

**PENGARUH DUKUNGAN SOSIAL DAN KEBERSYUKURAN  
TERHADAP KESEJAHTERAAN PSIKOLOGIS  
PADA *CAREGIVER* ORANG DENGAN SKIZOFRENIA (ODS)  
DI BANDUNG RAYA  
SKRIPSI**

Diajukan untuk Memenuhi Salah Satu Syarat  
Memperoleh Gelar Sarjana Psikologi



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2020**

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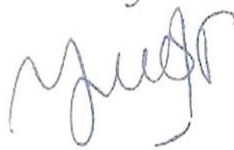
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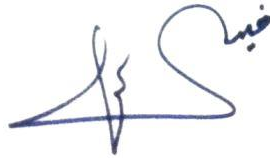
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## ABSTRAK

**Akbar Prawira Helmi Natadireja (1405272)** *Pengaruh Dukungan Sosial dan Kebersyukuran Terhadap Kesejahteraan Psikologis Caregiver Orang Dengan Skizofrenia (ODS) di Bandung Raya*. Skripsi. Departemen Psikologi Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia, Bandung (2020).

Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial dan kebersyukuran terhadap kesejahteraan psikologis *caregiver* ODS yang berada di daerah Bandung Raya. Penelitian ini menggunakan metode penelitian kuantitatif dengan responden penelitian berjumlah 53 orang *caregiver* ODS di Bandung Raya. Alat ukur yang digunakan dalam penelitian ini adalah *Social Provisions Scale* (SPS) untuk mengukur dukungan sosial, *The Gratitude Questionnaire (GQ6)* untuk mengukur tingkat kebersyukuran, dan terakhir, *Ryff's Psychological Well-being Scale (PWB Scale)* untuk mengukur kesejahteraan psikologis. Teknik analisis yang digunakan pada penelitian ini adalah analisis regresi linear dan analisis regresi berganda. Dari hasil analisis regresi linear yang dilakukan, secara terpisah, diketahui bahwa dukungan sosial dan kebersyukuran memiliki pengaruh yang signifikan terhadap kesejahteraan psikologis. Sedangkan berdasarkan hasil dari analisis regresi berganda, hanya kebersyukuran yang memiliki pengaruh yang signifikan terhadap kesejahteraan psikologis *caregiver* ODS.

**Kata kunci:** dukungan sosial, kebersyukuran, kesejahteraan psikologis, *caregiver* ODS.

## ABSTRACT

**Akbar Prawira Helmi Natadireja (1405272)** *The Impact of Social Support and Gratitude on Psychological Wellbeing of Schizophrenia Caregivers in Greater Bandung*. Unpublished research paper, Department of Psychology, Faculty of Education, Indonesia University of Education, Bandung (2020).

This research aims to determine the impact of social support and gratitude on schizophrenia caregiver psychological well-being in Greater Bandung area. This research used quantitative research method with 53 schizophrenia caregivers in Greater Bandung area as participants. The instruments used for this research were Social Provision Scale (SPS) to measure social support, The Gratitude Questionnaire (GQ-6) to measure gratitude, and finally, Ryff's Psychological Well-being Scale (PWB Scale) to measure psychological wellbeing. The analysis method used in this research are simple linear regression analysis and multiple regression analysis. The result of simple linear regression revealed that partially, social support and gratitude has a significant impact on psychological wellbeing. Meanwhile, based on the result of multiple regression analysis, only gratitude has significant impact on caregiver psychological well-being.

**Keyword:** social support, gratitude, pscyhological well-being, schizophrenia caregivers.

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Akbar Prawira Helmi Natadireja, 2020

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