

ABSTRAK

Kardinasari, Amanda. 2016. *Hubungan Dukungan Keluarga dengan Kemandirian Pasien Stroke di Instalasi Rehabilitasi Medik Rumah Sakit Dr. Iskak Tulungagung*. Tugas Akhir, Fakultas Kedokteran Universitas Brawijaya. Pembimbing: (1) Ns. Setyoadi, S.Kep, M.Kep, Sp. Kep. Kom (2) Ns. Tina Handayani Nasution, S. Kep, M.Kep

Stroke adalah keadaan yang muncul ketika pembuluh darah otak gagal mensuplai oksigen ke sel-sel otak. Pasien stroke tidak dapat sepenuhnya mandiri, namun apabila ditangani dengan baik maka akan meringankan beban penderita, meminimalkan kecacatan dan mengurangi ketergantungan pada orang lain dalam beraktivitas. Keluarga sangat berperan dalam fase pemulihan, sehingga sejak awal perawatan keluarga diharapkan terlibat dalam penanganan penderita. Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dengan kemandirian pasien stroke di instalasi rehabilitasi medik Rumah Sakit Dr. Iskak Tulungagung. Metode penelitian menggunakan *purposive sampling*. Pengambilan data dilakukan dengan teknik wawancara terstruktur menggunakan kuesioner *Barthel Index* dan kuesioner dukungan keluarga. Berdasarkan hasil penelitian, dari 57 responden, didapatkan untuk dukungan keluarga skor rata-rata adalah 87,84 yang berarti dukungan keluarga baik. Sementara skor rata-rata kemandirian pasien stroke adalah 81,75 yang artinya ketergantungan sedang. Hasil uji statistik menunjukkan nilai signifikansi = 0,00. Nilai sig tersebut $\alpha = 0,05$. Kesimpulan dari penelitian ini adalah terdapat hubungan kuat antara dukungan keluarga dengan kemandirian. Berdasarkan hasil penelitian ini disarankan petugas kesehatan dapat meningkatkan peran dalam memberikan edukasi tentang pentingnya dukungan keluarga kepada pasien stroke karena keluarga berperan penting dalam proses pemulihan.

Kata kunci : Stroke, Dukungan Keluarga, Kemandirian

ABSTRACT

Kardinasari, Amanda. 2016. *The Correlation of Family Support with Stroke Patients' Independence in the Medical Rehabilitation Center of Dr. Iskak Hospital Tulungagung*. Bachelor Thesis, Nursing Department, Faculty of Medicines, Brawijaya University. Advisors: (1) Ns. Setyoadi, S.Kep, M.Kep, Sp. Kep. Kom (2) Ns. Tina Handayani Nasution, S. Kep, M.Kep

Stroke is a condition which occurs when the brain's blood vessels fail to supply oxygen to the brain cells which caused the brain not functioning properly. As such, stroke patients cannot fully support themselves. However, with constant and proper treatment, it can ease the burden on the patients, minimizing their disability, and reducing their dependence towards others while undergoing an activity. During the recovery phase, family plays an important role, they served as a source of support even during the healing and rehabilitation phase, as such, they are expected to be involved in the process of treatment since the very beginning. The purpose of this study is to identify the correlation of family support with stroke patients' independence in the medical rehabilitation center of Dr. Iskak hospital Tulungagung. In order to focus on the stroke patients, this research uses a *purposive sampling method* which follows certain predetermined criteria. The research data were collected by using structured interview techniques by utilizing *Barthel Index's Instrument* and family support instrument. Based on the results of the study, out of 57 respondents, the average score for family support was 87,84 that mean good while the stroke patients' independence receives an average score of 81,75 that mean dependent moderate. Statistical analysis showed significant value = 0.00 whereas its sig value $< \alpha = 0.05$ These numbers show a strong connection between family support with independence, which means that there is a correlation between family support and stroke patients independence. In conclusion, by giving a better family support the stroke patients can gradually become more independent. Essentially, in order for the stroke patients to gain better condition, it is advised that the paramedics should improve their role in providing education about the importance of family support towards stroke patients' family members as the family plays an important role during the recovery process.

Keywords: Stroke, Family Support, Independent