

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

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Gambaran *Self Efficacy* Pada Pasien Paska Stroke Di RSUD Arifin Achmad
Provinsi Riau

xii + 75 Halaman + 3 Tabel + 2 Skema + 10 Lampiran

ABSTRAK

Stroke adalah suatu keadaan dimana sel-sel otak mengalami kerusakan karena kekurangan oksigen yang disebabkan oleh adanya gangguan aliran darah ke otak. Rehospitalisasi pada pasien stroke akan berintegrasi ke kehidupan sebelum sakit serta penderita kehilangan kemampuan aktifitas sehari-hari akibatnya akan mengalami hemiparase, hemiplegia serta gangguan kognitif. *Self efficacy* merupakan faktor penting dalam melaksanakan perawatan diri pasien pasca stroke. Tujuan penelitian untuk mengetahui gambaran *self efficacy* pada pasien paska stroke Di RSUD Arifin Achmad Provinsi Riau. Jenis penelitian ini kuantitatif, dengan desain deskriptif. Penelitian ini dilakukan di RSUD Arifin Achmad pada tanggal 09 -19 juli 2024. Populasi penelitian adalah seluruh pasien dengan jumlah sampel yang diambil 34 orang. Teknik pengambilan sampel yaitu dengan teknik *total sampling*. Hasil penelitian berdasarkan karakteristik responden menunjukkan sebagian besar responden direntang usia lansia akhir (56-65 Tahun) sebanyak 29 responden (85.3%). Jenis kelamin terbanyak adalah laki-laki 22 responden (64.7%), tingkat pendidikan terbanyak SD 23 responden (67.6%), sebagian besar responden tidak bekerja sebanyak 24 responden (70,6%) status perkawinan terbanyak yaitu menikah sebanyak 26 responden (76.5%), dan lama menderita stroke terbanyak yaitu ≤ 1 Tahun sebanyak 29 responden (85.3%). Hasil penelitian didapatkan *self efficacy* responden rendah sebanyak 25 responden (73.5%). Hasil penelitian ini menjadi masukan penelitian selanjutnya untuk melakukan penelitian lanjutan tentang dimensi-dimensi *self efficacy* yang dapat mempengaruhi perawatan pasien setelah serangan stroke. Rekomendasi penelitian ini diharapkan kerja sama perawat sangat diperlukan untuk meningkatkan derajat kesehatan pasien stroke. Sehingga pasien stroke mempunyai semangat untuk sembuh. Hal ini akan mengurangi durasi lama menderita stroke, sehingga kualitas hidupnya akan semakin baik.

Kata Kunci : Self Efficacy, Stroke

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**NURSING PROGRAM
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*Description of Self-Efficacy in Post-Stroke Patients at Arifin Achmad Regional
Hospital, Riau Province*

x + 75 Pages + 3 Tables + 2 Scheme + 10 Appendixes

ABSTRACT

Stroke is a condition where brain cells are damaged due to a lack of oxygen caused by an interruption of blood flow to the brain. Rehospitalization for stroke patients will be integrated into their pre-illness life and sufferers will lose the ability to carry out daily activities as a result of which they will experience hemiparase, hemiplegia and cognitive impairment. Self-efficacy is an important factor in carrying out self-care for post-stroke patients. The aim of the research was to determine the description of self-efficacy in post-stroke patients at Arifin Achmad Hospital, Riau Province. This type of research is quantitative, with a descriptive design. This research was conducted at Arifin Achmad Regional Hospital on 09-19 July 2024. The research population was all patients with a total sample of 34 people taken. The sampling technique is total sampling technique. The results of the study based on the characteristics of respondents showed that most respondents were in the late elderly age range (56-65 years) as many as 29 respondents (85.3%). The most gender is male 22 respondents (64.7%), the most education level is elementary school 23 respondents (67.6%), most respondents do not work as many as 24 respondents (70.6%) the most marital status is married as many as 26 respondents (76.5%), and the most length of stroke is ≤ 1 year as many as 29 respondents (85.3%). The research results showed that 25 respondents (73.5%) had low self-efficacy. The results of this study provide input for further research to conduct further research on the dimensions of self-efficacy that can influence patient care after a stroke. The recommendation of this study is that the co-operation of nurses are needed to improve the health status of stroke patients. So that stroke patients have the enthusiasm to recover. This will reduce the long duration of suffering a stroke, so that the quality of life will be better.