

ASUHAN KEPERAWATAN KELUARGA BAPAK R KHUSUSNYA IBU S DENGAN KETEGANGAN PERAN PEMBERI ASUHAN (*CAREGIVER ROLE STRAIN*) DALAM MERAWAT LANSIA KETERGANTUNGAN TOTAL DI KELURAHAN PANCORAN MAS KOTA DEPOK

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Abstrak

Merawat lansia dengan ketergantungan total merupakan tanggung jawab yang kompleks bagi *caregiver* keluarga dan berisiko menimbulkan ketegangan peran pemberi asuhan (*caregiver role strain*). Ibu S merupakan seorang lansia tanpa riwayat penyakit tertentu yang berperan sebagai *caregiver* utama bagi suaminya dengan ketergantungan total, sehingga berisiko mengalami stres fisik, emosional, dan psikososial. Studi kasus ini bertujuan untuk menggambarkan asuhan keperawatan keluarga pada Ibu S di Kelurahan Pancoran Mas, Kota Depok. Penelitian menggunakan desain studi kasus deskriptif dengan pendekatan proses keperawatan keluarga melalui wawancara, observasi, dan pemeriksaan fisik selama tiga hari. Pengkajian menunjukkan adanya ketegangan peran pemberi asuhan dan coping tidak efektif. Intervensi yang diberikan berupa edukasi manajemen stres, dukungan psikososial, serta teknik relaksasi yang meliputi napas dalam, murottal Al-Qur'an, dan dzikir. Setelah dilakukan intervensi, kemampuan Ibu S dalam mengungkapkan perasaan, memahami peran sebagai *caregiver*, dan menerapkan teknik relaksasi secara mandiri mengalami peningkatan. Selain itu, terjadi peningkatan *self-care*, pemanfaatan layanan kesehatan, serta aktivitas kesehatan bersama suami dengan dukungan keluarga. Asuhan keperawatan keluarga terbukti membantu lansia *caregiver* dalam mengatasi ketegangan peran dan meningkatkan kemampuan coping melalui dukungan keluarga dan pemanfaatan layanan kesehatan.

Kata kunci: Asuhan Keperawatan Keluarga, Ketegangan Peran *Caregiver*, *Caregiver*, Lansia

***FAMILY NURSING CARE FOR MR. R'S FAMILY, ESPECIALLY
MRS. S WITH CAREGIVER ROLE STRAIN IN CARING
FOR A TOTAL DEPENDENCY ELDERLY
IN PANCORAN MAS DEPOK CITY***

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Abstract

Caring for an older adult with total dependency is a demanding responsibility for family caregivers and may lead to caregiver role strain. Mrs. S, an elderly woman with no previous history of specific illnesses, serves as the primary caregiver for her fully dependent husband, placing her at risk of experiencing physical, emotional, and psychosocial stress. This case study aimed to describe the implementation of family nursing care for Mrs. S in Pancoran Mas Subdistrict, Depok City. A descriptive case study design was employed using the family nursing process approach, which included interviews, observation, and physical examinations conducted over three days. The assessment identified caregiver role strain and ineffective coping. Nursing interventions consisted of stress management education, psychosocial support, and relaxation techniques, including deep breathing exercises, listening to Qur'anic recitation (murottal), and dhikr. Following the interventions, Mrs. S demonstrated improved ability to express her feelings, understand her role as a caregiver, and independently practice relaxation techniques. In addition, improvements were observed in self-care behaviors, utilization of health services, and engagement in health-related activities with her husband, supported by family involvement. Family nursing care was found to be effective in reducing caregiver role strain and enhancing coping abilities through family support and appropriate use of healthcare services.

Keywords: Caregiver, Caregiver Role Strain, Elderly, Family Nursing Care