

Abstrak

Skizofrenia merupakan gangguan mental yang dapat memengaruhi kemampuan individu dalam menjalankan tugas perkembangan pada masa dewasa awal. Meskipun demikian, sebagian individu dengan riwayat skizofrenia mampu beradaptasi dan membangun kembali keberfungsian dalam kehidupannya melalui proses resiliensi. Penelitian ini bertujuan untuk memahami dinamika resiliensi pada dewasa awal dengan riwayat skizofrenia. Penelitian ini merupakan penelitian kualitatif dengan desain studi kasus. Informan penelitian ini terdiri atas lima dewasa awal berusia 18 – 40 tahun dengan riwayat skizofrenia yang dipilih menggunakan teknik purposive sampling dan berasal dari beberapa wilayah di Indonesia, meliputi Daerah Khusus Jakarta, Jawa Tengah, dan Daerah Istimewa Yogyakarta. Pengumpulan data dilakukan melalui wawancara semi terstruktur dan observasi wawancara. Hasil penelitian menunjukkan bahwa dinamika resiliensi berkembang melalui dukungan sosial, penerimaan diri, munculnya harapan, serta kemampuan individu dalam mengelola emosi, menerapkan koping yang adaptif, dan menyesuaikan diri terhadap berbagai perubahan kehidupan. Meskipun setiap informan menempuh proses resiliensi yang berbeda, seluruh informan mampu membangun kembali keberfungsian hidupnya melalui kemampuan menjalankan aktivitas sehari-hari, membangun hubungan interpersonal, memiliki tujuan hidup, serta berupaya menjalankan tugas perkembangan pada masa dewasa awal. Penelitian ini menunjukkan proses adaptasi yang memungkinkan dewasa awal dengan riwayat skizofrenia membangun kembali keberfungsian hidupnya meskipun masih menghadapi berbagai tantangan selama proses pemulihan.

Kata Kunci: *dewasa awal, resiliensi, riwayat skizofrenia*

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Schizophrenia is a mental disorder that can affect an individual's ability to accomplish developmental task during early adulthood. Nevertheless, some individuals with a history of schizopherina are able to adapt and restore their functioning through the process of resilience. This study aimed to explore the dynamics of resilience among early adults with a history of schizophrenia. This study employed a qualitative approach using a case study design. The participants consisted of five early adults aged 18-40 years with a history of schizophrenia who were selected using purposive sampling. They came from several regions in Indonesia, including The Special Region of Jakarta, Central Java, and the Special Region of Yogyakarta. Data were collected through semi-structured interviews and interview observations. The findings revealed that the dynamics of resilience developed through social support, self-acceptance, the emergence of hope, and individuals' ability to regulate emotions, employ adaptive coping strategies, and adjust to various life changes. Although each participants experienced a different resilience process, all participants were able to restore their functioning by carrying out daily activities, building interpersonal relationship, establishing life goals, and striving to accomplish developmental task during early adulthood. This study demonstrates that resilience is an adaptive process that enables early adults with history of schizophrenia to restore their functioning despite continuing to face various challenges throughout the recovery process.

Keywords: *early adulthood, history of schizophrenia, resilience*