

ABSTRACT

The Effect of Self-Compassion on Caregiver Burden in Schizophrenia Caregivers

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Most people with schizophrenia in Indonesia live with their families. The recovery of people with schizophrenia is highly dependent on the involvement of those closest to them, especially their families. Providing care for a long period of time can affect the caregiver's condition and potentially experience caregiver burden and decreased physical and mental health. The purpose of this study was to determine the significant negative effect of self-compassion on caregiver burden in schizophrenia caregivers. This study involved 373 schizophrenia caregiver subjects. In measuring caregiver burden, the scale used by researchers is the Zarit Burden Interview (ZBI) and measuring self-compassion using the Self-Compassion Scale. Researchers conducted a simple linear regression test to see the magnitude of the influence of the self-compassion variable on the caregiver burden variable. The results of this study indicate that there is a significant negative effect on caregiver burden in schizophrenia caregivers. Thus, it can be said that the higher the self-compassion, the lower the caregiver burden felt by schizophrenia caregivers.

Keywords: Caregiver, Caregiver Burden, Schizophrenia, Self-Compassion

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