

ABSTRAK

Camalia Arinal Chovia

Gambaran Resiliensi *Family Caregiver* Pasien Stroke di Kota Semarang pada Masa Pandemi Covid-19

xvi + 99 Halaman + 22 Tabel + 3 Gambar + 17 Lampiran

Serangan stroke dapat mengakibatkan penderitanya mengalami penurunan kemandirian sehingga membutuhkan *family caregiver* untuk pemenuhan aktivitas sehari-hari. *Family caregiver* dalam menjalankan peran membutuhkan resiliensi untuk menghadapi tantangan pengasuhan. Stressor pandemi Covid-19 dapat menjadi faktor pengaruh pada tingkat resiliensi *family caregiver* karena kurang kesiapan akan perubahan peran. Penelitian ini bertujuan untuk mengidentifikasi resiliensi *family caregiver* pasien stroke di kota Semarang pada masa pandemi Covid-19. Jenis penelitian ini merupakan deskriptif survey menggunakan kuesioner data Demografi, *Index Barthel* dan *Connor-Davidson Resilience Scale* (CD-RISC 25). Penelitian dilakukan di Wilayah Puskesmas Kedungmundu pada Mei 2022 dengan Teknik *purposive sampling*. Pengambilan data dilakukan pada 89 *family caregiver* pasien stroke dengan kriteria inklusi adalah pengasuh utama yang terlibat langsung dalam perawatan pasien stroke minimal 2 jam/hari, berumur ≥ 18 tahun dapat membaca dan menulis. Data dianalisis secara univariat dan ditampilkan dalam bentuk tabel distribusi frekuensi. Hasil penelitian kuantitatif menunjukkan bahwa sebagian besar *family caregiver* pasien stroke berjenis kelamin perempuan (60,7%), menikah (93,3%), pasangan (69,7%), rata-rata usia 51 tahun, bekerja (76,4%), berpenghasilan \geq UMK (59,6%) tamatan sekolah dasar (28,1%), dan lama merawat pasien stroke >12 bulan (39,3%). *Family caregiver* dalam merawat pasien stroke menunjukkan tingkat resiliensi sedang (49,3%) dengan perhitungan skor kuartil (75-85). Resiliensi *family caregiver* memiliki kompetensi pribadi yang rendah, sedangkan insting dan toleransi terhadap pengaruh negatif, penerimaan positif, kontrol diri dan pengaruh spiritual dalam kategori sedang. *Family caregiver* mampu menghadapi proses pengasuhan, namun belum memahami perannya dengan baik. Tenaga kesehatan diharapkan membantu *family caregiver* untuk meningkatkan kesiapan menjalani peran baru dan memberikan intervensi keperawatan sebagai bentuk dukungan layanan konseling.

Kata Kunci : Resiliensi, *Family caregiver*, Stroke

Daftar pustaka : 98 (1965-2022)

ABSTRACT

Camalia Arinal Chovia

Overview of Family Caregiver Resilience of Stroke Patients in Semarang during the Covid-19 Pandemic

xvi + 99 Pages + 22 Tables + 3 Images + 17 Attachments

Stroke attacks can cause its sufferers to experience a decline in independence so they need a family caregiver to accomplish daily activities. Family caregiver in doing that role requires resilience to face the challenges of caregiving. The COVID-19 pandemic stressor can be an influencing factor on the family caregiver's level of resilience due to lack of readiness for role changes. This study aimed to identify the resilience of family caregivers of stroke patients in Semarang during the Covid-19 pandemic. This was a descriptive survey using a demographic questionnaire data, Barthel Index and Connor-Davidson Resilience Scale (CD-RISC 25). The research was conducted in the *Puskesmas* Kedungmundu Public Health Center in May 2022 using purposive sampling technique. Data were collected on 89 family caregivers of stroke patients with inclusion criteria being the primary caregiver who was directly involved in the care of stroke patients at least 2 hours/day, aged ≥ 18 years old and able to read and write. The data were analyzed univariately with a frequency distribution. The results of this quantitative study show that most of the family caregivers of stroke patients are female (60.7%), married (93.3%), spouse (69.7%), average age 51 years, employed (76.4%), income \geq minimum wage (59.6%) elementary school graduates (28.1%), and length of care for stroke patients >12 months (39.3%). Family caregivers in caring for stroke patients show a moderate level of resilience (49.3%) with a quartile score calculation (75-85). The resilience aspect of family caregivers has low personal competence, while instinct and tolerance for negative influences, positive acceptance, self-control and spiritual influences are in the moderate category. Family caregivers are able to deal with the caregiving process, but do not understand their role well. Health workers are expected to help family caregivers to increase their readiness to take on new roles and provide nursing interventions as a form of support for counseling services.

Keywords: Resilience, Family caregiver, Stroke

References: 98 (1965-2022)