sosial, *Family Caregiver*, Lansia, Tingkat Stres

RELATIONSHIP BETWEEN SOCIAL SUPPORT AND STRESS LEVELS WITH BURNOUT IN ELDERLY FAMILY CAREGIVERS IN CIAPUS VILLAGE BOGOR

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Abstract

The amount of burden borne by family caregivers is one of the negative things about caring for the elderly, and if they don't get social support it will impact stress which can trigger the onset of burnout. This study aims to determine the relationship between social support and stress levels with the incidence of burnout in elderly family caregivers in Ciapus Village, Bogor. The method used was cross-sectional using Chi-Square test to determine the relationship between variables such as social support, stress levels, and burnout. The sampling technique used was stratified random sampling on 222 elderly family caregivers. The instruments used are MSPSS (The Multidimensional Scale of Perceived Social Support), KCSS (Kingston Caregiver Stress Scale), and MBI-HSS (Maslach Burnout Inventory-Human Service Survey). This study shows that there's a relationship between social support and stress with burnout with a p-value of 0.000 and 0.000 which means $p < 0.05$. It is hoped that health service providers will provide support for family caregivers and conduct counseling programs related to stress or burnout so that families can provide the best care so that the quality of life of the elderly increases. The findings in this study clarify the previous findings and add further information so that future researchers can conduct research related to other factors that can affect burnout in elderly family caregivers.

Keywords: Burnout, Elderly, Family Caregiver, Social Support, Stress Levels