

# **HUBUNGAN BEBAN CAREGIVER DENGAN STRATEGI KOPING CAREGIVER DALAM MERAWAT PASIEN STROKE DI WILAYAH KERJA PUSKESMAS GAMPING I**

Agni Nur Aliffah<sup>1</sup>, Dewi Utari<sup>2</sup>

## **INTISARI**

**Latar Belakang :** Stroke merupakan gangguan fungsi sistem saraf yang menyebabkan kecacatan fisik, penurunan aktivitas secara fisik, mental, dan sosial dalam kehidupan sehari-hari. Pasien stroke membutuhkan bantuan orang lain sebagai *caregiver*. *Caregiver* menghabiskan waktu hampir 24 jam dalam memberikan perawatan dan bertanggung jawab terhadap kebutuhan pasien stroke. Kelelahan dan kejemuhan yang dialami oleh *caregiver* selama merawat pasien dapat menimbulkan permasalahan fisik dan psikologis. Hal tersebut dapat mempengaruhi *caregiver* dalam beradaptasi dan menentukan strategi coping. Oleh karena itulah, perlu dilakukan penelitian tentang hubungan beban *caregiver* dengan strategi coping.

**Tujuan Penelitian :** Mengetahui hubungan beban *caregiver* dengan strategi coping *caregiver* dalam merawat pasien stroke di wilayah kerja Puskesmas Gamping I.

**Metode Penelitian :** Penelitian ini menggunakan metode kuantitatif non eksperimental, dengan rancangan deskriptif korelasional dan pendekatan *cross-sectional*. Sampel sebanyak 49 responden *caregiver* informal yang dipilih menggunakan *purposive sampling*. Analisa data yang digunakan adalah analisis univariat dan analisis bivariat menggunakan *contingency coefficient* dengan tingkat kemaknaan  $p<0,05$ .

**Hasil Penelitian :** Hasil penelitian menunjukkan bahwa sebagian besar *caregiver* mengalami beban sedang-berat (44,9%) dan menggunakan strategi coping *Emotional Focused Coping* (65,3%). Hasil analisis hipotesis korelasi antara beban *caregiver* dengan strategi coping *caregiver* dalam merawat pasien stroke adalah  $p-value = 0,466$ .

**Kesimpulan :** Tidak terdapat hubungan antara beban *caregiver* dengan strategi coping *caregiver* dalam merawat pasien stroke.

**Kata Kunci :** Beban *Caregiver*, Strategi Koping, Stroke.

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<sup>1</sup>Mahasiswa PSIK Universitas Jenderal Achmad Yani Yogyakarta.

<sup>2</sup>Dosen PSIK Universitas Jenderal Achmad Yani Yogyakarta.

# THE CORRELATION BETWEEN CAREGIVER BURDEN AND CAREGIVER'S COPING STRATEGY IN CARING FOR STROKE PATIENTS IN THE PUSKESMAS GAMPING I

Agni Nur Aliffah<sup>1</sup>, Dewi Utari<sup>2</sup>

## ABSTRACT

**Background :** Stroke is a dysfunction in the nervous system which cause to some physical disability, decreased in physical activity, mental, and social of their daily living. Stroke patients need help from other people as their caregiver. Caregiver spends mostly their 24 hour providing care assistance and responsible for the needs of patients stroke. Fatigue and burnout experienced by caregiver's while caring for patients could cause physical and psychological problems. It can influence the caregiver in adapting and determining coping strategy. Therefore, correlation between caregiver burden and caregiver's coping strategy need to be assess.

**Research Objective :** To identified the correlation between caregiver burden and caregiver's coping strategy in caring for stroke patients in the Puskesmas Gamping I.

**Research Method :** This research was used quantitative non experimental, with correlational descriptive and cross-sectional approach. Total sample of 49 informal caregiver were selected using purposive sampling. Data analysis were used univariate and bivariate analysis by using contingency coefficient with *p-value* <0,05.

**Research Result :** The research result shows that the majority futhermost caregiver was experience a moderate-severe burden (44,9%) and they applied the type of coping strategy Emotional Focused Coping (65,3%). Correlation hypothesis analysis result between caregiver burden and caregiver's coping strategy is *p-value* 0,466.

**Conclusion :** There is no significant correlation between caregiver burden and the type of coping strategy in caring for stroke patient.

**Key Words :** Caregiver Burden, Coping Strategy, Stroke.

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<sup>1</sup>Student of Nursing Departement University of Jenderal Achmad Yani Yogyakarta.

<sup>2</sup>Lecturer of Nursing Departement University of Jenderal Achmad Yani Yogyakarta.