

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Strategi Koping Keluarga dengan *Caregiver burden* pada Anggota Keluarga yang Merawat Penderita Diabetes Melitus di Wilayah Kerja Puskesmas Kalisat

xviii + 104 halaman + 14 tabel + 4 gambar + 18 lampiran

Abstrak

Latar Belakang: *Caregiver* keluarga penderita Diabetes Melitus rentan mengalami *caregiver burden* akibat tuntutan pengasuhan jangka panjang, sementara kunjungan pasien Diabetes Melitus di wilayah kerja Puskesmas Kalisat Kabupaten Jember terus meningkat. Hubungan antara strategi koping keluarga dengan tingkat *caregiver burden* pada *caregiver* keluarga belum diketahui secara empiris, sedangkan koping adaptif berpotensi menekan beban pengasuhan yang dialami. Penelitian ini bertujuan menganalisis hubungan strategi koping keluarga dengan *caregiver burden* pada *caregiver* penderita Diabetes Melitus di wilayah kerja Puskesmas Kalisat Kabupaten Jember. **Metode:** Penelitian kuantitatif dengan desain deskriptif korelasional serta pendekatan potong lintang ini melibatkan 70 responden yang dipilih menggunakan teknik Cluster Random Sampling. Strategi koping keluarga diukur menggunakan kuesioner Family Crisis Oriented Personal Evaluation Scales, sedangkan *caregiver burden* diukur menggunakan kuesioner Zarit Burden Interview, kemudian data dianalisis menggunakan uji korelasi Spearman Rank ($\alpha = 0,05$). **Hasil:** Mayoritas responden (64,3%) memiliki strategi koping tinggi, sedangkan *caregiver burden* terbanyak berada pada kategori berat (45,7%). Uji korelasi menunjukkan hubungan signifikan dan negatif yang kuat antara strategi koping keluarga dengan *caregiver burden* ($p = 0,000$; $r = -0,717$). **Kesimpulan:** Semakin tinggi strategi koping keluarga, semakin rendah *caregiver burden* yang dirasakan. Penguatan strategi koping keluarga perlu diintegrasikan dalam pelayanan keperawatan keluarga untuk menurunkan *caregiver burden*.

Kata kunci: *caregiver burden*, Diabetes Melitus, keluarga, strategi koping
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ABSTRACT

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The Relationship Between Family Coping Strategies and Caregiver burden Among Family Caregivers of Patients with Diabetes Mellitus in the Working Area of Kalisat Primary Health Center.

xviii + 104 pages + 14 table + 4 picture + 18 attachments

Abstract

Background: Family caregivers of individuals with Diabetes Mellitus are prone to experiencing caregiver burden due to the demands of long-term caregiving, while patient visits at Puskesmas Kalisat, Jember Regency, continue to increase. The relationship between family coping strategies and the level of caregiver burden among family caregivers has not been empirically established, whereas adaptive coping is potentially capable of reducing the caregiving burden experienced. This study aimed to analyze the relationship between family coping strategies and caregiver burden among caregivers of Diabetes Mellitus patients within the working area of Puskesmas Kalisat, Jember Regency. **Methods:** This quantitative study employed a descriptive correlational design with a cross-sectional approach, involving 70 respondents selected through Cluster Random Sampling. Family coping strategies were measured using the Family Crisis Oriented Personal Evaluation Scales questionnaire, while caregiver burden was measured using the Zarit Burden Interview questionnaire. Data were then analyzed using the Spearman Rank correlation test ($\alpha = 0.05$). **Results:** The majority of respondents (64.3%) exhibited high coping strategies, while the largest proportion of caregiver burden fell into the severe category (45.7%). The correlation test revealed a significant and strong negative relationship between family coping strategies and caregiver burden ($p = 0.000$; $r = -0.717$). **Conclusion:** The higher the family coping strategy, the lower the caregiver burden experienced. Strengthening family coping strategies needs to be integrated into family nursing care services to reduce caregiver burden.

Keywords: caregiver burden, Diabetes Mellitus, family, coping strategies.

Bibliographi 41 (2020 -2026)