

**HUBUNGAN *SELF MANAGEMENT* DENGAN DEPRESI  
PADA PASIEN PASKA STROKE DI POLIKLINIK SYARAF  
RSUD Dr. R. GOETENG TAROENADIBRATA  
PURBALINGGA**

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**ABSTRAK**

**Latar Belakang:** Stroke merupakan salah satu penyakit penyebab kematian dan kecacatan yang dapat mengakibatkan depresi. Faktor yang dapat memengaruhi depresi paska stroke yaitu mobilitas yang menurun. Mobilitas yang menurun dapat menyebabkan kemandirian menurun. Self management merupakan bagian dari kemandirian individu sehingga self management diduga memengaruhi depresi.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan *self management* dengan tingkat depresi pada pasien paska stroke di poliklinik syaraf RSUD Dr. R. Goeteng Taroenadibrata Purbalingga.

**Metode:** Penelitian ini termasuk penelitian kuantitatif dengan pendekatan cross sectional. Pengambilan sampel menggunakan teknik consecutive sampling dengan besar sampel adalah 76 responden yang memenuhi kriteria inklusi dan eksklusi. Instrumen yang digunakan untuk mengukur *self management* yaitu *The Southampton Stroke Self Management Questionnaire* (SSSMQ). Sedangkan kuesioner yang digunakan untuk mengukur depresi yaitu kuesioner *Beck Depression Inventory* BDI-II. Data *self management* dan tingkat depresi dianalisis menggunakan uji statistik *Kolmogorof-smirnov*.

**Hasil:** Pasien paska stroke berada pada usia lansia ( $\geq 55$  tahun), mayoritas laki-laki (64,5%), tingkat pendidikan SD (65,8%), sebagian besar tidak bekerja (67,1%). Mayoritas responden memiliki *self management* yang baik (75%) dan mengalami depresi minimal (68,4%). Hasil uji *Kolmogorof-smirnov* menunjukkan nilai  $p=0,002$ , artinya terdapat hubungan yang bermakna antara *self management* dengan tingkat depresi.

**Kesimpulan:** Ada hubungan antara *self management* dengan tingkat depresi pada pasien paska stroke.

**Kata Kunci:** Depresi, Paska stroke, *Self Management*.

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**THE RELATIONSHIP BETWEEN SELF MANAGEMENT AND THE  
DEPRESSION AMONG PASCA-STROKE PATIENTS AT RSUD Dr. R.  
GOETENG TAROENADIBRATA NEUROLOGICAL CLINIC  
PURBALINGGA**

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**ABSTRACT**

**Background** : Stroke is one of the death and disability causes which can lead depression. The factor that can affecting post-stroke depression is the decreased mobility. Decreased mobility can causing the decreased independence. Self management is part of individual independence, thus self management is suspected lead depression.

**Objectives**: To examine the relationship between self-management and depression level among pasca-stroke patients at RSUD Dr. R. Goeteng Taroenadibrata Purbalingga neurological clinic.

**Methods**: This study was included in quantitative study with cross sectional approach. The subject was selected through consecutive sampling technique consisted of 64 respondents which fulfilled the inclusion and exclusion criteria. The instruments was used to measure self management was The Southampton Stroke Self Management Quissionaire (SSSMQ). The instruments was used to measure depression was Beck Depression Inventory (BDI-II). The data against self-management and depression were analyzed by Kolmogorof smirnov statistical test.

**Results**: Post-stroke patients were at an elderly ( $\geq 55$  years), most respondents are man (64,5%), primary school education (65,8%), most of respondents did not work (67,1%). Most respondents had good self management (75%) and minimal depression (68,4%). The result of kolmogorof smirnov test obtained  $p=0,021$ . There was a significant correlation between self-management with depression level among pasca-stroke patients.

**Conclusion**: There was a significant corelation between self management and the depression.

**Keywords**: Depression, Post-stroke, Self-management.

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