

## ABSTRAK

Aliyupiudin, Y. 2019. Pengaruh Dukungan Sosial Terhadap *Psychological Well-being* Ibu yang memiliki anak penderita Thalasemia di Rumah Sakit PMI Bogor, (dibimbing oleh : Dra. Sulis Mariyanti, M.Si., Psikolog dan Dra. Safitri M, M.Si)

Anak penderita Thalasemia dapat menyebabkan Kompleksitas permasalahan termasuk kepada Ibu, baik permasalahan fisik, psikologis, sosial dan ekonomi. Banyaknya tekanan yang dialami membuat ibu sangat cemas terhadap anaknya dan sangat overprotektif kepada anak. Kondisi tersebut membuat ibu sulit menerima diri, menarik diri, ketidakpuasan terhadap kondisi dirinya, tidak mampu membuat keputusan, kesulitan dalam mengatur kehidupan sehari-hari, tidak memiliki cita-cita yang jelas, dan kehilangan minat terhadap hidupnya. Tujuan penelitian ini adalah mengetahui pengaruh dukungan sosial terhadap *Psychological well-being* pada ibu yang memiliki anak penderita Thalasemia di RS PMI Bogor. Rancangan penelitian ini adalah studi korelasi dengan teknik sampel *purposive sampling* dengan jumlah sampel 79. Dukungan sosial diukur menggunakan skala dukungan sosial dengan reliabilitas ( $\alpha$ )=0,949 sebanyak 32 *item* valid. Skala *Psychological well-being* dengan besaran reliabilitas ( $\alpha$ )=0,957 sebanyak 32 *item* valid. Berdasarkan hasil uji regresi linear diperoleh sig ( $p$ ) 0,609 > 0,05 sehingga hipotesis ada pengaruh yang signifikan antara dukungan sosial terhadap *Psychological well-being* ditolak dengan persamaan regresi  $Y = 154,604 + 0,057X$ . Dalam penelitian ini ibu yang memiliki anak penderita Thalasemia dengan dukungan sosial yang tinggi tidak serta merta memiliki *Psychological well-being* yang tinggi, dan sebaliknya ibu yang memiliki dukungan sosial yang rendah tidak serta merta memiliki *Psychological well-being* yang rendah. Hal tersebut diduga bahwa pencapaian *Psychological well-being* dipengaruhi tidak hanya oleh dukungan sosial.

Kata kunci: *Psychological well-being*, dukungan sosial, Thalasemia

## ABSTRACT

Aliyupiudin, Y. 2019. *Effects of Social Support on Psychological Well-being of Mothers who have children with Thalassemia at PMI Bogor Hospital, (supervised by Dra. Sulis Mariyanti, M.Si., Psikolog dan Dra. Safitri M, M.Si)*

*Children with Thalassemia cause Complexity of problems including to the Mother, both physical, psychological, social and economic problems. The amount of pressure experienced makes mothers very anxious about their children and very overprotective of their children. These conditions make it difficult for the mother to accept herself, withdraw, dissatisfaction with her condition, unable to make decisions, difficulty in managing her daily life, not having clear ideals, and losing interest in her life. The purpose of this study was to determine the effect of social support on Psychological well-being in mothers who have children with Thalassemia at PMI Bogor Hospital. The design of this study was a correlation study with purposive sampling technique with a sample of 79. Social support was measured using a social support scale with reliability ( $\alpha$ ) = 0.949 as many as 32 valid items. The Psychological well-being scale with the amount of reliability ( $\alpha$ ) = 0.957 as many as 32 valid items. Based on the results of the linear regression test obtained sig ( $p$ ) 0.609 > 0.05 so that the hypothesis there is a significant effect between social support for Psychological well-being rejected with the regression equation  $Y = 154.604 + 0.057X$ . In this study mothers who have children with Thalassemia with high social support do not necessarily have high Psychological well-being, and conversely mothers who have low social support do not necessarily have low Psychological well-being. It is suspected that the achievement of Psychological well-being is influenced not only by social support.*

*Keywords: Psychological well-being, social support, Thalassemia*