

PERSEPSI DUKUNGAN SOSIAL YANG DIRASAKAN OLEH ORANG DENGAN GANGGUAN BIPOLAR

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ABSTRAK

Penelitian ini merupakan penelitian kualitatif yang bertujuan untuk mengungkap persepsi dukungan sosial yang dirasakan oleh penderita bipolar secara umum dari orang-orang terdekatnya ditinjau dari bentuk dukungan sosialnya. Partisipan dalam penelitian ini berjumlah 4 orang dengan rentang usia 20-22 tahun dan pernah mendapatkan diagnosis gangguan bipolar secara medis. Pengambilan data dilakukan dengan metode wawancara semi terstruktur. Data dianalisis dengan menggunakan Analisis Isi Kualitatif (AIK) dengan pendekatan induktif. Hasil penelitian ini menunjukkan bahwa dukungan yang dipersepsikan partisipan sebagai dukungan sosial yang dirasakan terdiri dari bentuk dukungan emosional, dukungan jaringan sosial, dan dukungan lain-lain. Contoh-contoh dukungan tersebut tercermin dalam bentuk berupa perilaku antara lain ditanyakan keadaannya, diterima atas emosi yang ada, dipedulikan, didengarkan curhatannya, dan diperlakukan tetap seperti biasanya. Sementara itu, bentuk dukungan yang diharapkan partisipan yaitu dukungan jaringan sosial dicerminkan dari perilaku ditemani secara fisik. Sebagian besar partisipan mempersepsikan sumber utama dukungan sosial berasal dari dukungan teman. Persepsi dukungan sosial yang dirasakan partisipan dapat dipengaruhi oleh pengalaman masing-masing partisipan seperti latar belakang partisipan, pengalaman terdiagnosis, gejala-gejala yang dirasakan, dan perubahan sikap orang terdekat. Ditemukan pula dampak-dampak positif dukungan sosial yang dirasakan yaitu dampak positif ke dalam diri (meliputi rasa senang, bersyukur, semangat, membantu merefleksikan diri, dan perasaan *mindful*) maupun pada perubahan aktivitas (lebih dapat mengontrol tindakan, penurunan dosis obat, perubahan jam tidur).

Kata kunci: dukungan sosial yang dirasakan, dukungan yang diharapkan, sumber dukungan sosial, dampak dukungan sosial, orang dengan gangguan bipolar

PERCEPTIONS OF PERCEIVED SOCIAL SUPPORT BY PEOPLE WITH BIPOLAR DISORDER

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ABSTRACT

This study aims to reveal the perception of social support felt by people with bipolar disorder towards their closest people which was generally viewed from of the form of social support. The participants in this study were four people around 20-22 years old and had received a medical diagnosis of bipolar disorder. Data were collected by semi-structured interview method. Data were analyzed using the qualitative content analysis with an inductive approach. The results of this study indicate that the support perceived by participants as perceived social support consists of forms of emotional support, social network support, and other support. Examples of such support are reflected in the form of behavior, including being asked about their condition, being accepted for their existing emotions, being cared for, being listened to for their stories, and being treated as usual. Meanwhile, the form of support expected by participants, namely social network support, is reflected in the behavior of being physically accompanied. Most of the participants perceive that the main source of social support comes from peer support. The perception of perceived social support by participants can be influenced by the experiences of each participant such as the background of the participants, the experiences of being diagnosed, the symptoms felt, and changes in the attitudes of those closest to them. It was also found that the positive impacts of perceived social support were positive effects on oneself (including feelings of pleasure, gratitude, enthusiasm, helping to do self-reflect, and feeling mindful) as well as positive changes in activity (more able to control actions, reducing medication dosage, change in sleeping hours).

Keywords: perceived social support, expected support, sources of social support, impact of social support, people with bipolar disorder