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LAMPIRAN

Transkrip wawancara informan 1

Nama: MD (MD)

Waktu: Senin, 18 Agustus 2025

Peneliti: Mungkin untuk awal bisa diceritakan nama, usia, pekerjaan, kapan waktu pertama kali ke psikiater, dan diagnosis yang diberikan oleh psikiater.

MD: Halo, nama aku MD, saat ini berusia 26 tahun dan pekerjaanku sekarang mahasiswa. Saat ini aku kuliah jurusan arsitektur di salah satu universitas swasta di Depok. Aku pertama kali ke dokter Nina itu November 2023 dan didiagnosa *bipolar disorder* dan depresi berat dengan gejala psikosis.

Peneliti: Boleh diceritakan nggak, bagaimana biasanya kamu berkomunikasi dengan keluarga terkait masalah pribadi atau emosional?

MD: Untuk bercerita kalau masalah pribadi sih nggak ya, tapi kalau masalah yang harus diselesaikan bersama ya diselesaikan bersama.

Peneliti: Apakah kamu merasa nyaman untuk menceritakan perasaan atau masalah kepada anggota keluarga? Jika iya/tidak, mengapa?

MD: Nggak. Karena dari kecil aku emang... Nggak tau ya, dari kecil nggak ada pembahasan tentang masalah emosional. Nggak diajarin untuk beremosional secara baik.

Peneliti: Ada nggak kira-kira pengalaman ketika keluarga memberikan dukungan emosional terhadap kamu? Dan apakah hal itu berdampak terhadap kamu?

MD: Ada. Cuma bisa dihitung jari lah berapa kali. Waktu itu ada. Waktu itu aku lagi nangis-nangis aja terus ada drama maafin ayah maafin mama. Setelahnya udah deh, gengsi-gengsian lagi.

Peneliti: Pernah nggak sih kamu merasa keluarga justru menambah beban ketika kamu menghadapi masalah? Kalau ada, bisa ceritakan contohnya?