

## Abstrak

# HUBUNGAN *SELF-MANAGEMENT BEHAVIOR* DAN KEPATUHAN PENGOBATAN DENGAN LAMA KEJADIAN STROKE ISKEMIK BERULANG DI POLIKLINIK SARAF RSUD PROF. DR. MARGONO SOEKARJO

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**Latar Belakang:** Serangan stroke berpotensi untuk terulang kembali terutama pada pasien yang sudah pernah terkena serangan stroke dengan durasi kekambuhan yang bervariasi. *Self-management* dan kepatuhan pengobatan merupakan komponen penting dalam pencegahan sekunder terhadap kejadian stroke berulang. Penelitian ini bertujuan untuk mengkaji *self-management behavior* dan kepatuhan pengobatan pada pasien stroke dan hubungannya dengan lama kejadian stroke iskemik berulang di Poliklinik Saraf RSUD Prof. Dr. Margono Soekarjo.

**Metode:** Penelitian ini merupakan analisis korelasional dengan desain *cross-sectional*. Lokasi dan waktu penelitian dilakukan di Poliklinik Saraf RSUD Prof. Dr. Margono Soekarjo pada bulan Oktober 2024. Pengambilan sampel dilakukan menggunakan teknik *consecutive sampling* dengan jumlah sampel sebanyak 86 responden. Instrumen yang digunakan dalam penelitian ini adalah *Southampton Stroke Self-Management Questionnaire* (SSSMQ) untuk mengukur *self-management behavior*, *Morisky Medication Adherence Scale* (MMAS-8) untuk mengukur kepatuhan pengobatan dan kuesioner lama kejadian stroke iskemik berulang. Analisis data menggunakan uji korelasi Somers'd.

**Hasil Penelitian:** Mayoritas responden berusia lansia (>60 tahun), jenis kelamin laki-laki, pendidikan terakhir SMA, tinggal bersama suami/istri dan anak, status gizi normal, memiliki penyakit komorbid hipertensi, dan mengalami kejadian stroke berulang sebanyak 1 kali. Tidak terdapat hubungan bermakna antara karakteristik responden dengan lama kejadian stroke iskemik berulang kecuali pada variabel status gizi ( $p=0,010$ ). Tidak terdapat hubungan yang bermakna antara *self-management behavior* terhadap lama kejadian stroke iskemik berulang ( $p=0,289$ ), sedangkan kepatuhan pengobatan memiliki hubungan yang bermakna dengan lama kejadian stroke iskemik berulang ( $p=0,001$ ).

**Kesimpulan:** *Self-management* tidak berhubungan dengan lama kejadian stroke iskemik berulang sedangkan kepatuhan pengobatan berhubungan dengan lama kejadian stroke iskemik berulang.

**Kata Kunci:** Kepatuhan Pengobatan, Lama Stroke Berulang, *Self-Management Behavior*

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## Abstract

# THE RELATIONSHIP OF SELF-MANAGEMENT BEHAVIOR AND MEDICATION ADHERANCE WITH THE DURATION OF RECURRENT ISCHEMIC STROKE AT THE NERVOUS POLYCLINIC OF THE REGIONAL HOSPITAL PROF. DR. MARGONO SOEKARJO

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**Background:** Stroke attacks have the potential to recur, especially in patients who have previously experienced a stroke, with varying durations of recurrence. Self-management and medication adherence are important components in the secondary prevention of recurrent stroke. This study aims to examine self-management behaviors and medication adherence in stroke patients and their relationship with the duration of recurrent ischemic stroke events at the Neurology Clinic of RSUD Prof. Dr. Margono Soekarjo.

**Methods:** This research used correlational analysis with cross-sectional design. The location and timing of the research were conducted at the Neurology Polyclinic of RSUD Prof. Dr. Margono Soekarjo in October 2024. Sampling was conducted using the consecutive sampling technique with a total of 86 respondents. The instruments used in this study are Southampton Stroke Self-Management Questionnaire (SSSMQ) to measure self-management behavior, Morisky Medication Adherence Scale (MMAS-8) to measure medication adherence, and a questionnaire about duration of recurrent ischemic stroke events. Data analysis used the Somers'd correlation test.

**Result:** The majority of respondents were elderly (>60 years old), male, had a last education level of high school, lived with their spouse and children, had normal nutritional status, had comorbid hypertension, and experienced a recurrent ischemic stroke once. There is no significant relationship between the respondents' characteristics and the duration of recurrent ischemic stroke except for the nutritional status ( $p= 0.010$ ). There is no significant relationship between self-management behavior and the duration of recurrent ischemic stroke ( $p= 0.289$ ), whereas medication adherence has a significant relationship with the duration of recurrent ischemic stroke ( $p= 0.001$ ).

**Conclusion:** *Self-management* is not related to duration of recurrent ischemic stroke, while medication adherence is related to duration of recurrent ischemic stroke

**Keyword:** Medication Adherence, Recurrent Ischemic Stroke, *Self-Management Behavior*

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