

PROGRAM STUDI KEPERAWATAN PROGRAM SARJANA  
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**HUBUNGAN DUKUNGAN KELUARGA DENGAN KEMAMPUAN PERAWATAN DIRI ORANG DENGAN GANGGUAN JIWA (ODGJ) DI KECAMATAN REBAN KABUPATEN BATANG**

xii+80 halaman+13 tabel+4gambar+14 lampiran

**ABSTRAK**

**Latar Belakang:** Gangguan mental adalah penyakit kronis yang membutuhkan proses penyembuhan yang panjang. Proses penyembuhan ODGJ membutuhkan dukungan keluarga. Kemandirian/ketrampilan seseorang dibentuk oleh inisiatif, mengatasi hambatan dan tugas sehari-hari. Hasil Studi pendahuluan di Puskesmas Reban Kabupaten Batang 6 dari 11 ODGJ kurang kemampuan perawatan diri, keluarga kurang termotivasi dalam personal hygiene, pemenuhan kebutuhan sehari-hari termasuk manajemen kontrol ke puskesmas dan minum obat secara teratur. **Tujuan penelitian:** Mengetahui hubungan dukungan keluarga dengan kemampuan perawatan diri orang dengan gangguan jiwa (ODGJ) di Kecamatan Reban Kabupaten Batang. **Metode penelitian:** Jenis penelitian analisis korelasional melalui pendekatan *cross sectional*, Jumlah populasi 118, jumlah sampel 91 orang, menggunakan Teknik *purposive sampling* termasuk kriteria inklusi dan eksklusi. Pengolahan data diambil dari data primer melalui pengisian kuesioner dukungan keluarga dan kuesioner kemandirian *indeks Barthel*. **Hasil penelitian:** Analisa bivariate dilakukan dengan Uji *rank spearman* diperoleh nilai korelasi 0.716 yang berarti hubungan sangat kuat, nilai *p value* 0.000 ( $\leq 0.05$ ) **Kesimpulan :** Ada hubungan yang sangat erat dukungan keluarga dengan kemampuan perawatan diri orang dengan gangguan jiwa (ODGJ) di Kecamatan Reban Kabupaten Batang **Saran :** Dukungan keluarga kepada ODGJ (dukungan emosional / penghargaan, instrumental, informasional) dapat meningkatkan kemampuan ODGJ melakukan aktivitasnya secara independen, berinisiatif dalam berkontribusi dengan lingkungannya.

**Kata kunci:** dukungan keluarga; kemampuan merawat diri; ODGJ

Daftar Pustaka: 21 (2011-2023)

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**THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND SELF-CARE ABILITY OF PEOPLE WITH MENTAL DISORDERS (ODGJ) IN REBAN DISTRICT, BATANG REGENCY**

xiii+80 pages+13 tables+4 figures+14 attachments

**ABSTRACT**

**Background:** Mental disorders are chronic diseases that require a long healing process. The healing process of ODGJ requires family support. A person's independence/skills are formed by initiative, overcoming obstacles and daily tasks. The results of a preliminary study at the Reban Health Center, Batang Regency, 6 out of 11 ODGJ lack self-care skills, families are less motivated in personal hygiene, meeting daily needs including control management to the health center and taking medication regularly. Purpose of the study: To determine the relationship between family support and the ability to care for people with mental disorders (ODGJ) in Reban District, Batang Regency. **Research method:** Type of correlational analysis research through a cross-sectional approach, Population 118, sample 91 people, using purposive sampling techniques including inclusion and exclusion criteria. Data processing was taken from primary data by filling out the family support questionnaire and the Barthel index independence questionnaire. **Research results:** Bivariate analysis was carried out using the Spearman rank test, obtaining a correlation value of 0.716 which means a very strong relationship, p value 0.000 (<0.05) **Conclusion:** There is a very close relationship between family support and the ability to care for oneself in people with mental disorders (ODGJ) in Reban District, Batang Regency. **Suggestion:** Family support for ODGJ (emotional support/appreciation, instrumental, informational) can improve the ability of ODGJ to carry out their activities independently, take the initiative in contributing to their environment.

**Keywords:** family support; self-care skills; ODGJ

Bibliography: 21 (2011-2023)