

Abstrak

HUBUNGAN MEKANISME KOPING DAN DERAJAT KEPARAHAN STROKE DENGAN DEPRESI PADA PASIEN PASCA STROKE NON HEMORAGIK DI KLINIK SARAF RSUD dr. R. GOETENG TAROENADIBRATA PURBALINGGA

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Latar Belakang: Depresi pasien pasca stroke dapat mengakibatkan terhambatnya pemulihan dan penyembuhan stroke. Derajat keparahan stroke akan menyebabkan defisit neurologis yang dapat menjadi stresor yang akan memengaruhi mekanisme coping individu. Penelitian ini bertujuan untuk menganalisis hubungan mekanisme coping dan derajat keparahan stroke dengan depresi pasca stroke.

Metodologi: Observasional analitik dengan desain *cross-sectional*. Sampel berjumlah 104 responden. Instrumen yang digunakan untuk mengukur mekanisme coping adalah *Brief COPE*, NIHSS untuk mengukur derajat keparahan stroke, dan PHQ-9 untuk mengukur tingkat depresi pasca stroke.

Hasil Penelitian: Mayoritas responden berusia lansia, berjenis kelamin laki-laki, tingkat pendidikan SD/ sederajat, berstatus kawin, tinggal bersama suami/istri dan anak, lokasi lesi hemisfer kiri, lama stroke >2 tahun, tidak mengalami stroke berulang, dan memiliki hipertensi. Mayoritas responden memiliki *problem-focused coping*, derajat keparahan stroke ringan, dan tidak depresi. Usia, jenis kelamin, status perkawinan, tinggal bersama, lokasi lesi, lama menderita stroke, frekuensi stroke, dan komorbid tidak berhubungan signifikan ($p > 0,05$) sedangkan tingkat pendidikan berhubungan signifikan dengan depresi pasca stroke ($p = 0,024$). Mekanisme coping tidak berhubungan signifikan ($p = 0,891$) sedangkan derajat keparahan stroke berhubungan dengan depresi pasca stroke ($p = 0,006$).

Kesimpulan: Mekanisme coping tidak berhubungan dengan depresi pasca stroke sedangkan derajat keparahan stroke berhubungan dengan depresi pasca stroke.

Kata kunci: derajat keparahan stroke, depresi pasca stroke, mekanisme coping.

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Abstract

THE RELATIONSHIP BETWEEN COPING MECHANISM AND STROKE SEVERITY DEGREE WITH DEPRESSION IN NON-HEMORRHAGIC POST STROKE PATIENS AT THE NERVE CLINIC RSUD dr. R. GOETENG TAROENADIBRATA PURBALINGGA

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Background: Depression in post-stroke patients can result in delays in stroke recovery and healing. Severity of stroke will cause neurological deficits which can become stressors that will affect individual coping mechanisms. This study aims to analyze the relationship between coping mechanisms and stroke severity with post-stroke depression.

Methods: Analytic observational with cross-sectional design. The sample is 104 respondents. The instruments used to measure coping mechanisms are Brief COPE, NIHSS to measure stroke severity, and PHQ-9 to measure post-stroke depression.

Result: The majority of respondents are elderly, male, primary school education level/equivalent, married, live with husband/wife and children, left hemisphere lesion location, have a stroke duration >2 years, do not experience recurrent strokes, and have hypertension. The majority of respondents had problem-focused coping, mild stroke severity, and were not depressed. Age, gender, marital status, living together, location of lesion, duration of stroke, frequency of stroke, and comorbidities were not significantly related ($p>0.05$) while education level was significantly associated with post-stroke depression ($p=0.024$). There was no significant correlation between coping mechanisms ($p=0.891$) while stroke severity was associated with post-stroke depression ($p=0.006$).

Conclusion: Coping mechanisms are not associated with post-stroke depression while the degree of stroke severity is associated with post-stroke depression.

Keywords: coping mechanism, post-stroke depression, severity of stroke.

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