

**PENGARUH *CAREGIVER SELF-EFFICACY* TERHADAP
PSYCHOLOGICAL DISTRESS PADA *PRIMARY CAREGIVER* ORANG
DENGAN SKIZOFRENIA (ODS)**

SKRIPSI

**Diajukan Untuk Memenuhi Salah Satu Syarat Untuk Mendapatkan
Gelar Sarjana Psikologi**



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**THE INFLUENCE OF CAREGIVER SELF-EFFICACY TOWARD
PSYCHOLOGICAL DISTRESS IN PRIMARY CAREGIVER OF PEOPLE
WITH SCHIZOPHRENIA (PWS)**

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ABSTRACT

Primary caregivers of people with schizophrenia (PwS) experience physical, social, financial, and emotional pressures while providing care, placing them at risk of psychological distress. This study aimed to examine the effect of caregiver self-efficacy on psychological distress among primary caregivers of people with schizophrenia (PwS). A quantitative approach with simple linear regression analysis was employed. The participants consisted of 238 primary caregivers of PwS receiving treatment at Prof. H.B. Saanin Mental Hospital, Padang, who were selected using convenience sampling. Data were collected using K10 scale by Kessler et al. to measure psychological distress ($\alpha = .907$) and The Caregiver Inventory (CGI) by Merluzzi et al. to measure caregiver self-efficacy ($\alpha = .947$). The results indicated that caregiver self-efficacy had a significant effect on psychological distress among primary caregivers of PwS ($p < .05$, $R^2 = .215$). Caregiver self-efficacy accounted for 21,5% of the psychological distress, with a regression coefficient ($b = -.105$), indicating that higher caregiver self-efficacy was associated with lower level of psychological distress among primary caregiver PwS. These findings imply that strengthening caregiver self-efficacy may be an important aspect to consider in efforts to reduce psychological distress among primary caregivers of PwS.

Keyword: *Caregiver self-efficacy, people with schizophrenia (PwS), primary caregiver, psychological distress*

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ABSTRAK

Primary caregiver orang dengan skizofrenia (ODS) menghadapi tekanan fisik, sosial, finansial, dan emosional selama menjalankan peran perawatan sehingga berisiko mengalami *psychological distress*. Penelitian ini bertujuan untuk melihat pengaruh *caregiver self-efficacy* terhadap *psychological distress* pada *primary caregiver* orang dengan skizofrenia (ODS). Penelitian menggunakan pendekatan kuantitatif dengan analisis regresi linear sederhana. Responden penelitian berjumlah 238 *primary caregiver* ODS yang sedang menjalani perawatan rawat jalan di RSJ Prof. H.B. Saanin, Padang dan dipilih menggunakan teknik *convenience sampling*. Data dikumpulkan menggunakan alat ukur K10 dari Kessler untuk mengukur *psychological distress* ($\alpha=.907$) dan *The Caregiver Inventory* (CGI) dari Merluzzi dkk. untuk mengukur *caregiver self-efficacy* ($\alpha=.947$). Hasil analisis menunjukkan bahwa *caregiver self-efficacy* berpengaruh signifikan terhadap *psychological distress* pada *primary caregiver* ODS ($p<.05$, $R^2=.215$). *Caregiver self-efficacy* memberikan kontribusi sebesar 21,5% terhadap *psychological distress* dengan koefisien regresi ($b=-.105$) yang menunjukkan bahwa semakin tinggi *caregiver self-efficacy* maka akan semakin rendah *psychological distress* pada *primary caregiver* ODS. Temuan ini mengimplikasikan bahwa penguatan *caregiver self-efficacy* dapat menjadi salah satu aspek yang perlu diperhatikan dalam upaya menurunkan *psychological distress* pada *primary caregiver* ODS.

Kata kunci: *Caregiver self-efficacy*, orang dengan skizofrenia (ODS), *primary caregiver*, *psychological distress*