

**HUBUNGAN ANTARA HARGA DIRI DAN DUKUNGAN SOSIAL  
TERHADAP RESILIENSI PADA KELUARGA ODGJ  
DI KABUPATEN PEMALANG**

Oleh :

**Aurora Dhifal Azalea**

Mahasiswa Fakultas Psikologi  
Universitas Islam Sultan Agung Semarang  
Email: auroradifa@std.unissula.ac.id

**ABSTRAK**

Penelitian ini bertujuan untuk menguji hubungan antara harga diri dan dukungan sosial dengan resiliensi pada keluarga ODGJ di Kabupaten Pemalang. Populasi dalam penelitian ini yaitu ODGJ di Kabupaten Pemalang Jawa Tengah, sampel penelitian ini berjumlah 60 subjek keluarga ODGJ. Teknik *sampling* yang digunakan adalah *random sampling*. Alat Ukur penelitian menggunakan tiga skala. Skala resiliensi berjumlah 28 aitem dan memiliki koefisien reliabilitas sebesar 0,893. Skala harga diri berjumlah 35 aitem dan memiliki koefisien reliabilitas sebesar 0,928. Skala dukungan sosial berjumlah 19 aitem dan memiliki koefisien reliabilitas sebesar 0,878. Analisis data penelitian ini menggunakan analisis regresi ganda dan korelasi parsial. Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara harga diri dan dukungan sosial terhadap resiliensi diperoleh  $f_{hitung}$  sebesar 18,098 >  $F_{tabel}$  3,16 dengan  $p = 0,000 < 0,05$ . Hasil uji korelasi parsial antara harga diri dan resiliensi dengan mengontrol dukungan sosial diperoleh skor  $r_{x1y} = 0,046$  dengan  $p = 0,729$  ( $p > 0,05$ ). Hal ini berarti bahwa tidak ada hubungan positif signifikan antara variabel harga diri dengan resiliensi. Hasil uji korelasi parsial antara dukungan sosial dan resiliensi dengan mengontrol harga diri diperoleh skor  $r_{x2y} = 0,438$  dengan  $p = 0,000$  ( $p = < 0,05$ ). Hal ini berarti bahwa ada hubungan positif signifikan antara variabel dukungan sosial dengan resiliensi.

**Kata kunci:** Resiliensi, Harga Diri, Dukungan Sosial, Keluarga ODGJ

**THE RELATIONSHIP BETWEEN SELF-ESTEEM AND SOCIAL  
SUPPORT TOWARDS RESILIENCE AMONG FAMILYS OF PEOPLE  
WITH MENTAL DISORDER IN PEMALANG REGENCY**

By :

**Aurora Dhifal Azalea**

*Psychology Faculty Student*

*Sultan Agung Islamic University Semarang*

*Email: auroradifa@std.unissula.ac.id*

**ABSTRACT**

This study aims to investigate the relationship between self-esteem and social support with resilience among familys of people with mental disorder in Pemalang Regency. The population in this study were people with mental disorders in Pemalang Regency, Central Java. The sample size was 60 subjects which was taken by using random sampling technique. This study used research measuring instrument with three scales. The number of resilience scale was 28 items and had a reliability coefficient of 0.893. The number of self-esteem scale was 35 items and had a reliability coefficient of 0.928. The number of social support scale was 19 items and had a reliability coefficient of 0.878. Data were analyzed using multiple regression analysis and partial correlation. The results show that there was a significant relationship between self-esteem and social support on resilience, which observed from the  $f$  count = 18.098 >  $F$  table = 3.16 with  $p = 0.000 < 0.05$ . The results of partial correlation test between self-esteem and resilience by controlling social support, obtained a value of  $rx1y = 0.046$  with  $p = 0.729$  ( $p > 0.05$ ), which indicate that there was no significant positive relationship between the variables of self-esteem and resilience. The results of partial correlation test between social support and resilience by controlling self-esteem obtained a value of  $rx2y = 0.438$  with  $p = 0.000$  ( $p < 0.05$ ), which indicate that there was a significant positive relationship between the variables social support and resilience.

**Keywords:** Resilience, Self-Esteem, Social Support, Family of People With Mental Disorder