

## ABSTRAK

Harefa, Ellen Maria Orada. 2024. Kontribusi Komunikasi Kondisi Sakit terhadap Stres Remaja yang Merawat Orang Tua Penderita Sakit Kronis. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk melihat kontribusi komunikasi kondisi sakit terhadap stres remaja yang merawat orang tua penderita sakit kronis. Hipotesis penelitian ini adalah terdapat hubungan yang positif antara komunikasi kondisi sakit dan stres remaja yang merawat orang tua penderita sakit kronis. Partisipan dalam penelitian ini adalah 304 orang remaja usia 12-20 tahun yang merawat orang tua penderita sakit kronis. Skala yang digunakan dalam penelitian ini adalah Skala Komunikasi Kondisi Sakit ( $\alpha = 0,949$ ) dan *Stress Response Inventory* ( $\alpha = 0,988$ ). Dalam penelitian ini, data dianalisis dengan menggunakan uji korelasi *Spearman's rho* dikarenakan data penelitian tidak berdistribusi normal. Hasilnya ditemukan nilai koefisien korelasi sebesar  $-0,371$  dengan nilai signifikansi sebesar  $0,000$ . Hal ini menunjukkan terdapat hubungan negatif yang signifikan antara komunikasi kondisi sakit dan stres. Artinya semakin tinggi komunikasi kondisi sakit, semakin rendah stres dan sebaliknya semakin rendah komunikasi kondisi sakit, semakin tinggi stres.

**Kata kunci:** komunikasi kondisi sakit, stres, remaja, sakit kronis, perawat informal

## ABSTRACT

Harefa, Ellen Maria Orada. 2024. The Contribution of Illness Condition Communication to the Stress of Adolescents Caring for Parents with Chronic Illnesses. *Thesis*. Yogyakarta, Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to examine the contribution of illness condition communication to the stress experienced by adolescents caring for parents with chronic illnesses. The hypothesis of this study is that there is a positive relationship between illness condition communication and the stress of adolescents caring for parents with chronic illnesses. The participants in this study included 304 adolescents aged 12-20 years who were caregivers for parents with chronic illnesses. The scales used in this study were the Illness Condition Communication Scale ( $\alpha = 0.949$ ) and the Stress Response Inventory ( $\alpha = 0.988$ ). The data were analyzed using Spearman's rho correlation test, as the data were not normally distributed. The results showed a correlation coefficient of -0.371 with a significance value of 0.000. This indicates a significant negative relationship between illness condition communication and stress, meaning that higher levels of illness condition communication are associated with lower stress levels, and conversely, lower levels of illness condition communication are associated with higher stress levels.

**Keywords:** illness condition communication, stress, adolescents, chronic illness, informal caregiver