

## Social Support and Stress Symptoms of Lupus Patients

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The effects of social support on reducing the stress symptom of lupus patient were shown by Nugraha (2005). This article was intended to describe the social support used during the social support activities. In this study social support was given to two lupus patients during 12 weeks (once a week, two hours max. every session), applying the one-to-one method and helping techniques from Brammer (2003). The results described that support techniques mostly used to fulfil the patients' needs for emotional and informational supports were attending, reassuring, and summarizing; whereas the supports mostly used were the roles as a friend who listened to the patient, who encouraged them and who gave them information related to lupus. The descriptions also revealed that the author needed several sessions to show that social support affects the patients.

*Keywords:* social support, stress, lupus patient

Penelitian Nugraha (2005) memperlihatkan bahwa pemberian dukungan sosial mengurangi keluhan simptom stres penderita lupus. Artikel ini bermaksud menggambarkan dukungan sosial dalam aktivitas pemberian dukungan sosial tersebut. Pada studi ini dukungan sosial diberikan terhadap dua penderita lupus selama 12 minggu (satu kali seminggu, dua jam maksimum pada tiap pertemuan), menggunakan metode *one-to-one support* dan teknik *helping* menurut Brammer (2003). Hasilnya menggambarkan bahwa dalam rangka memenuhi kebutuhan penderita lupus akan dukungan emosional dan dukungan informasional, tiga teknik yang sering digunakan oleh peneliti adalah *attending*, *reassuring*, *summarizing*; sedangkan peran yang sering dimainkan peneliti adalah peran sebagai teman yang mendengarkan, teman pemberi semangat, dan teman pemberi informasi. Deskripsi juga mengungkapkan bahwa efek dukungan sosial terhadap penderita lupus baru tampak setelah beberapa pertemuan berlangsung.

*Kata kunci:* dukungan sosial, stres, penderita lupus

'Lupus', which is the Latin word for 'wolf', refers to a disease characterized by butterfly-shaped rashes found in the patients' facial features, which gives the patients wolf-like facial appearances. The terminology *Lupus Erythematosus* itself was proposed for the first time by Pierre Cazenave, a French dermatologist, back in 1851.

*Lupus Erythematosus*, commonly called "lupus", is a chronic disease categorized as autoimmune disease (disease which is caused by maladaptive autoimmune system of the human body). The autoimmune system attacks internal organs, healthy bodily cells, and causes damage and dysfunction to the patient's body. Lupus is also classified as a multisystem disease because it attacks different internal organs or cell networks. Lupus

is characterized by a remission period (a period of dormant state) and relapse period (or commonly called 'flare', that is the active state of the disease). Based on its overt symptoms, *Lupus Erythematosus* can be classified into four groups, namely *Discoid Lupus Erythematosus* (DLE), *Systemic Lupus Erythematosus* (SLE), *Drug-Induced Lupus Erythematosus*, and *Undifferentiated Connective Tissue Disease* (UCTD). In this article, the author specifically refers to *Systemic Lupus Erythematosus* (SLE).

Commonly associated symptoms of Lupus are the appearance of butterfly-shaped red rashes found at the patients' cheeks and noses, chronic fatigue, decreasing of body mass, skin rashes, chronic infection, anemia, fever, arthritis, hair loss, chronic oral ulcer, muscular and joint pains, which paralyze upper and lower extremities. These symptoms are similar to influenza, hence it is often called *flulike syndrome*. Because of this flulike symptoms, lupus is often called 'great imitator'. The

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