

**Universitas Ngudi Waluyo
Fakultas Keperawatan
Program Studi S1 Keperawatan
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Hasanudin
010116A042**

Hubungan Manajemen Diri dengan Kualitas Hidup Pasien Pasca Stroke di RSUD Ungaran

ABSTRAK

Pasien pasca stroke membutuhkan perawatan jangka panjang baik untuk mencegah stroke berulang maupun meminimalisir komplikasi lanjut. Salah satu komponen penting dalam perawatan jangka panjang adalah kemampuan pasien dalam merawat dan mengelola diri dari penyakitnya atau lebih dikenal dengan manajemen diri. Keterlibatan manajemen diri dapat membantu pasien pasca stroke mampu mengendalikan gejala yang dialami serta memperlambat perkembangan penyakit dan meningkatkan kualitas hidup pasien. Penelitian ini bertujuan untuk mengetahui hubungan manajemen diri dengan kualitas hidup pasien pasca stroke di RSUD Ungaran

Desain penelitian ini menggunakan *deskriptif korelatif* dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah pasien pasca stroke yang rawat jalan di poliklinik saraf RSUD Ungaran yang berjumlah 92 pasien. Teknik sampling yang digunakan adalah *accidental sampling*, dan jumlah sampel sebanyak 75 responden. Instrumen penelitian yang digunakan adalah *Stroke Self Management Questionnaire* (SSMQ) untuk mengukur skala manajemen diri dan *Stroke Specific Quality Of Life* (SSQOL) untuk mengukur skala kualitas hidup.

Uji statistik yang digunakan adalah *chi square*.

Hasil penelitian menunjukkan bahwa manajemen diri pasien pasca stroke di RSUD Ungaran, lebih dari setengah responden masuk dalam kategori manajemen diri sedang, yaitu sebanyak 40 responden (53,3%). Sedangkan kualitas hidup pasien pasca stroke sebagian besar masuk dalam kategori kualitas hidup sedang, yaitu sebanyak 44 responden (58,7%).

Berdasarkan penelitian ini, diharapkan pasien pasca stroke dapat menjalankan manajemen dirinya dengan baik sehingga akan meningkatkan kualitas hidupnya.

Kata Kunci : pasien pasca stroke, manajemen diri, kualitas hidup.

**Universitas Ngudi Waluyo
Nursing Faculty
Nursing Study Program
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Hasanudin
010116A042**

The Correlation between Self-Management with Life Quality of Post-Stroke Patients at Ungaran District Hospital

ABSTRACT

Post-stroke patients need long-term care both to prevent recurrent strokes and minimize further complications. A person who has suffered a stroke cannot be completely cured, but with good treatment will ease the burden on patients, minimize disability, and reduce dependence on others. One important component in long-term care is the patient's ability to care for and manage themselves from their illness or better known as self-management. The involvement of self-management can help patients after stroke to be able to control the symptoms experienced and slow the progression of the disease and improve the life quality of patients.

The design of this study was *descriptive correlative* with *cross sectional* approach. The population in this study were post-stroke patients who were out patients in the neurology clinic of Ungaran District Hospital, totaling 92 patients. The sampling technique used was accidental sampling, and the total samples were 75 respondents. The research instrument used was *Stroke Self Management Questionnaire* (SSMQ) to measure the scale of self-management and *Stroke Specific Quality of Life* (SSQOL) to measure the scale of life quality. The statistic test used was *chi square*.

The results showed that the self-management of patients after stroke in Ungaran District Hospital, more than half of the respondents fall into the category of moderate self-management, as many as 40 respondents (53.3%). While the quality of life of post-stroke patients is mostly included in the category of moderate quality of life, as many as 44 respondents (58.7%).

Based on this research, it is hoped that post-stroke patients can carry out their self-management well so that it will improve their quality of life.

Keywords : post stroke patients, self-management, life quality.