

GAMBARAN PSIKOLOGIS PASANGAN PENDERITA STROKE POST 6 BULAN PERTAMA DI WILAYAH KERJA PUSKESMAS PANDAK I BANTUL

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INTISARI

Latar Belakang : Jumlah penderita stroke di Indonesia mencapai 500.000 penduduk setiap tahunnya. Istri maupun suami yang bertugas sebagai *primary caregiver* akan merasakan dampak dari kondisi fisik dan psikologis yang dialami oleh pasangannya pasca serangan stroke. Pemahaman pasangan sebagai *primary caregiver* terhadap pentingnya *psychological well-being* dapat mempengaruhi usaha-usaha yang dilakukan untuk dapat menghadapi dan pada akhirnya menerima kondisi pasangannya yang menderita penyakit kronis

Tujuan Penelitian : Mengetahui gambaran psikologis pasangan penderita stroke post 6 bulan pertama di wilayah kerja Puskesmas Pandak I Bantul.

Metode Penelitian : Desain penelitian deskriptif dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *total sampling* yaitu 30 pasangan penderita stroke di wilayah kerja Puskesmas Pandak I Bantul. Instrumen penelitian adalah kuesioner *PGWBI (Psychological General Well-Being Index)*. Hasil penelitian dianalisis dengan distribusi frekuensi relatif.

Hasil penelitian : Karakteristik pasangan penderita stroke post 6 bulan pertama di wilayah kerja Puskesmas Pandak I Bantul adalah berusia 41-60 tahun, berjenis kelamin perempuan, tingkat pendidikan SD dan bekerja sebagai petani. Tingkat psikologis pasangan penderita stroke post 6 bulan pertama di wilayah kerja Puskesmas Pandak I Bantul sebagian besar kategori cukup.

Kesimpulan : Tingkat psikologis pasangan penderita stroke post 6 bulan pertama di wilayah kerja Puskesmas Pandak I Bantul kategori cukup.

Kata kunci : psikologis pasangan penderita stroke post 6 bulan pertama

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**PSYCHOLOGICAL DESCRIPTION OF THE SPOUSES OF PATIENTS WITH
STROKE AFTER THE FIRST SIX-MONTH PERIOD IN THE WORKING AREA
OF PANDAK 1 COMMUNITY HEALTH CENTER,
BANTUL YOGYAKARTA**

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ABSTRACT

Background: The number of patients with stroke in Indonesia reaches 500.000 people every year. Wives or husbands as the primary caregivers would get the impact of physical and psychological conditions of the spouse after the attack. The spouses understanding as the primary caregivers regarding the psychological well-being may affect the efforts to deal with the reality and to accept the spouse's condition who is suffering from the chronic disease.

Objective: To find out the psychological description of the spouses of patients with stroke after the first six-month period in the working area of Pandak 1 Community Health Center, Bantul.

Method: This was descriptive research using a cross sectional approach. The sample was taken using total sampling. Thirty (30) spouses of patients with in the working area of Pandak 1 Community Health Center, Bantul serve as the total samples. The instruments of the research were PGWBI questionnaires (Psychological General Well-Being Index). The data were analyzed using the relative frequency distribution.

Results: It was found out that the spouses of patients with stroke after the first six-month period in the working area of Pandak 1 Community Health Center , Bantul Aged between 41-60 years old, they were females , of the primary school education level working as farmers. The psychological level of the spouses of patients with stroke after the first six-month period in the working area of Pandak 1 Community Health Center , Bantul were mostly in the moderate category.

Conclusion: The psychological level of the spouses of patients with stroke after the first six-month period in the working area of Pandak 1 Community Health Center , Bantul were mostly in the moderate category.

Keywords: Psychological level of the spouses of patients with stroke after the first six-month period

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