

STRESS-RELATED GROWTH CAREGIVER PENDERITA KANKER LEUKEMIA DI YKAKI (YAYASAN KASIH ANAK KANKER INDONESIA) YOGYAKARTA

**Fatimatuzzahro Firli Al-Qindy
Aneke Dewi Rahayu**

Program Studi Psikologi, Fakultas Bisnis & Humaniora
Universitas Teknologi Yogyakarta
ffirliqindy25@gmail.com

ABSTRAK

Kanker Leukemia menjadi penyebab tingkat kematian anak nomor satu di Indonesia. Diagnosis anak, fase pengobatan, adaptasi rutinitas baru, dan kesulitan finansial menjadi beban yang dirasa oleh caregiver. Kondisi tersebut merupakan krisis yang mengakibatkan stres. Stres banyak dipandang orang hanya membawa dampak negatif (distress) saja namun ternyata stres juga dapat membawa dampak positif (eustress). Eustress membawa individu pada adanya pertumbuhan positif yang dapat terjadi yaitu stress-related growth. Penelitian ini bertujuan untuk mengetahui bagaimana stress-related growth yang dialami oleh caregiver selama perawatan anaknya di YKAKI (Yayasan Kasih Anak Kanker Indonesia) Yogyakarta. Metode penelitian yang dipakai berupa pendekatan kualitatif fokus studi kasus. Subjek penelitian berupa tiga orang caregiver (dua ibu dan satu ayah) serta tiga significant other. Teknik pengambilan data penelitian berupa observasi, wawancara, dan dokumentasi. Hasil penelitian ini peneliti menemukan adanya beban caregiver berupa fisik, psikologis, dan sosial yang memberikan dampak negatif pada ketiga subjek penelitian. Pertumbuhan positif yang dialami oleh ketiga subjek penelitian berupa peningkatan sumber daya sosial, pribadi, serta keterampilan koping baru. Faktor pertumbuhan positif tersebut didasari dari adanya usaha untuk memahami kondisi yang sedang dialami, koping yang diambil, serta adanya dukungan sosial yang sangat berarti bagi tiap subjek penelitian. Ketiga subjek penelitian merasakan dampak positif berupa adanya semangat untuk menjalani proses perawatan anak, memberikan kontribusi pada YKAKI sebagai rumah singgah selama perawatan dan pengobatan, mengikuti aktivitas rumah singgah, serta memberikan bantuan pada caregiver lainnya.

Kata Kunci: Caregiver, Kanker Leukemia, Stress-Related Growth

STRESS-RELATED GROWTH CAREGIVER OF LEUKEMIA CANCER PATIENTS IN YKAKI (YAYASAN KASIH ANAK KANKER INDONESIA) YOGYAKARTA

**Fatimatuzzahro Firli Al-Qindy
Aneke Dewi Rahayu**

Psychology Study Program, Faculty of Business & Humanities
University of Technology Yogyakarta
ffirliqindy25@gmail.com

ABSTRACT

Leukemia cancer is the number one cause of child mortality in Indonesia. The child's diagnosis, treatment phase, adaptation of new routines, and financial difficulties become burdens felt by caregivers. This is a crisis that causes stress. Stress is widely seen by people only have a negative impact (distress) but it turns out that stress can also bring a positive impact (eustress). Eustress leads individuals to positive growth that can occur, namely stress-related growth. This research aims to find out how stress-related growth experienced by caregivers during their child's treatment at YKAKI (Yayasan Kasih Anak Kanker Indonesia) Yogyakarta. Research methods used in the form of qualitative approaches focused on case studies. The study subjects included three caregivers (two mothers and one father) and three other significant. Research data retrieval techniques in the form of observations, interviews, and documentation. The results of this study researchers found a caregiver burden in the form of physical, psychological, and social that had a negative impact on all three study subjects. The positive growth experienced by the three research subjects was in the form of increased social, personal, and coping skills. This positive growth factor is based on efforts to understand the conditions being experienced, coping taken, and the existence of social support that is very meaningful for each research subject. The three study subjects felt a positive impact in the form of a spirit to undergo the childcare process, contribute to YKAKI as a halfway house during treatment, follow halfway house activities, and provide assistance to other caregivers.

Keywords: Caregiver, Leukemia Cancer, Stress-Related Growth