

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

Penelitian, Maret 2025

TAUFIQURAHMAN WAHYU APDILA

**GAMBARAN KUALITAS HIDUP PENDERITA STROKE DI WILAYAH
KERJA PUSKESMAS HARAPAN RAYA KOTA PEKANBARU**

xiii + 66 Halaman + 4 Tabel + 1 Gambar + 6 Lampiran

ABSTRAK

Stroke merupakan penyebab utama kecacatan dan kematian kedua tertinggi di dunia. Penderita stroke sering mengalami penurunan kualitas hidup akibat keterbatasan fisik, perubahan psikologis, serta hambatan dalam aktivitas sosial dan lingkungan. Kualitas hidup yang rendah dapat mempengaruhi proses pemulihan serta kesejahteraan pasien pasca-stroke. Penelitian ini bertujuan untuk menggambarkan kualitas hidup penderita stroke di wilayah kerja Puskesmas Harapan Raya Kota Pekanbaru berdasarkan aspek fisik, psikologis, sosial, dan lingkungan. Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif. Sampel dalam penelitian ini adalah 40 penderita stroke yang dipilih menggunakan teknik total sampling. Data dikumpulkan melalui kuesioner The World Health Organization Quality of Life (WHOQoL-BREF) dan dianalisis secara univariat untuk menggambarkan distribusi karakteristik responden serta kualitas hidup mereka. Hasil penelitian menunjukkan bahwa mayoritas responden berada dalam kelompok lansia (≥ 65 tahun) dengan proporsi perempuan lebih banyak (62,5%) dibandingkan laki-laki (37,5%). Sebagian besar responden mengalami stroke iskemik (57,5%). Dari segi kualitas hidup, sebanyak 72,5% responden memiliki kualitas hidup baik, sementara 27,5% memiliki kualitas hidup sangat baik. Faktor-faktor yang berkontribusi terhadap kualitas hidup meliputi tingkat kemandirian, dukungan keluarga, serta akses terhadap layanan kesehatan dan rehabilitasi. Oleh karena itu, peningkatan layanan rehabilitasi serta edukasi bagi pasien dan keluarganya perlu diperkuat guna meningkatkan kesejahteraan mereka.

Kata Kunci : kualitas hidup, stroke, rehabilitasi
Daftar Bacaan : 30 (2018-2024)

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Research, March 2025**

TAUFIQURAHMAN WAHYU APDILA

***DESCRIPTION OF THE QUALITY OF LIFE OF STROKE PATIENTS IN
THE WORKING AREA OF HARAPAN RAYA HEALTH CENTER IN
PEKANBARU CITY***

xiii + 66 Pages + 4 Tables + 1 Image + 6 Attachments

ABSTRACT

Stroke is the second leading cause of disability and death in the world. Stroke patients often experience reduced quality of life due to physical limitations, psychological changes, and barriers to social and environmental activities. Low quality of life can affect the recovery process and well-being of post-stroke patients. This study aims to describe the quality of life of stroke patients in the Harapan Raya Health Center working area of Pekanbaru City based on physical, psychological, social, and environmental aspects. This study uses quantitative methods with descriptive design. The samples in this study were 40 stroke patients selected using total sampling technique. Data were collected through The World Health Organization Quality of Life (WHOQoL-BREF) questionnaire and analyzed univariately to describe the distribution of respondents' characteristics and their quality of life. The results showed that the majority of respondents were in the elderly group (≥ 65 years) with a higher proportion of women (62.5%) than men (37.5%). Most respondents had ischemic stroke (57.5%). In terms of quality of life, 72.5% of respondents had a good quality of life, while 27.5% had a very good quality of life. Factors that contribute to quality of life include level of independence, family support, and access to health and rehabilitation services. Therefore, the improvement of rehabilitation services and education for patients and their families need to be strengthened to improve their well-being.

Keywords : *quality of life, stroke, rehabilitation*

References : 30 (2018-2024)