

ABSTRACT

Background: Stroke is a cardiovascular disease associated with interruption of blood supply to the brain due to blocked or damaged blood vessels. This results in disruption of brain function, causing symptoms such as weakness of the limbs, impaired vision, difficulty speaking, and other disorders^{1,2}. Complications of a stroke will have an impact on the decline in physical, psychological, and social functions, which will cause a decrease in the quality of life. Rehabilitation is one of the solutions that can be done to reduce the impact of stroke so it is expected that the quality of life can be improved^{2,3}.

Research Objectives: To analyze the relationship between rehabilitation adherence with the quality of life of post-stroke patients based on WHOQOL-BREF.

Method: This study used a cross-sectional study design. Sampling was done in RSJD. Dr. RM. Soedjarwadi by accidental sampling technique that matches the inclusion and exclusion criteria with a sample of 125 subject. The instruments in this study were demographic data questionnaire, Moronsky Medication Adherence Scale (MMAS), and WHOQOL-BREF. The Spearman correlation test and the contingency coefficient were used to analyze the relationship between two variables.

Results: Most of subjects were included in the category of late elderly namely in the range of 56-65 years (35.2%), had male sex (64%), worked (64%), had elementary school education (32.8%), and had undergone rehabilitation for 2 -6 months (37.6%). The relationship of rehabilitation compliance with quality of life obtained a significance value (p value) of 0.001 ($p < 0.05$) and a value of $r = 0.0390$ which means a positive correlation with a weak strength correlation.

Conclusion: There is a significant weak relationship between rehabilitation adherence with the quality of life of patients after stroke in based on the WHOQOL-BREF test.

Keywords: *Quality of Life, Rehabilitation Compliance, Stroke, WHOQOL-BREF.*

INTISARI

Latar Belakang: Stroke merupakan penyakit *cardiovascular* yang berkaitan dengan gangguan suplai darah ke otak akibat adanya pembuluh darah yang tersumbat atau rusak. Hal ini mengakibatkan terganggunya fungsi otak sehingga menimbulkan gejala seperti kelemahan anggota gerak, gangguan penglihatan, kesulitan berbicara, dan gangguan lainnya^{1,2}. Komplikasi serangan stroke akan berdampak pada penurunan fungsi fisik, psikologis, dan sosial, sehingga akan menyebabkan menurunnya kualitas hidup. Rehabilitasi menjadi salah satu solusi yang dapat dilakukan untuk mengurangi dampak yang ditimbulkan penyakit stroke sehingga diharapkan kualitas hidup dapat ditingkatkan^{2,3}.

Tujuan Penelitian: Menganalisis hubungan antara kepatuhan rehabilitasi dengan kualitas hidup pasien pasca stroke berdasarkan WHOQOL-BREF.

Metode: Penelitian ini menggunakan desain penelitian *cross-sectional*. Pengambilan sampel dilakukan di RSJD. Dr. RM. Soedjarwadi dengan teknik *accidental sampling* yang sesuai kriteria inklusi dan eksklusi dengan sampel berjumlah 125 subjek. Instrumen dalam penelitian ini adalah kuesioner tentang data demografi, *Moronsky Medication Adherence Scale (MMAS)*, dan WHOQOL-BREF. Uji korelasi *Spearman* dan Koefisien kontingensi digunakan untuk menganalisis hubungan antara dua variabel.

Hasil: Sebagian besar responden termasuk dalam kategori masa lansia akhir yaitu dalam rentang 56-65 tahun (35,2%), memiliki jenis kelamin laki-laki (64%), bekerja (64%), pendidikan terakhir SD (32,8%), dan telah menjalani rehabilitasi selama 2-6 bulan (37,6%). Hubungan kepatuhan rehabilitasi dengan kualitas hidup diperoleh nilai signifikansi (p value) 0,001 ($p < 0,05$) dan nilai $r = 0,0390$ yang bermakna korelasi positif dengan kekuatan korelasi lemah.

Kesimpulan: Terdapat hubungan lemah yang bermakna antara kepatuhan rehabilitasi dengan kualitas hidup pasien pasca stroke berdasarkan uji WHOQOL-BREF.

Kata Kunci: Kualitas Hidup, Kepatuhan Rehabilitasi, Stroke, WHOQOL-BREF.