

ABSTRAK

Stroke merupakan salah satu penyakit serebrovaskular yang banyak terjadi dan menimbulkan akibat fatal, dan menjadi penyebab mortalitas ketiga terbanyak setelah kanker dan serangan jantung. Stroke merupakan penyebab disabilitas fisik maupun emosional paling sering pada orang dewasa. Disabilitas yang dialami dapat mempengaruhi kualitas hidup pasien sehingga menyebabkan ketergantungan terhadap lingkungan sekitar. Tujuan penelitian ini adalah untuk meneliti hubungan antara dependensi dengan tingkat ansietas dan depresi pascastroke.

Penelitian ini bersifat analitik *cross-sectional* dengan sampel 31 pasien pascastroke di bangsal rawat inap dan poliklinik Neurologi RSUP Haji Adam Malik selama bulan Juli-Oktober 2016 yang dipilih sesuai *consecutive sampling*. Instrumen penelitian menggunakan kuesioner HADS dan Barthel Index. Data statistik diuji dengan korelasi *Spearman*.

Hasil analisa univariat menunjukkan ansietas dan depresi berat paling banyak dialami laki- laki dan kelompok umur 51-60 tahun, serta pasca fase akut stroke >1 bulan. Hasil analisa bivariat antara dependensi dengan tingkat ansietas dan depresi menunjukkan hubungan yang tidak bermakna ($p \geq 0,05$; $r = -0,21$). Hasil analisa bivariat antara dependensi dengan tingkat ansietas menunjukkan hubungan yang tidak bermakna ($p \geq 0,05$; $r = -0,344$). Hasil analisa bivariat antara dependensi dengan tingkat depresi menunjukkan hubungan yang tidak bermakna ($p \geq 0,05$; $r = -0,131$). Dependensi tidak dapat disebutkan sebagai faktor pasti untuk terjadinya ansietas, depresi maupun keduanya pada pasien pascastroke.

Kata kunci : dependensi, ADL, ansietas, depresi, pascastroke

ABSTRACT

Stroke is one of the most common cerebrovascular diseases which cause fatal effect and become the third largest causes of mortality in the world. Stroke disrupted patient quality of life in the form of physical disability or emotional changes. Post stroke physical disability could alter patient's quality of life thus caused dependency towards community. This is a potential etiology of anxiety and depression. The purpose of this study was to examine the relationship between dependency with anxiety and depression level at post stroke patients. This was an analytical study using cross sectional design, and the sample were 31 inpatient and outpatient post stroke patients in Neurology ward and Neurology clinic of Haji Adam Malik General Hospital during July-October 2016, which was selected by consecutive sampling. This research instrument used questionnaire such as HADS and Barthel Index. Statistical data was analyzed by Spearman correlation.

Results of univariate analysis showed anxiety and severe depression most experienced in men, and 51-60 year age group, as well as post-acute phase of stroke >1 month. The results of the bivariate analysis showed no significant correlation between dependency with degree of post stroke anxiety and depression ($p \geq 0.05$; $r = -0.21$). The results of the bivariate analysis between the dependency with the level of anxiety showed no significant correlation ($p \geq 0.05$; $r = -0.344$). The results of the bivariate analysis between the dependency with the level of depression showed no significant correlation ($p \geq 0.05$; $r = -0.131$). Dependency was not a single predictor for the occurrence of anxiety, depression or both in post stroke patients.

Keywords: dependency, ADL, anxiety, depression, post stroke