

# HUBUNGAN TINGKAT DEPRESI DENGAN KUALITAS HIDUP PASIEN PASCA STROKE DI POLI SARAF RSUD PANEMBAHAN SENOPATI BANTUL

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## INTISARI

**Latar Belakang :** Stroke merupakan masalah kesehatan berupa defisit neurologis yang dapat menyebabkan kecacatan fisik seperti kelumpuhan dan gangguan komunikasi. Bahkan jumlah penderita stroke di Indonesia menduduki peringkat pertama sebagai Negara yang terbanyak mengalami stroke di seluruh Asia. Penderita stroke memiliki resiko depresi yang tinggi, Depresi pasca stroke merupakan faktor utama yang dapat menghambat penyembuhan fungsi neurologis dan aktivitas sehari-hari pada pasien pasca stroke karena dapat menurunkan kualitas hidup dalam hal gangguan fisik, fungsional, psikologis dan kesehatan sosial.

**Tujuan :** Penelitian ini untuk mengetahui hubungan antara tingkat depresi dengan kualitas hidup pasien pasca stroke di poli saraf RSUD Panembah Senopati Bantul.

**Metode :** Merupakan penelitian Kuantitatif non eksperimental dengan metode korelasi rancangan *cross sectional*. Total sampel dalam penelitian ini sebanyak 32 menggunakan teknik *consecutive*. Pengumpulan data menggunakan instrument *Beck Depression Inventory* (BDI) dan *Stroke- Specific Quality of Life Scale* (SSQOL) dianalisis dengan uji korelasi spearman.

**Hasil :** Tingkat depresi pasien pasca Stroke di Poli Saraf RSUD Panembahan Senopati Bantul sebagian besar berkategori berat sejumlah 36,25%, kategori sedang sejumlah 31,25% dan kualitas hidup sebagian besar berkategori rendah sejumlah 65,63% , sedang sejumlah 34,375% Analisa Spearman menunjukan nilai koefisien korelasi sebesar 0,776 dengan tanda negatif dan nilai signifikan  $0,00 < 0,05$  . ini berarti ada hubungan antara tingkat depresi dengan kualitas hidup pasien pasca stroke di Poli Saraf RSUD Panembahan Senopati Bantul.

**Kesimpulan :** Terdapat hubungan antara tingkat depresi dengan kualitas hidup pasien pasca stroke di poli saraf RSUD Panembahan Senopati Bantul.

**Kata Kunci :** Tingkat Depresi, Kualitas Hidup, Pasca Stroke

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# THE RELATIONSHIP BETWEEN THE LEVEL OF DEPRESSION AND THE POST-STROKE PATIENT'S QUALITY OF LIFE IN NEUROLOGICAL POLY OF PANEMBAHAN SENOPATI REGIONAL PUBLIC HOSPITAL, BANTUL

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## ABSTRACT

**Background:** Stroke is a health problem in the form of neurological deficits that can result in physical disability such as paralysis and impaired communication. Furthermore, the number of stroke patients in Indonesia is ranked first as the mostly experienced stroke country in Asia. Patients suffering from stroke have a high risk of depression, post-stroke depression is a main factor that can impede the recovery or the healing of neurological functions and daily activities of post-stroke patients because it can degrade the quality of life in terms of physical disorders, functional, psychological and social health.

**Objective:** This study aims to determine the relationship between the level of depression and the post-stroke patient's quality of life in neurological poly of Panembahan Senopati Regional Public Hospital, Bantul.

**Method:** The method used was a non-experimental quantitative research along with a cross sectional correlation design. The total samples in this research were 32 consecutive techniques. The data collection instrument was Beck Depression Inventory (BDI) and Stroke- Specific Quality of Life Scale (SSQOL) that were analyzed by using a Spearman correlation test.

**Results:** The level of post-stroke patients' depression in the Neurology Poly of Panembahan Senopati Public General Hospital is largely categorized as heavy (36.25%), the moderate category (31.25%), the quality of life mostly categorized as low (65.63%), and the moderate category (34.375%). The analysis of Spearman shows the correlation coefficient of 0.776 with a negative sign and significant value of  $0.00 < 0.05$ . This means that there is a relationship between the level of depression and the post-stroke patient's quality of life in neurological poly of Panembahan Senopati Regional Public Hospital, Bantul.

**Conclusion:** There is a relationship between the level of depression and the post-stroke patient's quality of life in neurological poly of Panembahan Senopati Regional Public Hospital, Bantul.

**Keywords:** Level of Depression, Quality of Life, Post-Stroke

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