

# HUBUNGAN ANTARA *SELF CARE* (PERAWATAN DIRI) DENGAN KUALITAS HIDUP PASIEN STROKE DI POLI SARAF RSUD PANEMBAHAN SENOPATI BANTUL

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## INTISARI

**Latar Belakang** : *Self care* (perawatan diri) pada pasien stroke merupakan hal penting yang harus diperhatikan, hal tersebut dikarenakan gejala yang dialami pasien stroke dapat menyebabkan keterbatasan fisik dan gangguan kognitif, sehingga akan mempengaruhi *Self care* (perawatan diri). Dimana *self care* (perawatan diri) dapat mempengaruhi kualitas hidup pasien dengan penyakit kronik.

**Tujuan** : Untuk mengetahui hubungan antara *self care* (perawatan diri) dengan kualitas hidup pada pasien stroke di Poli Saraf RSUD Panembahan Senopati Bantul.

**Metode** : Metode penelitian ini adalah deskriptif analitik korelasi dengan pendekatan *retrospektif kohort* dan menggunakan *purposive sampling*. Responden pada penelitian ini berjumlah 39 responden yaitu pasien yang terdiagnosis stroke di Poli Saraf RSUD Panembahan Senopati Bantul. Pengambilan data menggunakan lembar kuesioner yang kemudian dianalisis menggunakan uji statistik bivariat *Kendall Tau c*.

**Hasil** : Hasil analisis statistik diketahui bahwa terdapat hubungan yang signifikan antara *self care* (perawatan diri) dengan kualitas hidup dengan nilai ( $p=0,000<0,05$ ). Untuk keeratan hubungan antara *self care* (perawatan diri) dengan kualitas hidup dilihat dari nilai *correlation coefficient* sebesar 0,579 yang artinya mempunyai nilai keeratan yang sedang.

**Simpulan** : Ada hubungan antara *self care* (perawatan diri) dengan kualitas hidup pada pasien stroke di Poli Saraf RSUD Panembahan Senopati Bantul.

Kata kunci : *Self Care* (Perawatan Diri), Kualitas Hidup, Stroke

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**THE CORRELATION OF SELF-CARE AND QUALITY OF LIFE  
AMONG PATIENT WITH STROKE IN THE NEUROLOGY CLINIC  
RSUD PANEMBAHAN SENOPATI BANTUL**

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**ABSTRACT**

**Background** : Self-care patient of stroke is an important thing that must be considered, as the symptoms from this disease may effect physical limitations and cognitive disorder, so the patient self-care will be disrupted. Previous studies found there were association of self care and quality of life among people of chronic disease.

**Objective** : To determine the relationship between self-care with quality of life in patient with stroke in the neurology clinic RSUD Panembahan Senopati Bantul.

**Method** : The method of this study was correlational, with retrospective cohort approach as a technique sampling used purposive sampling. Respondents in this study were 39 respondents of patient with diagnose stroke in the neurology clinic RSUD Panembahan Senopati Bantul. File was collected through SSQOL questionnaires and analyzed by applying bivariate statistical test of Kendall Tau C.

**Result** : The statistical analysis result confirmed that there was a significant relation between self-care and quality of life with p value of  $0,000 < 0,05$ . The closeness degree of relation between self-care and quality of life was figured out from correlation coefficient value of 0,579 which regarded as average closeness degree.

**Conclusion** : There is a relationship between self-care with quality of life in patient with stroke in the neurology clinic RSUD Panembahan Senopati Bantul.

**Keywords** : Self-Care, Quality Of Life, Stroke

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