

ABSTRACT

THE EFFECTIVITY OF EMOTIONALLY FOCUSED COUPLE THERAPY ON IMPROVING QUALITY OF LIFE IN INFERTILE COUPLE

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Couples dealing with difficulty in having children or infertility are often under many psychological distress which affect various aspects in their lives, causing poor quality of life. Therefore it is crucial to have an intervention to improve quality of life in infertile couple so they can enjoy their lives and marriage even though still remain childless. Emotionally focused couple therapy (EFCT) is one of the most effective intervention on couple issues and relationship.

This study aimed to determine the effectiveness of emotionally focused couple therapy (EFCT) on improving quality of life in infertile couples. EFCT was held in 6 sessions. Measurements were conducted twice, pre-intervention and post-intervention and there is also per session evaluation. The questionnaire used is the Fertility Quality of Life (fertiQol) from Jacky Boivin, Janet Takefman, and Andrea Braverman (2011), which measures quality of life at specific condition of infertility. The design in this study was a case study on one couple as a subject which obtained through purposive sampling technique. The data was obtained from interviews, observations, and questionnaire. Data was analyzed using descriptive statistic in quantitative method, and qualitative method using content analysis and descriptive analysis.

The study result showed that EFCT was effective to improve quality of life in infertile couples, which indicated by increased score of total fertiQol in both partners. This change showed that secure bonding was created thus the couple became safe haven for each other from infertility distress. Qualitatively, the husband experience the most change in relational and emotional domains. Meanwhile the wife experience the most in emotional, social, and relational domains.

Key Word: Emotionally focused couple therapy, Quality of life, Infertility

ABSTRAK

EFEKTIVITAS *EMOTIONALLY FOCUSED COUPLE THERAPY* DALAM MENINGKATKAN *QUALITY OF LIFE* PASANGAN YANG MENGALAMI KESULITAN MEMPUNYAI ANAK (INFERTIL)

Pasangan yang mengalami kesulitan mempunyai anak atau infertilitas seringkali mendapat banyak tekanan psikologis yang mempengaruhi berbagai aspek hidup pasangan, yang menyebabkan *quality of life* mereka menjadi rendah. Oleh karena itu penting dilakukan intervensi untuk meningkatkan *quality of life* pasangan infertil agar pasangan tetap dapat menikmati hidup dan pernikahan meskipun belum memiliki anak. *Emotionally focused couple therapy* (EFCT) adalah salah satu intervensi yang paling efektif diterapkan dalam permasalahan dan relasi pasangan.

Penelitian ini bertujuan untuk mengetahui efektivitas *emotionally focused couple therapy* (EFCT) dalam meningkatkan *quality of life* pasangan yang mengalami kesulitan mempunyai anak atau infertil. EFCT dilakukan sebanyak enam sesi. Pengukuran dilakukan sebanyak dua kali yaitu sebelum dan sesudah intervensi, serta terdapat evaluasi persesi. Kuesioner yang digunakan adalah *fertility quality of life* (fertiQol) dari Jacky Boivin, Janet Takefman, dan Andrea Braverman (2011) yang mengukur *quality of life* dalam kondisi spesifik infertilitas. Rancangan dalam penelitian ini adalah studi kasus dengan satu pasang subjek penelitian yang diperoleh melalui teknik *purposive sampling*. Data diperoleh dengan menggunakan metode wawancara, observasi, dan kuesioner. Data dianalisis dengan menggunakan metode kuantitatif yaitu statistik deskriptif dan metode kualitatif dengan *content analysis* dan analisa deskriptif.

Hasil penelitian menunjukkan bahwa intervensi berupa EFCT efektif meningkatkan *quality of life* pada pasangan subjek penelitian yang ditandai dengan meningkatnya skor total fertiQol pada kedua partner. Perubahan ini menunjukkan terbentuknya ikatan yang aman pada pasangan sehingga pasangan saling menjadi tempat berlindung yang aman dari tekanan infertilitas. Secara kualitatif suami merasakan perubahan paling besar dalam domain relasional dan emosional. Sedangkan pada istri perubahan paling besar pada domain emosional, sosial, dan relasional.

Kata Kunci: *Emotionally focused couple therapy*, *Quality of life*, Infertilitas