

# Regulasi Emosi pada Suami sebagai *Family Caregiver* bagi Istri Penderita Gagal Ginjal Kronis

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## Abstrak

Regulasi emosi adalah kemampuan yang dimiliki individu untuk mengatur emosi yang dirasakannya sehingga emosi tersebut tidak mempengaruhi kehidupan sehari-hari. Penelitian ini bertujuan untuk mengungkap regulasi emosi pada suami sebagai *family caregiver* bagi istri penderita gagal ginjal kronis. Subjek dalam penelitian ini berjumlah tiga orang yang dipilih menggunakan teknik *purposive sampling* dengan kriteria seorang suami sebagai *family caregiver* bagi istri penderita gagal ginjal kronis yang menjalani terapi hemodialisa. Teknik pengambilan data menggunakan wawancara semi terstruktur kemudian dianalisis menggunakan metode *interpretative phenomenological analysis* (IPA). Berdasarkan hasil analisis ditemukan lima tema induk meliputi peran suami sebagai *family caregiver*, pemaknaan suami sebagai *family caregiver*, penilaian dan dukungan sosial, gambaran emosi suami sebagai *family caregiver*, dan upaya pengendalian emosi. Ketiga subjek merasakan dinamika menjadi *family caregiver* dalam melakukan perawatan, pendampingan, dan pengambilan keputusan perawatan. Kegiatan perawatan tersebut memunculkan respon dari lingkungan yang positif dan negatif. Hal tersebut membuat ketiga subjek memunculkan emosi negatif yang mempengaruhi kondisi penderita. Oleh karena itu, suami melakukan pengendalian emosi dengan cara regulasi emosi. Strategi regulasi emosi yang banyak dilakukan oleh ketiga subjek adalah *attention deployment* dan *response modulation*.

**Kata Kunci:** Regulasi emosi; suami; *family caregiver*; gagal ginjal kronis

# **Emotion Regulation on Husband as Family Caregiver for Wife with Chronic Kidney Disease**

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## **Abstract**

Emotion regulation is the ability of individuals to regulate the emotions they feel so that these emotions do not affect their daily lives. This study aims to reveal the emotional regulation of husbands as family caregivers for wives with chronic kidney disease. The subjects in this study were three people who were selected using a purposive sampling technique with the criteria of a husband as a family caregiver for a wife with chronic kidney disease undergoing hemodialysis therapy. The data collection technique used semi-structured interviews and then analyzed using interpretative phenomenological analysis (IPA) methods. Based on the results of the analysis, it was found that there were five main themes including the husband's role as a family caregiver, the meaning of the husband as a family caregiver, social assessment and support, the emotional description of the husband as a family caregiver, and strategy to control emotions. The three subjects felt the dynamics of being a family caregiver in caring, mentoring, and making care decisions. These maintenance activities elicit positive and negative responses from the environment. This makes the three subjects raise negative emotions that affect the patient's condition. Therefore, husbands do emotional control by means of emotion regulation. The emotion regulation strategies that are mostly used by the three subjects are attention deployment and response modulation.

**Keywords:** emotional regulation; husband; family caregiver; chronic kidney disease