

Abstrak

Family Caregiver berperan dalam perawatan jangka panjang individu dengan gangguan bipolar dan dituntut memiliki keterlibatan emosional, fisik, serta psikologis yang tinggi, sehingga berisiko mengalami *burnout*. Dukungan sosial dipandang sebagai faktor yang dapat menurunkan risiko tersebut. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dengan *burnout* pada *family caregiver* orang dengan gangguan bipolar. Subjek penelitian berjumlah 50 *caregiver* yang dipilih dengan teknik purposive sampling, dengan kriteria berusia minimal 18 tahun dan telah merawat selama sedikitnya enam bulan. Variabel yang diteliti adalah dukungan sosial sebagai variabel bebas dan *burnout* sebagai variabel terikat. Instrumen yang digunakan yaitu *Scale of Perceived Social Support* (SPSS) dan subskala *burnout* dari *Professional Quality of Life Scale* (ProQOL). Analisis data menggunakan korelasi *Pearson Product Moment*. Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara dukungan sosial dengan *burnout* pada *family caregiver* orang dengan gangguan bipolar dengan nilai koefisien korelasi $r_{xy} = -0,485$ dan signifikansi $p < 0,05$. Hasil tersebut menunjukkan bahwa semakin tinggi dukungan sosial yang diterima, maka semakin rendah tingkat *burnout* yang dialami *family caregiver*. Sebaliknya, semakin rendah dukungan sosial, maka semakin tinggi *burnout* yang dialami. Dukungan sosial memberikan sumbangan efektif sebesar 23,5% terhadap *burnout*. Analisis tambahan menunjukkan bahwa *appraisal support* memiliki kontribusi terbesar dibanding aspek dukungan sosial lainnya. Selain itu, sumber dukungan keluarga memiliki pengaruh signifikan terhadap *burnout*, sedangkan dukungan teman tidak menunjukkan pengaruh signifikan.

Kata kunci: *Burnout*, Dukungan Sosial, *Family Caregiver*, Gangguan Bipolar

Abstract

Family caregivers play a role in the long-term care of individuals with bipolar disorder and are required to have high levels of emotional, physical, and psychological involvement, which puts them at risk of experiencing burnout. Social support is considered a factor that can reduce this risk. This study aims to examine the relationship between social support and burnout among family caregivers of individuals with bipolar disorders. The research subjects consisted of 50 caregivers selected using a purposive sampling technique, with criteria of being at least 18 years old and having provided care for a minimum of six months. The variables studied were social support as the independent variable and burnout as the dependent variable. The instruments used were the Scale of Perceived Social Support (SPSS) and the burnout subscale of the Professional Quality of Life Scale (ProQOL). Data analysis was conducted using Pearson Product Moment correlation. The results showed a significant negative relationship between social support and burnout among family caregivers of individuals with bipolar disorder, with a correlation coefficient of $r_{xy} = -0.485$ and a significance value of $p < 0.05$. These findings indicate that higher social support is associated with lower levels of burnout among family caregivers. Conversely, lower social support is associated with higher levels of burnout. Social support contributed effectively by 23.5% to burnout. Additional analysis showed that appraisal support had the greatest contribution compared to other dimensions of social support. Furthermore, family support had a significant effect on burnout, while support from friends did not show a significant effect.

Keywords: *Bipolar Disorder, Burnout, Family Caregiver, Social Support*