

**PROGRAM STUDI S2 KEPERAWATAN  
KEKHUSUSAN KEPERAWATAN JIWA  
FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS**

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**Hubungan Dukungan Sosial dan Strategi Koping Dengan Kualitas Hidup  
Klien Skizofrenia Di Unit Pelayanan jiwa A RS Prof. Dr. Hb Saanin Padang**

xii + 147 hal + 15 tabel + 7 lampiran + 2 skema

**ABSTRAK**

Skizofrenia termasuk jenis psikosis yang menempati urutan atas dari seluruh gangguan jiwa. Klien skizofrenia biasanya mengalami kesulitan beradaptasi dengan diri sendiri dan lingkungannya sehingga mempengaruhi terhadap kualitas hidupnya. Kualitas hidup klien skizofrenia dipengaruhi sosiodemografi, dukungan sosial, peristiwa stres serta proses mengatasi stres. Tujuan penelitian ini adalah untuk mengetahui hubungan antara dukungan sosial dan strategi koping dengan kualitas hidup klien skizofrenia di Unit Pelayanan jiwa A RS Prof. Dr. Hb Saanin Padang. Jenis penelitian ini adalah deskriptif korelatif dengan pendekatan *cross sectional* dengan jumlah responden 173 orang klien skizofrenia di Unit Pelayanan jiwa A RS Prof. Hb. Saanin Padang. Teknik pengambilan sampel adalah *purposive sampling*. Penelitian dilakukan mulai bulan Mei hingga Juni 2016. Pengumpulan data dilakukan menggunakan kuesioner. Hasil penelitian menunjukkan bahwa ada hubungan yang bermakna antara umur ( $r=-0,632$ ), status pekerjaan ( $p=0.025$ ), status pernikahan ( $p=0.049$ ), status pendidikan ( $p=0.003$ ), dukungan sosial ( $p= 0.010$ ) dan strategi koping ( $p=0.028$ ) dengan kualitas hidup pasien skizofrenia. Tidak ada hubungan bermakna antara jenis kelamin ( $p=0.121$ ) dengan kualitas hidup. Hasil penelitian memberi masukan bagi perawat dan instansi terkait agar mempertahankan dan meningkatkan kualitas hidup klien skizofrenia dengan menciptakan kedekatan emosional agar optimalnya dukungan sosial yang dibutuhkan klien serta pendidikan kesehatan mengenai penggunaan strategi koping dalam peningkatan kualitas hidup klien skizofrenia.

Kata kunci : Dukungan Sosial, Kualitas Hidup, Skizofrenia, Strategi Koping  
Daftar pustaka: 98 (1987-2014)

**POST GRADUATE NURSING PROGRAMME  
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**Relationship Between Social Support and Coping Strategies with The Quality of Life of Clients with Schizophrenia at 'Unit Pelayanan Jiwa A' Prof. Dr. Hb Saanin Padang Hospital**

xii + 147 page + 15 table + 7 attachment + 2 scheme

**ABSTRACT**

Schizophrenia is the type of psychosis occupy top ranks of all mental disorders. Clients with schizophrenia usually have trouble adapting to themselves and their environment so that affect the quality of life. Quality of life for clients with schizophrenia is affected by sociodemographic, social support, stressful events and the process of dealing with stress. The purpose of this study was to determine the relationship between social support and coping strategies with quality of life for clients with schizophrenia at 'Unit Pelayanan Jiwa A' Prof. Dr. Hb Saanin Padang Hospital. Sort of this research is a descriptive correlative study with cross sectional design approachment. The number of respondents were 173 clients with schizophrenia at 'Unit Pelayanan Jiwa A' Prof. Hb. Saanin Padang Hospital. The sampling technique was purposive sampling. The study was conducted from May to June 2016. Data was collected using questionnaires. The results showed that there was a significant relationship between age ( $r=-0,632$ ), employment status ( $p=0.025$ ), marital status ( $p=0.049$ ), educational level ( $p=0.003$ ), social support ( $p= 0.010$ ) and coping strategies ( $p=0.028$ ) with the quality of life of the clients with schizophrenia. There is no significant relationship between gender ( $p=0.121$ ) with the quality of life of the clients with schizophrenia. The results of this study givw knowledge to nurses and related institution to increase the quality of life for schizophrenia clients. The optimal social support by improve and increase emotional closeness and health education are very much needed by the clients and the use of coping strategy in improving the quality of life of clients schizophrenia.

**Key words** : Coping Strategies, Quality of Life, Schizophrenia,  
Social Support

**References** : 98 (1987-2014)