

ABSTRAK

Diva Regidani Juniar. 210541100096. *Adversity Quotient* Remaja *Caregiver* Dengan Orang Tua Skizofrenia di Madura. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunodjoyo Madura. 2026.

Pasien skizofrenia mengalami gangguan penyimpangan persepsi, pikiran, emosi, dan perilaku, sehingga menyebabkan ketidakmampuan melakukan aktivitas normal seperti penurunan higienitas, penurunan peran, dan disabilitas sosial. Untuk itu dibutuhkan orang lain untuk membantu proses berkegiatan yang disebut *caregiver*. Selain penderita, *caregiver* dihadapkan dengan hambatan-hambatan seperti hambatan psikologis, fisik, ekonomi, dan sosial. Sehingga seorang *caregiver* membutuhkan cara yang tidak hanya soal cara bertahan, namun juga mengendalikan situasi, tanggung jawab yang baik, pemahaman masalah, dan optimisme. Maka dari itu, *adversity quotient* ditinjau untuk melihat kemampuan seseorang dalam melewati hambatan-hambatan sebagai *caregiver*.

Penelitian ini bertujuan untuk melihat *adversity quotient* remaja *caregiver* dari orang tua yang menderita skizofrenia di Madura. Penelitian ini disusun secara kualitatif dengan pendekatan studi kasus. Kriteria partisipan adalah remaja dengan orang tua skizofrenia di Madura. Hasil penelitian menunjukkan adanya perbedaan tingkat *adversity quotient* antar partisipan. Selain itu ditemukan adanya perbedaan kemampuan *adversity quotient* berdasarkan aspek.

Kata Kunci: *Adversity Quotient, Caregiver, Caregiver* Skizofrenia

ABSTRACT

Diva Regidani Juniar. 210541100096. Adversity Quotient of Adolescent Caregiver with Parents Diagnosed with Schizophrenia in Madura. Psychology Study Program, Faculty of Social and Cultural Sciences, Universitas Trunodjoyo Madura. 2026.

Patients with schizophrenia experience disturbances in perception, thought, emotion, and behavior, which result in an inability to carry out normal daily activities, such as decreased personal hygiene, reduced social roles, and social disability. Therefore, assistance from others is required to support daily functioning, commonly referred to as caregivers. In addition to the patients themselves, caregivers face various challenges, including psychological, physical, economic, and social burdens. Consequently, caregivers need not only survival strategies but also the ability to control situations, take responsibility effectively, understand problems, and maintain optimism. For this reason, the concept of adversity quotient is examined to understand an individual's ability to overcome obstacles encountered while serving as a caregiver.

This study aims to examine the adversity quotient of children whose parents suffer from schizophrenia in Madura. The research employs a qualitative method using a case study approach. The criteria for participants are adolescents who have parents diagnosed with schizophrenia and reside in Madura. The results indicate differences in the level of adversity quotient among participants. Additionally, differences in adversity quotient abilities were found across its various aspects.

Keywords: *Adversity quotient, Caregiver, Schizophrenia Caregiver*