ABSTRACT

Mental health problems, particularly schizophrenia, continue to increase and impact individuals and families. Caregivers play a complex role and are vulnerable to declining quality of life due to physical, psychological, social, and economic burdens. Therefore, family support is a crucial factor in improving caregiver quality of life. This study aims to determine the relationship between family support and quality of life among caregivers with schizophrenia in Gorontalo Regency. This study used a quantitative correlational design with a population of 209 individuals and a sample size of 37 individuals using a purposive sampling technique. Data collection methods used the family support scale and the WHOQOL-BREF, then analyzed using the Spearman Rank test in SPSS 20.0 for Windows. The results of the univariate analysis showed that family support for caregivers was predominantly in the moderate category (43.2%), followed by low (37.8%), and high (18.9%). Quality of life among caregivers was predominantly in the moderate category (45.9%), followed by low (32.4%) and high (21.6%). The majority of caregivers had moderate levels of family support and quality of life, at 43.2% and 45.9%, respectively. The lowest percentage was in the high category. Spearman Rank analysis showed a correlation coefficient of 0.926 with a significance value of p=0.000 (p<0.05), indicating a very strong and significant relationship between family support and quality of life among schizophrenia caregivers in Gorontalo Regency. This suggests that increasing family support is essential to improving caregiver quality of life through active family involvement and support from healthcare professionals.

Keywords: Schziphrenia Caregivers, Family Support,and Quality of life

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dengan *quality of life* pada *caregiver* skizofrenia di Kabupaten Gorontalo. Penelitian ini menggunakan desain kuantitatif korelasional dengan jumlah populasi 209 orang, jumlah sampel 37 orang dengan menggunakan teknik *purposive sampling*. Metode pengumpulan data menggunakan skala dukungan keluarga dan WHOQOL-BREF, kemudian dianalisis menggunakan uji *Spearman Rank* dengan program SPSS 20.0 for Windows. Berdasarkan hasil analisis univariat menunjukkan bahwa dukungan keluarga pada *caregiver* sebagian besar berada pada kategori sedang (43,2%), diikuti rendah (37,8%) dan tinggi (18,9%). *Quality of life* pada *caregiver* didominasi kategori sedang (45,9%), diikuti rendah (32,4%) dan tinggi (21,6%). Hasil analisis *Spearman Rank* menunjukkan koefisien korelasi sebesar 0,926 dengan nilai signifikansi p = 0,000 (p < 0,05), yang berarti terdapat hubungan sangat kuat dan signifikan antara dukungan keluarga dan *quality of life* pada *caregiver* skizofrenia di Kabupaten Gorontalo. Hal ini menunjukkan bahwa peningkatan dukungan keluarga sangat diperlukan untuk meningkatkan *quality of life caregiver* melalui keterlibatan aktif keluarga serta dukungan tenaga kesehatan

Kata Kunci : *Caregiver* Skizofrenia, Dukungan Keluarga, *Quality Of Life*