

# HUBUNGAN BEBAN *FAMILY CAREGIVER* DENGAN PERILAKU DALAM MERAWAT PENDERITA STROKE DI RSUD KOTA YOGYAKARTA

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## INTISARI

**Latar Belakang:** Prevalensi Stroke di Daerah Istimewa Yogyakarta yang berada di peringkat ke-2 tertinggi dengan prevalensi sebesar 14,6%. Hasil didapatkan bahwa tempat tinggal perkotaan memiliki prevalensi tertinggi sebesar 1,50%. Penelitian mengenai hubungan beban *family caregiver* dengan perilaku dalam merawat penderita stroke mendalami aspek tiap domain, pada domain beban *family caregiver* yaitu beban fisik, beban emosional, beban sosial, hubungan keluarga dengan penderita stroke, dan beban ekonomi. Diikuti dengan perilaku mengenai aspek peran keluarga, manajemen ADL, manajemen ROM, manajemen luka tekan, manajemen transfer, manajemen nutrisi.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui hubungan beban *family caregiver* dengan perilaku dalam merawat penderita stroke di RSUD Kota Yogyakarta.

**Metode Penelitian:** Penelitian ini merupakan penelitian kuantitatif dengan desain deskriptif korelatif dan pendekatan *cross sectional*. Jumlah sampel yang digunakan 39 responden yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan Kuesioner *Zarit Burden Interview*, dan Kuesioner Perilaku *Family Caregiver* yang telah valid dan reliabel. Analisis data dalam penelitian ini menggunakan analisis univariat dan bivariat.

**Hasil:** Hasil penelitian menunjukkan bahwa beban *family caregiver* memiliki hubungan dengan perilaku dalam merawat penderita stroke ( $r = -0,335$ ;  $p = 0,037$ ).

**Kesimpulan:** Adanya hubungan beban *family caregiver* dengan perilaku dalam merawat penderita stroke diharapkan perawat memberikan penanganan beban fisik, perilaku dalam merawat penderita stroke.

**Kata Kunci:** Beban *Family Caregiver*, Perilaku Dalam Merawat Penderita Stroke, Stroke

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# THE CORRELATION BETWEEN FAMILY CAREGIVER BURDEN AND BEHAVIOR IN CARING FOR STROKE PATIENTS IN YOGYAKARTA CITY HOSPITAL

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## ABSTRACT

**Background:** Stroke prevalence in the Special Region of Yogyakarta is ranked second highest with a prevalence of 14.6%. The results showed that urban residence had the highest prevalence of 1.50%. Research on the relationship between family caregiver burden and behavior in caring for stroke patients explores aspects of each domain, in the domain of family caregiver burden, namely physical burden, emotional burden, social burden, family relationship with stroke patients, economic burden. Followed by behavior regarding aspects of family roles, ADL management, ROM management, pressure sore management, transfer management, nutritional management.

**Research Objectives:** This study aims to determine the relationship between family caregiver burden and behavior in caring for stroke patients at Yogyakarta City Hospital.

**Research Methods:** This study is a quantitative study with a descriptive correlative design and a cross-sectional approach. The number of samples used was 39 respondents selected using purposive sampling technique. Data collection using the Zarit Burden Interview Questionnaire, and Family Caregiver Behavior Questionnaire which has been valid and reliable. Data analysis in this study used univariate and bivariate analysis tests.

**Results:** The results showed that family caregiver burden had a relationship with behavior in caring for stroke patients ( $r = 0.335$ ;  $p = 0.037$ ).

**Conclusion:** The relationship between family caregiver burden and behavior in caring for stroke patients is expected that nurses provide physical burden management, behavior in caring for stroke patients.

**Keywords:** Family Caregiver Burden, Behavior in Caring for Stroke Patients, Stroke

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