

ABSTRAK

Okta Tira Rahma

GAMBARAN TINGKAT DEPRESI PADA PASIEN PASCA STROKE DI PUSKESMAS WONOAYU KABUPATEN SIDOARJO

xvi + 50 Halaman + 10 Tabel + 9 Lampiran

Stroke merupakan gangguan pada sistem saraf yang sering menimbulkan dampak jangka panjang, baik secara fisik maupun psikologis. Kondisi ini dapat memengaruhi kualitas hidup penderitanya dalam waktu yang lama. Penelitian ini difokuskan untuk mengetahui sejauh mana tingkat depresi yang dialami oleh pasien setelah mengalami stroke yang menjalani perawatan di Puskesmas Wonoayu, Kabupaten Sidoarjo.

Penelitian ini dirancang menggunakan pendekatan deskriptif. Proses pengumpulan data dilakukan dalam kurun waktu 14 hingga 28 Februari 2025. Jumlah sampel yaitu 38 orang penderita stroke di Puskesmas Wonoayu Kabupaten Sidoarjo dengan teknik random sampling. Hasil penelitian yang diperoleh mayoritas responden adalah perempuan (53%) dan berada dalam rentang usia 41-58 tahun (53%). Sebanyak (66%) responden mengalami satu kali serangan stroke, dan (53%) telah menderita stroke selama lebih dari satu tahun. Bentuk depresi yang paling dominan dialami oleh responden adalah kategori depresi ringan (71%), diikuti oleh depresi sedang (13%) dan depresi berat (16%).

Gambaran tingkat depresi pada pasien pasca stroke di Puskesmas Wonoayu Kabupaten Sidoarjo mayoritas mengalami depresi ringan sampai berat, hal tersebut dipengaruhi oleh usia, jenis kelamin, frekuensi serangan dan lama menderita stroke, sehingga ke depannya diperlukan penyuluhan kesehatan tentang pengolahan depresi pasien pasca stroke yang baik dan mudah diterima agar dapat menurunkan tingkat depresi pada pasien pasca stroke serta meningkatkan derajat kesehatan masyarakat.

Kata kunci: Stroke, Depresi, Pasca Stroke

Daftar bacaan: 2 buku, 30 jurnal (2015-2025)

ABSTRACT

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*DESCRIPTION OF DEPRESSION LEVELS IN POST STROKE PATIENTS AT
WONOAYU PUBLIC HEALTH CENTER SIDOARJO DISTRICT*

xvi + 50 Pages + 10 Tables+ 9 Appendices

Stroke is a disorder of the nervous system that often has long-term effects, both physical and psychological. This condition can significantly impact the quality of life of sufferers. This study focused on determining the level of depression experienced by post-stroke patients undergoing treatment at the Wonoayu Community Health Center in Sidoarjo Regency.

This research was designed using a descriptive approach. Data collection was conducted between 14 February 2025. The number of samples was 38 stroke patients at Wonoayu Public Health Center, Sidoarjo Regency using a random sampling technique. The results of the study obtained that the majority of respondents were women (53%) and were in the age range of 41-58 years (53%). As many as (66%) of respondents had experienced one stroke attack, and (53%) had suffered from stroke for more than one year. The most common level of depression found was mild depression (71%), followed by moderate depression (13%) and severe depression (16%).

The description of the level of depression in post-stroke patients at the Wonoayu Health Center, Sidoarjo Regency, the majority experienced mild to severe depression, this was influenced by age, gender, frequency of attacks and duration of stroke, so that in the future, health education is needed on the treatment of depression in post-stroke patients that is good and easy to accept in order to reduce the level of depression in post-stroke patients and improve public health.

Keywords: Stroke, Depression, Post Stroke

References: 2 books, 30 journals (2015-2025)