

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Hubungan *Burnout Caregiver* dengan kemandirian aktivitas sehari-hari penderita Stroke di Puskesmas Garuda Kota Pekanbaru

Xii + 57 Halaman + 1 Skema + 8 Tabel + 9 Lampiran

ABSTRAK

Penderita stroke umumnya membutuhkan pemulihan cukup lama karena hampir semua pasien yang mengalami stroke setelah menjalani perawatan di rumah sakit mengalami kecatatan di beberapa bagian tubuh mereka oleh karena itu, penderita stroke membutuhkan bantuan orang lain untuk membantu mereka menjalani kehidupan selanjutnya, yang dikenal sebagai *caregiver*. Tujuan penelitian ini adalah untuk mengetahui hubungan *burnout caregiver* dengan kemandirian aktivitas sehari-hari penderita stroke di wilayah kerja Puskesmas Garuda. Desain penelitian ini menggunakan penelitian kuantitatif dengan desain bersifat korelasi dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah *caregiver*. Sampel penelitian berjumlah 53 responden. Instrumen yang digunakan yaitu kuesioner *burnout caregiver*, *Maslach burnout inventori* (MBI) dan kuesioner kemandirian aktivitas sehari-hari (*Barthel Index*). Hasil penelitian lebih dari separuh responden memiliki Tingkat *burnout caregiver* sedang sebanyak 31 responden(58,5%), Dan lebih dari separuh responden memiliki Tingkat kemandirian aktivitas sehari-hari ketergantungan sedang sebanyak 41 responden(77,4%). Hasil uji statistik *chi-square* didapatkan p value $0,842 > 0,05$ yang artinya H_0 gagal ditolak, sehingga dapat disimpulkan tidak terdapat hubungan antara *burnout caregiver* dengan kemandirian aktivitas sehari-hari penderita stroke di Puskesmas Garuda Kota Pekanbaru. Saran penelitian ini bisa menjadi bahan informasi tambahan mengenai *burnout caregiver* dengan tingkat kemandirian aktivitas sehari-hari penderita stroke

Kata kunci : Stroke, *Caregiver*, *Burnout*, Kemandirian

Daftar bacaan : 59 (2011-2024)

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*Relationship between Caregiver Burnout and Independence of Daily Activities
of Stroke Patients in the Garuda*

Xii + 57 Pages + 1 Schemes + 8 Tables + 9 Attachments

ABSTRACT

Stroke patients generally need quite a long recovery because almost all patients who experience stroke after undergoing treatment in the hospital experience disabilities in some parts of their body therefore, stroke patients need help from others to help them live their next life, known as caregivers. The purpose of this study was to determine the relationship between caregiver burnout and independence of daily activities of stroke patients in the Garuda Health Center work area. The design of this study used quantitative research with a correlational design with a cross-sectional approach. The population in this study were caregivers. The research sample consisted of 53 respondents. The instruments used were the caregiver burnout questionnaire, the Maslach burnout inventory (MBI) and the independence questionnaire of daily activities (Barthel Index). The results of the study showed that more than half of the respondents had a moderate level of caregiver burnout as many as 31 respondents (58.5%), and more than half of the respondents had a moderate level of independence of daily activities as many as 41 respondents (77.4%). The results of the chi-square statistical test obtained a p value of $0.842 > 0.05$, which means that H_0 failed to be rejected, so it can be concluded that there is no relationship between caregiver burnout and the independence of daily activities of stroke patients at the Garuda Health Center in Pekanbaru City. This research suggestion can be additional information material regarding caregiver burnout with the level of independence of daily activities of stroke patients.

Keywords: Stroke, Caregiver, Burnout, Independence

References: 59 (2011-2024)