

ABSTRAK

Latar Belakang: *Borderline Personality Disorder* (BPD) merupakan gangguan kepribadian ambang yang ditandai dengan ketidakstabilan hubungan interpersonal, gambaran diri kabur, impulsivitas. BPD merupakan gangguan mental berat dengan disregulasi perilaku dan emosi yang parah, tingkat bunuh diri yang tinggi dan biaya besar bagi masyarakat. Trauma masa kecil merupakan peristiwa traumatis usia 0-18 tahun seperti mengalami kekerasan, pelecehan atau pengabaian, menyaksikan kekerasan di rumah berperan terjadinya BPD. Gangguan kecemasan diperkirakan lebih sering pada BPD daripada populasi umum juga dipengaruhi pelecehan masa kanak.

Tujuan: Mengetahui hubungan trauma masa kecil dan kecemasan pada pasien BPD.

Metode: Penelitian ini merupakan penelitian *cross sectional*. Subjek penelitian 41 orang yang terdiagnosis BPD berdasarkan rekam medis. Trauma masa kecil dinilai dengan *childhood trauma questionnaire* (CTQ) dan Kecemasan dinilai dengan kuesioner *zung self rating anxiety scale* (ZSAS).

Hasil: Dari hasil uji hubungan trauma masa kecil terhadap tingkat kecemasan pada kekerasan emosional didapatkan nilai $p = 0,001$ ($p < 0,05$) dan nilai $r = 0,509$ ($0,4 - <0,6$) sehingga dapat disimpulkan terdapat hubungan bermakna dengan arah dan kekuatan hubungannya positif sedang, dan pada pengabaian emosional didapatkan nilai $p = 0,003$ ($p < 0,05$) dan nilai nilai $r = 0,458$ ($0,4 - <0,6$) sehingga dapat disimpulkan terdapat hubungan bermakna dengan arah dan kekuatan hubungannya positif sedang.

Kesimpulan: Terdapat hubungan signifikan antara trauma masa kecil kekerasan emosional dan pengabaian emosional dengan kecemasan pada pasien BPD.

Kata Kunci: *Trauma masa kecil, Kecemasan, Borderline Personality Disorder*

ABSTRACT

Background: Borderline Personality Disorder (BPD) is characterized by unstable interpersonal relationships, blurred self-image, impulsivity. BPD is a serious mental disorder with severe behavioral and emotional dysregulation, high suicide rates and enormous costs to society. Childhood trauma is a traumatic event aged 0-18 years, such as experiencing violence, abuse or neglect, witnessing violence at home plays a role in the occurrence of BPD. Anxiety disorders are thought to be more common in BPD than in the general population and are also influenced by childhood abuse.

Aim: To determine the relationship between childhood trauma and anxiety in BPD patients.

Method: This research is a cross sectional study. The research subjects were 41 people diagnosed with BPD based on medical records. Childhood trauma was assessed using the Childhood Trauma Questionnaire (CTQ) and anxiety was assessed using the Zung Self Rating Anxiety Scale (ZSAS) questionnaire.

Results: From the test results of the relationship between childhood trauma and the level of anxiety in emotional violence, it was found that the value of $p = 0.001$ ($p < 0.05$) and the value of $r = 0.509$ ($0.4 - <0.6$) so it can be concluded that there is a significant relationship with the direction and the strength of the relationship is moderately positive, and for emotional neglect the p value = 0.003 ($p < 0.05$) and the r value = 0.458 ($0.4 - <0.6$) so it can be concluded that there is a relationship meaningful with the direction and strength of the relationship being moderately positive.

Conclusion: There is a significant relationship between childhood trauma, emotional violence and emotional neglect and anxiety in BPD patients.

Keywords: *Childhood trauma, Anxiety, Borderline Personality Disorder*