

ABSTRAK

Penelitian ini bertujuan menggambarkan resiliensi istri yang memiliki suami dengan *skizofrenia*. Metode penelitian menggunakan pendekatan kualitatif desain studi kasus pada empat partisipan berusia 30–50 tahun yang telah menikah ≥ 3 tahun. Data dikumpulkan melalui wawancara mendalam dan observasi, dianalisis dengan model Miles dan Huberman. Hasil menunjukkan resiliensi tercermin pada tujuh aspek Reivich dan Shatté (2002): regulasi emosi, kontrol impuls, optimisme, analisis kausal, empati, kepercayaan diri, dan pencapaian hal positif. Faktor pembentuk resiliensi meliputi faktor individu, keluarga, dan sosial. Meskipun menghadapi beban ganda, stigma, kekambuhan gejala, dan tekanan ekonomi, partisipan tetap mempertahankan komitmen, mengandalkan kekuatan spiritual, serta mengembangkan strategi adaptif.

Kata kunci: resiliensi, istri, *skizofrenia*, *caregiver*

ABSTRACT

This study aims to describe the resilience of wives whose husbands have schizophrenia. A qualitative case study was conducted with four participants aged 30–50 years, married for ≥ 3 years. Data were collected through in-depth interviews and observations, analyzed using Miles and Huberman's model. Results show resilience reflected in seven aspects of Reivich and Shatté (2002): emotional regulation, impulse control, optimism, causal analysis, empathy, self-confidence, and achieving positive outcomes. Resilience was shaped by individual, family, and social factors. Despite double burdens, stigma, symptom relapses, and economic pressures, participants maintained commitment, relied on spiritual strength, and developed adaptive strategies.

Keywords: *resilience, wife, schizophrenia, caregiver*