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# ABSTRAK

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

**Ixv + 87 Halaman + 14 Tabel + 2 Gambar + 15 Lampiran**

Tingkat kualitas hidup keluarga *caregiver* di berbagai tempat sangat bervariasi. Penelitian di Indonesia menyebutkan bahwa kualitas hidup keluarga *caregiver* tinggi.Pandemi Covid-19 dapat menyebabkan kualitas hidup keluarga *caregiver* pasien strokemengalami penurunan. Penurunan kualitas hidup dapat mempengaruhi pemberian perawatan pada pasien stroke. Tujuan dari penelitian ini adalah untuk mengetahui gambaran kualitas hidup keluarga *caregiver* pasien stroke. Penelitian ini merupakan penelitian deskriptif survei dengan metode kuantitatif menggunakan kuisioner *WHOQOL-BREF (World Health Organization Quality of Life-BREF)*. Penelitian dilakukan di wilayah kerja Puskesmas Kedungmundu Semarang pada bulan Mei-Juni 2022 dengan teknik *purposive sampling.* Data dianalisis secara univariat dengan distribusi frekuensi, prevalensi, kategori. Sebanyak 89 responden berpartisipasi dalam penelitian ini dengan kriteria inklusi keluarga pengasuh utama yang terlibat langsung minimal 2 jam per hari, usia >18 tahun dan mampu membaca dan menulis. Rata-rata responden berusia 51 tahun, berjenis kelamin perempuan (60,7%) pasangan dari pasien stroke (69,7%) dan telah menikah (93,3%) dengan tipe keluarga *nuclear family* (55,1%). Mayoritas responden bekerja (76,4%) dengan penghasilan ≥UMK (56,9%) dan latar pendidikan SD (28,1%). Mayoritas merawat pasien > 12 bulan (39,3%). Penelitian ini menyimpulkan bahwa keluarga *caregiver* pasien stroke di wilayah kerja Puskesmas Kedungmundu memiliki tingkat kualitas hidup tinggi. Berdasarkan domain menunjukkan, pada domain kesehatan umum dan kualitas hidup mayoritas responden memiliki kategori tinggi, domain kesehatan fisik memiliki kategori sedang. Sedangkan domain psikologis berkategori sedang, domain sosial dengan kategori tinggi dan domain lingkungan berkategori sedang. Peneliti menyarankan perawat dapat mengoptimalkan layanan program skrinning dan pemberian konseling kepada keluarga *caregiver* pasien stroke berupa cara perawatan, cara mengatasi stres serta mengajarkan cara mengelola kekhawatiran dalam upaya mempertahankan tingkat kualitas hidup.

Kata Kunci : Kualitas Hidup, *Family Caregiver,* Pasien Stroke

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# ABSTRACT

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**An Overview of the Quality of Life of Family Caregivers of Stroke Patients in Semarang City during the Covid-19 Pandemic**

**xIv + 86 Pages + 19 Tables + 2 Images + 15 Attachments**

Level of quality life of the caregiver's family in various places varies significantly. Research in Indonesia claims that the quality of life for family caregivers is high. The Covid-19 pandemic can cause the quality of life of caregivers on stroke patients decline. Decreased quality of life can affect the care giving to stroke patients. The purpose of this study is to describe the quality of life of the family caregiver of stroke patients. This research is a descriptive survey research with quantitative method using the WHOQOL-BREF (World Health Organization Quality of Life-BREF) questionnaire. The research was conducted in the working area of the *Puskesmas Kedungmundu* Public Health Center Semarang in May-June 2022 using purposive sampling technique. Data were analyzed univariately with the distribution of frequency, prevalence, category. A total of 89 respondents participated in this study with the inclusion criteria of the primary caregiver family being directly involved at least 2 hours per day, age > 18 years and able to read and write. The average respondent is 51 years old, female (60.7%) partner of stroke patient (69.7%) and married (93.3%) with nuclear family type (55.1%). The majority of employed respondents (76.4%) with an income of minimum wage (56.9%) and elementary education background (28.1%). The majority treated patients > 12 months (39.3%). This study concludes that family caregivers of stroke patients in the working area of Puskesmas Kedungmundu Health Center have a high level of quality of life. Based on the domain shows, in the domain of general health and quality of life the majority of respondents have a high category, the physical health domain has a medium category. While the psychological domain is in the medium category, the social domain is in the high category and the environmental domain is in the medium category. Researcher suggests nurses can optimize screening program services and provide counseling to families of caregivers of stroke patients in the form of treatments program, how to deal with stress and teach how to manage worries in an effort to maintain the level of quality of life.

Keywords: Quality of Life, Family Caregiver, Stroke Patient

Bibliography : 97 (2009-2021)