

## Abstrak

### FAKTOR-FAKTOR YANG MEMPENGARUHI KEPATUHAN PASIEN *POST* STROKE DALAM MENJALANI REHABILITASI MEDIK DI RSUD PROF. DR. MARGONO SOEKARJO

*Fatkul 'Ulum, Atyanti Isworo, Arif Imam Hidayat*

**Latar Belakang:** Rehabilitasi medik merupakan salah satu strategi dalam penanganan stroke. Rehabilitasi medik perlu didukung dengan kepatuhan sehingga dapat meringankan kecacatan pasien. Kepatuhan rehabilitasi medik dipengaruhi oleh berbagai macam faktor. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kepatuhan pasien *post* stroke dalam menjalani rehabilitasi medik.

**Metodologi:** Penelitian ini deskriptif analitik dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan *accidental sampling* dengan jumlah responden 84 orang. Instrumen yang digunakan adalah kuesioner dan format pengkajian *National Institutes of Health Stroke Scale* (NIHSS). Analisis dalam penelitian ini menggunakan Uji Fisher's Exact.

**Hasil Penelitian:** Hasil penelitian menunjukkan sikap memiliki perbedaan yang signifikan dengan kepatuhan rehabilitasi medik ( $p=0,034$ ). Sementara itu, jenis stroke ( $p=0,232$ ), lama menjalani rehabilitasi medik ( $p=0,248$ ), pemanfaatan asuransi kesehatan ( $p=1,000$ ), dan tingkat keparahan stroke ( $p=0,568$ ) tidak memiliki perbedaan yang signifikan dengan kepatuhan rehabilitasi medik.

**Kesimpulan:** Terdapat perbedaan yang signifikan antara sikap dengan kepatuhan menjalani rehabilitasi medik. Tidak ada perbedaan antara jenis stroke, lama menjalani rehabilitasi medik, pemanfaatan asuransi kesehatan, dan tingkat keparahan stroke dengan kepatuhan rehabilitasi medik.

**Kata Kunci:** Asuransi, Kepatuhan, NIHSS, Rehabilitasi Medik, Sikap, Stroke

## Abstract

### FACTORS THAT INFLUENCE THE ADHERENCE TO MEDICAL REHABILITATION IN POST STROKE PATIENT AT RSUD. PROF. DR. MARGONO SOEKARJO

*Fatkul 'Ulum, Atyanti Isworo, Arif Imam Hidayat*

**Background:** Medical rehabilitation is one of the right strategies in managing stroke. Medical rehabilitation needed to be supported with good adherence that could reduce the level of disability in stroke patients. Adhere to medical rehabilitation was influenced by various factors. This study discussed factors that associated with the adherence to medical rehabilitation in post-stroke patients.

**Methods:** This study used a descriptive analytic with cross sectional design. The sampling technique in this study used accidental sampling with 84 respondents. Instruments that was used in this study were questionnaires and *National Institutes of Health Stroke Scale* assessment form. Analysis in this study used Fisher's Exact Test.

**Results:** There was a significant difference between attitudes and adherence to medical rehabilitation ( $p=0.034$ ). While type of stroke ( $p=0.232$ ), length of medical rehabilitation ( $p=0.248$ ), utilization of health insurance ( $p=1,000$ ), and severity of stroke ( $p=0.568$ ) had no significant difference with adherence to medical rehabilitation.

**Conclusion:** There was a significant difference between attitude with the adherence to medical rehabilitation. There were no significant differences among the type of stroke, the length of medical rehabilitation, utilization of health insurance, and stroke severity with the adherence to medical rehabilitation.

**Keywords:** Adherence, Attitude, Insurance, Medical Rehabilitation, NIHSS, Stroke