

ABSTRAK

HUBUNGAN *SELF-STIGMA* DENGAN TINGKAT STRES PADA PASIEN TUBERKULOSIS DI WILAYAH KERJA PUSKESMAS PURWOSARI KABUPATEN PASURUAN

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Tuberkulosis tidak hanya berdampak pada kondisi fisik, tetapi juga psikologis, seperti *self-stigma* yang dapat meningkatkan tingkat stres. Oleh karena itu, penelitian mengenai hubungan *self-stigma* dengan tingkat stres pada pasien tuberkulosis di wilayah kerja Puskesmas Purwosari Kabupaten Pasuruan perlu dilakukan. Tujuan penelitian ini untuk menganalisis hubungan *self-stigma* dengan tingkat stres pada pasien tuberkulosis. Penelitian menggunakan desain analitik korelasional dengan pendekatan cross-sectional. Sebanyak 50 responden dipilih menggunakan teknik purposive sampling. *Self-stigma* diukur menggunakan *Van Rie's TB Stigma Scale* (VTSS) dan tingkat stres menggunakan *Perceived Stress Scale* (PSS-10). Analisis data menggunakan uji *Spearman Rank* dengan tingkat signifikansi 0,05. Hasil penelitian menunjukkan hampir setengah responden mengalami *self-stigma* kategori tinggi (46%), sedangkan sebagian besar mengalami stres berat (58%). Nilai $p = 0,002$ dengan koefisien korelasi $r = 0,433$ menunjukkan hubungan positif berkekuatan sedang antara *self-stigma* dan tingkat stres. Temuan ini menunjukkan bahwa semakin tinggi *self-stigma* yang dialami pasien tuberkulosis, semakin tinggi tingkat stres yang dirasakan, sehingga aspek psikologis perlu menjadi perhatian selama proses pengobatan.

Kata kunci: *self-stigma*, tingkat stres, tuberkulosis, pasien tuberkulosis.

ABSTRACT

THE RELATIONSHIP BETWEEN *SELF-STIGMA* AND STRESS LEVELS AMONG PATIENTS WITH TUBERCULOSIS AT THE PURWOSARI PUBLIC HEALTH CENTER, PASURUAN REGENCY

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Tuberculosis affects not only patients' physical health but also their psychological well-being, particularly through self-stigma, which may increase perceived stress. Therefore, this study aimed to analyze the relationship between self-stigma and perceived stress among patients with tuberculosis in the working area of Purwosari Public Health Center, Pasuruan Regency. This study employed a correlational analytic design with a cross-sectional approach. A total of 50 respondents were selected using purposive sampling. Self-stigma was measured using the Van Rie's TB Stigma Scale (VTSS), while perceived stress was assessed using the Perceived Stress Scale (PSS-10). Data were analyzed using Spearman's rank correlation test with a significance level of 0.05. The results showed that nearly half of the respondents experienced high levels of self-stigma (46%), while the majority experienced severe perceived stress (58%). A p-value of 0.002 and a correlation coefficient of $r = 0.433$ indicated a moderate positive correlation between self-stigma and perceived stress. These findings suggest that higher levels of self-stigma are associated with higher levels of perceived stress among patients with tuberculosis, highlighting the importance of addressing psychological aspects throughout the treatment process..

Keywords: *self-stigma*, stress levels, tuberculosis, patients with tuberculosis.