

PENGARUH PROGRAM PSIKOEDUKASI BERSAHABAT DENGAN STROKE TERHADAP EFIKASI DIRI PASIEN PASCA STROKE DI RSUD SLEMAN

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ABSTRAK

Latar Belakang: Stroke merupakan penyebab umum kematian kedua dan penyebab disabilitas ketiga di dunia. Stroke memiliki dampak besar pada fungsi fisik, psikologis, dan sosial seperti gangguan mobilitas, perubahan emosi, hingga isolasi dikarenakan kehilangan pekerjaan dan kehilangan waktu luang, yang dapat meningkatkan risiko depresi pasca stroke dan memperburuk status fungsional dan kualitas hidup. Depresi yang timbul pasca stroke berhubungan negatif dengan efikasi diri. Efikasi diri yang baik pada pasien pasca stroke diperlukan untuk meningkatkan kualitas hidup dan menurunkan depresi yang mempercepat proses penyembuhan pasien. Pemberian psikoedukasi bersahabat dengan stroke melalui media video terhadap pasien pasca stroke diharapkan dapat meningkatkan pengetahuan dan mekanisme coping sehingga terjadi peningkatan efikasi diri.

Tujuan: Mengetahui pengaruh program psikoedukasi bersahabat dengan stroke terhadap efikasi diri pasien pasca stroke di RSUD Sleman

Metode: Jenis penelitian yang digunakan *quasi experiment* dengan *pretest-posttest control group design*. Populasi dalam penelitian ini adalah pasien pasca stroke yang berkunjung di poli saraf RSUD Sleman dalam kurun waktu Maret - April 2022. Teknik pengambilan sampel dengan *purposive sampling*. Jumlah sampel sebanyak 44 responden. Analisa data menggunakan uji *Paired Sample T-Test* dan *Independent Sample T-Test*.

Hasil: Hasil uji *Paired Sample T-Test* pada kelompok intervensi diperoleh nilai $p=0.000$ dan pada kelompok kontrol diperoleh nilai $p=0.912$. Hasil uji *Independent Sample T-Test* pada kelompok intervensi dan kelompok kontrol setelah intervensi didapatkan hasil nilai $p=0.003$.

Kesimpulan: Terdapat pengaruh program psikoedukasi bersahabat dengan stroke terhadap efikasi diri pasien pasca stroke di RSUD Sleman.

Kata Kunci: efikasi diri, psikoedukasi, stroke

THE EFFECT OF PSYCHOEDUCATION PROGRAM FRIENDLY WITH STROKE ON THE SELF-EFFICACY OF POST-STROKE PATIENTS AT RSUD SLEMAN

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ABSTRACT

Background: Stroke is the second most common cause of death and the third leading cause of disability in the world. Stroke has a major impact on physical, psychological, and social functions such as impaired mobility, emotional changes, to isolation due to job loss and lost free time, which can increase the risk of post-stroke depression and worsen functional status and quality of life. Post-stroke depression is negatively related to self-efficacy. Good self-efficacy in post-stroke patients is needed to improve the quality of life and reduce depression which accelerates the patient's healing process. Providing stroke-friendly psychoeducation through video media to post-stroke patients is expected to increase knowledge and coping mechanisms so that self-efficacy increases.

Objectives: To determine the effect of a psychoeducation program friendly with stroke on the self-efficacy of post-stroke patients at RSUD Sleman.

Method: The type of research used was *quasi-experimental with pretest-posttest control group design*. The population in this study were post-stroke patients who visited the neurology department of RSUD Sleman in the period March - April 2022. The sampling technique was *purposive sampling*. The number of samples is 44 respondents. Data analysis used *Paired Sample T-Test* and *Independent Sample T-Test*.

Results: The results of the *Paired Sample T-Test* in the intervention group obtained $p= 0.000$ and in the control group obtained $p= 0.912$. The results of the *Independent Sample T-Test* in the intervention group and the control group after the intervention showed $p= 0.003$.

Conclusion: There is an effect of a stroke-friendly psychoeducational program on the self-efficacy of post-stroke patients at Sleman Hospital.

Keywords: psychoeducation, self-efficacy, stroke