

ABSTRAK

ANALISIS FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN *POST-STROKE FATIGUE* DI POLIKLINIK SARAF RSUD PROF. DR. MARGONO SOEKARJO

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Latar Belakang: *Post-stroke fatigue* merupakan salah satu sekuel stroke dengan prevalensi global berkisar 25-85%. Kondisi ini dipengaruhi oleh beberapa faktor, dan berdampak negatif terhadap proses pemulihan, luaran fungsional, dan kualitas hidup. Prevalensi PSF baik secara global maupun nasional tergolong tinggi, sehingga penting untuk menganalisis faktor-faktor yang berhubungan dengan PSF dalam upaya peningkatan perawatan dan rehabilitasi pasien stroke.

Metode: Penelitian ini menggunakan desain *cross-sectional* dengan teknik *consecutive sampling* pada pasien stroke yang melakukan kontrol di Poliklinik Saraf RSUD Prof. Dr. Margono Soekarjo. Jumlah sampel sebanyak 162. Data primer didapatkan menggunakan kuesioner *Fatigue Severity Scale*, *Stroke Self-efficacy Questionnaire*, dan *Spiritual well-being Scale* versi Indonesia, sedangkan data sekunder diperoleh dari rekam medis. Analisis dilakukan untuk mengetahui prevalensi dan faktor-faktor yang berhubungan dengan PSF.

Hasil Penelitian: Prevalensi PSF didapatkan sebesar 80,9%. Hasil analisis multivariat menunjukkan bahwa usia (aOR = 17,77; IK95%: 2,98-105,73; p = 0,002), *self-efficacy* (aOR = 7,85; IK95%: 2,23-27,62; p = 0,001), dan *spiritual well-being* (aOR: 3,4; IK95% 1,07-11,20; p=0,037) merupakan faktor yang berhubungan dengan kejadian PSF.

Kesimpulan: *Post-stroke fatigue* merupakan kondisi yang umum dialami oleh pasien stroke. Usia, *self-efficacy*, dan *spiritual well-being* berperan sebagai faktor yang berhubungan kejadian PSF. Oleh karena itu, identifikasi faktor usia serta aspek psikososial dan spiritual perlu mendapat perhatian dalam perawatan dan rehabilitasi pasien stroke untuk menurunkan risiko PSF.

Kata Kunci: *post-stroke fatigue*, *self-efficacy*, *spiritual well-being*, stroke, usia

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ABSTRACT

ANALYSIS OF FACTORS ASSOCIATED WITH POST-STROKE FATIGUE AT THE NEUROLOGI OUTPATIENT CLINIC OF PROF. DR. MARGONO SOEKARJO HOSPITAL

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Background: Post-stroke fatigue (PSF) is a common sequela of stroke, with a reported global prevalence ranging from 25% to 85%. PSF is a multifactorial condition that negatively affects recovery, functional outcomes, and quality of life. PSF shows consistently high prevalence across global and national populations, therefore analyzing factors associated with PSF is important to improve care and rehabilitation for stroke patients.

Methods: A cross-sectional study was conducted among stroke patients attending follow-up visits at the Neurology Outpatient Clinic of Prof. Dr. Margono Soekarjo Hospital. Consecutive sampling was applied, resulting in a total of 162 participants. Primary data were collected using the Fatigue Severity Scale, the Stroke Self-efficacy Questionnaire, and the Indonesian version of the Spiritual well-being Scale. Secondary data were obtained from medical records. Multivariate logistic regression was used to identify factors associated with PSF.

Results: The prevalence of PSF was 80.9%. Multivariate analysis revealed that older age (aOR = 17.77; 95% CI: 2.98–105.73; $p = 0.002$), lower self-efficacy (aOR = 7.85; 95% CI: 2.23–27.62; $p = 0.001$), and lower spiritual well-being (aOR=3.40; 95% CI: 1.07–11.20; $p=0.037$) were factors associated with PSF.

Conclusion: Post-stroke fatigue is a common condition among stroke patients. Age, self-efficacy, and spiritual well-being are significant roles as factors associated with PSF. Therefore, attention to age-related factors as well as psychosocial and spiritual aspects is essential in the care and rehabilitation of stroke patients to reduce the risk of PSF.

Keywords: age, post-stroke fatigue, self-efficacy, spiritual well-being, stroke

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