

RESILIENSI PADA *FAMILY CAREGIVER* LANSIA DISABILITAS

SKRIPSI



**UIN SUNAN AMPEL
S U R A B A Y A**

BRILLIANT ALFARINO

11020122062

**PROGRAM STUDI PSIKOLOGI
FAKULTAS PSIKOLOGI DAN KESEHATAN
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL
SURABAYA**

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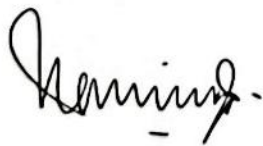
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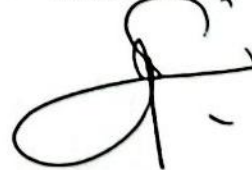
Surabaya, 3 Juni 2026

Pembimbing I



(Drs. H. Hamim Rosyidi, M.Si)
NIP. 196208241987031002

Pembimbing II,



(Dr. Suryani, S.Ag, S.Psi., M.Si)
NIP. 197708122005012004

HALAMAN PENGESAHAN

SKRIPSI

RESILIENSI PADA *FAMILY CAREGIVER* LANSIA DISABILITAS

Yang disusun oleh
Brilliant Alfarino
11020122062

Telah dipertahankan di depan tim penguji

Pada tanggal 17 Juni 2026



Susunan tim penguji

Penguji I

Drs. H. Hamim Rosyidi, M.Si
NIP. 196208241987031002

Penguji II

Dr. Suryani, S.Ag, S.Psi., M.Si
NIP. 197708122005012004

Penguji III

Prof. Dr. H. Moh. Sholeh, M.Pd
NIP. 195912091990021001

Penguji IV

Dr. S. Khorriyatul Khotimah, M.Psi, Psikolog
NIP. 197711162008012018

HALAMAN PERSETUJUAN PUBLIKASI



**KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA
PERPUSTAKAAN**

Jl. Jend. A. Yani 117 Surabaya 60237 Telp. 031-8431972 Fax.031-8413300
E-Mail: perpus@uinsby.ac.id

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Nama : Brilliant Alfarino
NIM : 11020122062
Fakultas/Jurusan : Fakultas Psikologi dan Kesehatan / Psikologi
E-mail address : brillianttt0909@gmail.com

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ABSTRACT

This study aimed to explore the strategies used to develop resilience and to identify the factors that support and hinder resilience among family caregivers of older adults with disabilities. This research employed a qualitative approach using a phenomenological method involving three family caregivers selected through purposive sampling. Data were collected through semi-structured interviews and analyzed using thematic analysis. The findings revealed that the strategies used by caregivers to develop resilience included self-regulation, religious coping, self-acceptance, and stress release. Factors supporting resilience consisted of family support and self-support, while factors hindering resilience included time constraints, multiple role demands, and limited physical capacity. The findings also indicated that resilience develops through the interaction of social support, internal strengths, and adaptive abilities, as explained by Grotberg's resilience theory through the dimensions of I Have, I Am, and I Can. This study is expected to contribute to the development of family psychology research and serve as a basis for designing psychological support programs for family caregivers of older adults with disabilities.

Keywords: *resilience, family caregiver, older adults with disabilities.*

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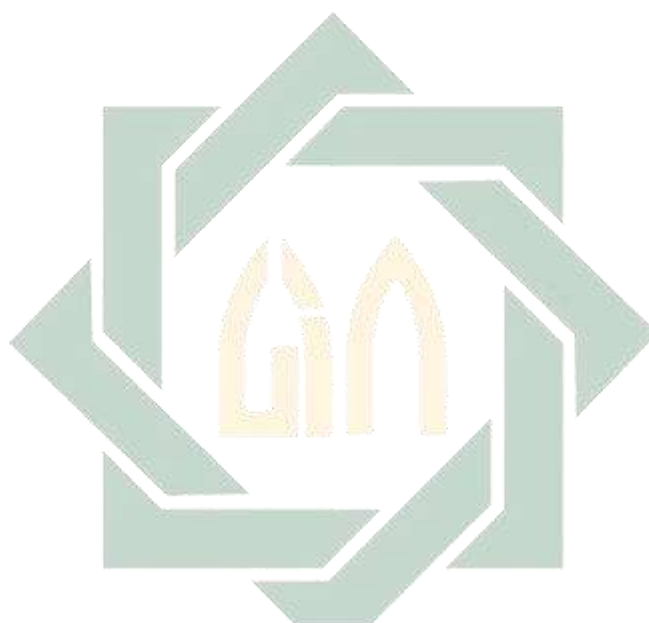
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