

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
IKES PAYUNG NEGERI PEKANBARU**

Skripsi, Juli 2026

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Hubungan Tingkat Keparahan Stroke dengan Kemandirian Aktivitas Daily Living (ADL) pada Pasien Stroke di Wilayah Kerja Puskesmas Rengat Kabupaten Indragiri Hulu

14 + 60 Halaman + 5 Tabel + 1 Skema + 10 Lampiran

ABSTRAK

Stroke merupakan salah satu penyebab utama kecacatan yang dapat menimbulkan gangguan fungsi neurologis sehingga memengaruhi kemampuan pasien dalam melakukan *Activity Daily Living* (ADL). Tingkat keparahan stroke diduga berhubungan dengan tingkat kemandirian ADL pada pasien stroke. Penelitian ini bertujuan untuk mengetahui hubungan tingkat keparahan stroke berdasarkan *National Institutes of Health Stroke Scale* (NIHSS) dengan tingkat kemandirian *Activity Daily Living* (ADL) pada pasien stroke di wilayah kerja Puskesmas Rengat Kabupaten Indragiri Hulu. Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross sectional*. Penelitian dilaksanakan selama 4 hari, yaitu tanggal 22–24 Juni 2026. Sampel penelitian berjumlah 40 responden yang dipilih menggunakan teknik *total sampling*. Pengumpulan data menggunakan instrumen *National Institutes of Health Stroke Scale* (NIHSS) untuk mengukur tingkat keparahan stroke dan *Barthel Index* untuk mengukur tingkat kemandirian ADL. Data penelitian diperoleh melalui pengukuran langsung kepada responden sesuai kriteria inklusi yang telah ditetapkan oleh peneliti selama proses pengumpulan data berlangsung secara sistematis. Analisis data menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan bahwa sebagian besar dari 40 responden mengalami stroke kategori sedang-berat dan memiliki tingkat kemandirian ADL kategori ketergantungan berat. Hasil uji *Chi-Square* menunjukkan terdapat hubungan yang signifikan antara tingkat keparahan stroke berdasarkan NIHSS dengan tingkat kemandirian *Activity Daily Living* (ADL) pada pasien stroke ($p < 0,05$). Semakin tinggi tingkat keparahan stroke, semakin tinggi tingkat ketergantungan pasien dalam melakukan aktivitas sehari-hari. Kata Kunci: Stroke, NIHSS, *Activity Daily Living* (ADL), *Barthel Index*, Tingkat Keparahan Stroke.

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Referensi : 55 (2019–2026) 42 (2020–2026)

**UNDERGRADUATE NURSING STUDY PROGRAM
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The Relationship Between Stroke Severity and Independence in Activities of Daily Living (ADL) Among Stroke Patients in the Working Area of Rengat Public Health Center, Indragiri Hulu Regency

14 + 60 Pages + 5 Tables + 1 Figure + 10 Appendices

ABSTRACT

Stroke is one of the leading causes of disability that can cause neurological dysfunction, thereby affecting patients' ability to perform Activities of Daily Living (ADL). The severity of stroke is believed to be related to the level of ADL independence in stroke patients. This study aims to determine the relationship between stroke severity based on the National Institutes of Health Stroke Scale (NIHSS) and the level of independence in Activities of Daily Living (ADL) among stroke patients in the working area of Rengat Public Health Center, Indragiri Hulu Regency. This study used a correlational analytic design with a cross-sectional approach. The research was conducted for 4 days, from June 22–24, 2026. The sample consisted of 40 respondents selected using total sampling technique. Data were collected using the National Institutes of Health Stroke Scale (NIHSS) instrument to measure stroke severity and the Barthel Index to measure the level of ADL independence. Research data were obtained through direct measurements of respondents according to the inclusion criteria set by the researcher during the systematic data collection process. Data analysis used the Chi-Square test. The results showed that most of the 40 respondents had moderate-to-severe stroke and had a level of ADL independence categorized as severe dependence. The Chi-Square test results showed a significant relationship between stroke severity based on NIHSS and the level of independence in Activities of Daily Living (ADL) among stroke patients ($p < 0.05$). The higher the stroke severity, the higher the level of patient dependence in performing daily activities.

Keywords: Stroke, National Institutes of Health Stroke Scale (NIHSS), Activities of Daily Living (ADL), Barthel Index, Stroke Severity.

References: 55 (2019–2026) 42 (2020–2026)