

GAMBARAN PENGETAHUAN TENTANG PENYAKIT STROKE PADA PESERTA POSBINDU DI PUSKESMAS DEPOK SLEMAN YOGYAKARTA

INTISARI

Latar Belakang: Stroke menjadi penyebab utama kecacatan dan kematian. Berdasarkan data *Health & Demographic Surveillance System* (HDSS) Sleman, Kecamatan Depok merupakan kecamatan yang memiliki prevalensi kasus stroke tertinggi nomor dua di Kabupaten Sleman yaitu sebesar 1,40%. Pengetahuan diperlukan untuk melakukan pencegahan primer terhadap penyakit stroke khususnya pada populasi yang sehat dan belum memiliki faktor risiko stroke. Puskesmas Depok Sleman memiliki program Posbindu (Pos Binaan Terpadu), suatu program pencegahan penyakit tidak menular berbasis komunitas, yang bertujuan untuk memberikan penyuluhan dan upaya lain untuk menghindari terjadinya penyakit tidak menular (salah satunya adalah penyakit stroke).

Tujuan Penelitian: Mengetahui gambaran pengetahuan tentang penyakit stroke pada peserta Posbindu di Puskesmas Depok, Sleman.

Metode: Penelitian kuantitatif dengan rancangan *cross sectional*. Teknik pengambilan sampel yang digunakan adalah *consecutive sampling*. Jumlah sampel pada penelitian ini adalah 96 orang yang mengikuti kegiatan Posbindu di wilayah kerja Puskesmas Depok II dan III Sleman Yogyakarta. Variabel pengetahuan diukur dengan *Stroke Knowledge Test* (SKT). Data dianalisis secara univariat dan analisis data yang digunakan adalah statistik deskriptif.

Hasil: Karakteristik responden memiliki usia rata-rata 53,74+13,44 tahun. Mayoritas responden memiliki jenis kelamin perempuan (90,6%). Responden pada penelitian ini mengikuti kegiatan Posbindu secara regular atau rutin (67,7%). Sebagian besar responden menyatakan pernah mendapat informasi tentang stroke (60,4%). Hasil penelitian menunjukkan bahwa sebanyak 52 responden (54,2%) masih memiliki pengetahuan yang buruk tentang penyakit stroke.

Kesimpulan: Mayoritas responden belum mengetahui tentang pengetahuan dasar stroke, tanda dan gejala stroke, cara pencegahan, dan respon mencari bantuan. Pendidikan kesehatan perlu dikembangkan untuk meningkatkan pengetahuan masyarakat tentang penyakit stroke.

Kata Kunci: Stroke, Pengetahuan, Masyarakat

KNOWLEDGE OF STROKE AMONG POSBINDU PARTICIPANTS AT PRIMARY HEALTH CARE CENTERS IN DEPOK SLEMAN YOGYAKARTA

ABSTRACT

Background: Stroke is increasingly becoming a major cause of disability and mortality. Based on data from the Health & Demographic Surveillance System (HDSS) of Sleman, Depok District is the sub-district that has the second highest prevalence of stroke cases in Sleman Regency, which is 1.40%. Knowledge is needed to carry out primary prevention of stroke, especially in healthy populations that do not have stroke risk factors. The Depok Sleman Health Center has a program known as Posbindu (Integrated Assistance Post), a community-based non-communicable disease prevention program, which aims to provide counseling and other efforts to avoid non-communicable diseases (one of which is stroke).

Objective: This study aimed to assess the knowledge of stroke among Posbindu participants at Primary Health Care Centers in Depok Sleman, Yogyakarta.

Methods: This research was quantitative descriptive research using a cross-sectional design. The sample was taken using consecutive sampling. The samples in this study were 96 people who participated at Posbindu in Primary Health Care Centers Depok II and III Sleman Yogyakarta. Knowledge variables were measured by the Stroke Knowledge Test (SKT). The data were analyzed univariately and the data analysis used was descriptive statistics.

Result: Characteristics of respondents have an average age of 53.74 ± 13.44 years. The majority of respondents are female (90.6%). Respondents in this study participated in Posbindu activities regularly or routinely (67.7%). Most of the respondents stated that they had received information about stroke (60.4%). The results showed that as many as 52 respondents (54.2%) still had poor knowledge about stroke.

Conclusion: The majority of respondents do not know about basic knowledge of stroke, signs, and symptoms of stroke, prevention methods, and responses to seeking help. Health education needs to be developed to increase public knowledge about stroke.

Keywords: Stroke, Knowledge, Public