

ABSTRAK

Marwati, Lidya Esmeralda. (2025). Gambaran representasi kognitif individu emerging adulthood pasien dengan systemic lupus erythematosus (SLE). *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui bagaimana representasi kognitif pada individu *emerging adulthood* pasien *systemic lupus erythematosus* terhadap penyakitnya. Penelitian ini menggunakan jenis penelitian deskriptif kualitatif. Pengambilan data dilakukan menggunakan wawancara semi terstruktur secara luring dan daring kemudian dianalisis dengan metode analisis tematik deduktif. Berdasarkan proses analisis data, dihasilkan delapan tema utama, yaitu (1) respons terhadap diagnosis SLE, (2) refleksi atas penyebab SLE, (3) dampak SLE terhadap kehidupan, (4) kesulitan kontrol emosi, (5) tantangan menjaga kepatuhan terhadap pengobatan di usia muda, (6) perubahan gaya hidup, (7) pentingnya dukungan sosial dalam menunjang kesehatan, dan (8) adaptasi dan penerimaan. Berdasarkan temuan tersebut, dapat disimpulkan bahwa pasien pada fase *emerging adulthood* memiliki representasi kognitif bervariasi yang dipengaruhi oleh tantangan yang khas pada fase transisi menuju dewasa mulai dari respons awal saat terdiagnosis sampai pada penerimaan diri dengan kondisi penyakit.

Kata kunci: representasi kognitif, *systemic lupus erythematosus*, *emerging adulthood*

ABSTRACT

Marwati, Lidya Esmeralda. (2025). Cognitive representation of emerging adulthood patient with systemic lupus erythematosus (SLE). *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to determine how cognitive representations in emerging adulthood individuals of systemic lupus erythematosus patients towards their disease. This research uses descriptive qualitative research. Data were collected using offline and online semi-structured interviews and then analyzed using the deductive thematic analysis method. Based on the data analysis process, eight main themes were generated, namely: (1) response to SLE diagnosis, (2) reflection on the causes of SLE, (3) the impact of SLE on life, (4) difficulty in emotional regulation, (5) challenges in maintaining medication adherence during young adulthood, (6) lifestyle changes, (7) the importance of social support in maintaining health, and (8) adaptation and acceptance. This research concluded that patients in the emerging adulthood phase have varied cognitive representations that are influenced by the typical challenges of this transitional phase, ranging from their initial responses to the diagnosis to self-acceptance of their condition.

Key words: *cognitive representation, systemic lupus erythematosus, emerging adulthood*

