

HUBUNGAN *BURDEN FAMILY* DAN DUKUNGAN SOSIAL DENGAN KUALITAS HIDUP *FAMILY CAREGIVER* LANJIA YANG MEMILIKI PENYAKIT KRONIS DI KELURAHAN TANJUNG DUREN UTARA

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Abstrak

Lansia dengan penyakit kronis memerlukan pendampingan dari *family caregiver*, karena merupakan kelompok rentan dengan keadaan fisik yang cukup lemah. *Family caregiver* dapat merasakan *burden family* karena kurangnya dukungan sosial pada *family caregiver*, jika hal ini tidak segera diatasi akan menurunkan kualitas hidup *family caregiver*. Penelitian ini bertujuan untuk mengetahui hubungan antara *burden family* dan dukungan sosial terhadap kualitas hidup *family caregiver* lansia yang memiliki penyakit kronis di Kelurahan Tanjung Duren Utara. Metode penelitian yang digunakan adalah *cross-sectional* dengan uji korelasi spearman untuk mengetahui hubungan antara variabel *burden family*, dukungan sosial dengan kualitas hidup *family caregiver*. Teknik sampling yang digunakan adalah total sampling dengan jumlah sampel 189 *family caregiver*. Instrumen yang digunakan diantaranya Kuesioner Zarit *Burden Interview* (ZBI), *Multidimensional Scale of Perceived Social Support* (MSPSS), serta WHOQOL-BREF. Hasil penelitian ini menunjukkan hubungan antara *burden family*, dukungan sosial dan kualitas hidup memiliki nilai *p-value* 0,001. Disimpulkan bahwa terdapat hubungan yang signifikan antara *burden family* dan dukungan sosial dengan kualitas hidup. Diharapkan perawat atau petugas kesehatan di wilayah Kelurahan Tanjung Duren Utara, mengadakan pemeriksaan kesehatan rutin satu kali dalam seminggu, agar penyakit kronis yang diderita oleh lansia dapat terkontrol dengan baik dan menghindari memburuknya kondisi kesehatan lansia.

Kata Kunci: *Burden Family*; Dukungan Sosial; *Family Caregiver*; Kualitas Hidup; Lansia

**RELATIONSHIP BETWEEN FAMILY BURDEN AND SOCIAL
SUPPORT WITH THE QUALITY OF LIFE OF FAMILY
CAREGIVER ELDERLY WITH CHRONIC DISEASES
IN KELURAHAN TANJUNG DUREN UTARA**

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Abstract

Elderly people with chronic diseases need assistance from family caregivers, because they are a vulnerable group with a fairly weak physical condition. Family caregivers can feel family burden due to lack of social support from family caregivers, if this is not immediately addressed it will reduce the quality of life of family caregivers. This study aims to determine the relationship between family burden and social support on the quality of life of elderly family caregivers who have chronic diseases in Tanjung Duren Utara Village. The research method used is cross-sectional with a Spearman correlation test to determine the relationship between the variables of family burden, social support and the quality of life of family caregivers. The sampling technique used is total sampling with a sample size of 189 family caregivers. The instruments used include the Zarit Burden Interview (ZBI) Questionnaire, Multidimensional Scale of Perceived Social Support (MSPSS), and WHOQOL-BREF. The results of this study indicate that the relationship between family burden, social support and quality of life has a p-value of 0.001. It is concluded that there is a significant relationship between family burden and social support with quality of life. It is expected that nurses or health workers in the Tanjung Duren Utara Sub-district area will conduct routine health checks once a week, so that chronic diseases suffered by the elderly can be controlled properly and avoid worsening health conditions in the elderly.

Keywords: *Burden Family; Elderly; Family Caregiver; Quality of Life; Social Support*