

## ABSTRAK

**Latar Belakang:** Kebutuhan edukasi yang banyak dan kompleks pada keluarga sebagai caregiver informal utama pasien stroke dalam perawatan jangka panjang di rumah, cenderung dilakukan dalam satu waktu yang singkat, ketika pasien dinyatakan boleh pulang. Informasi yang didapat sering kali hanya berupa catatan resume dengan informasi yang terbatas, sehingga mengakibatkan pencapaian tujuan dari edukasi tidak tercapai dengan optimal.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh edukasi *Basic Skill Training for Stroke Family Caregiver* (BSTSc) dengan *blended learning* terhadap pengetahuan dan keterampilan stroke *family caregiver* serta mengetahui perubahan tingkat kemandirian pasien stroke.

**Metode:** Penelitian ini menggunakan metode kuantitatif dengan *quasi experimental, pre-test and post-test design*. Penelitian ini dilakukan pada bulan Januari-Maret 2019 dengan responden berjumlah 30 di lingkungan RSUP Dr. Sardjito Yogyakarta, RS PKU Yogyakarta dan RS PKU Gamping. Responden diberikan edukasi *Basic Skill Training for Stroke Family Caregiver* (BSTSc) dengan *lecturing* dan media aplikasi mobile. Instrumen yang digunakan yaitu kuisioner *the basic stroke care knowledge scale*, lembar observasi keterampilan dan Barthel Index. Pengaruh diukur dengan Uji *Paired t test*, dan *Friedman* diikuti *Post Hoc Wilcoxon*.

**Hasil:** Terdapat peningkatan yang bermakna pada pengetahuan stroke *family caregivers* dengan nilai rerata pre test 5,08 menjadi 7,05 pada pos tes dengan nilai signifikansi  $p=0,00$  ( $p<0.05$ ). Terdapat peningkatan yang bermakna pada tingkat keterampilan stroke *family caregivers* dengan nilai rerata pre test 49,51 menjadi 84,05 pada pos tes dengan nilai signifikansi  $p=0,00$  ( $p<0.05$ ). Ada peningkatan yang bermakna pada tingkat kemandirian pasien stroke dengan nilai median 35,0 menjadi 37,5 dengan nilai signifikansi  $p=0,00$ .

### **Kesimpulan:**

Edukasi BSTSc dengan *blended learning* dapat meningkatkan pengetahuan, keterampilan *stroke family caregiver* dan terdapat peningkatan kemandirian (Index Barthel) pasien stroke.

**Kata Kunci:** Pengetahuan, Keterampilan, *Barthel Index*, Pasien Stroke, *Basic skill training Stroke Family Care Giver* (BSTSc).

## ABSTRACT

**Background:** The educational needs of the family as the primary informal caregiver of stroke patients in long-term care at home are many and complex, but that education tend to be done in a short time, when the patient is otherwise allowed to go home. The information obtained is often only in the form of resume notes with limited information, thus resulting in the achievement of educational goals not being achieved optimally.

**Objective:** The purpose of this study is to determine the result of provide Basic Skill Training for Stroke Family Care Giver (BSTSc) by *blended learning* on knowledge and stroke *family caregivers* skills, also to exemine grades change of stroke patients dependence.

**Method:** This study used a quantitative method with quasi experimental, pre-test and post-test design. Data were collected in January-March 2019. 30 patients with stroke and 30 stroke family caregiver from Dr. RSUP Sardjito Yogyakarta hospital, PKU Yogyakarta Hospital and PKU Gamping Hospital were participated in this study. Respondents were provide a Basic Skill Training for Stroke Family Care Giver (BSTSc) education with *lecturing* and media applications. The basic stroke care knowledge scale, skill observation and barthel index scale were used to measur the knowledge, skill of family caregiver to provide care task and grade of stroke patient dependence. The effect was measured by the Paired t test, and Friedman followed by Post Hoc Wilcoxone.

**Results:** The study found there was a significant increase in knowledge of stroke family caregivers with a value of  $p = 0.00$  ( $<0.05$ ), with a pre test mean value of 5.083, while the mean value in the post test increased to 7.050. There was a significant increase in skills of stroke family caregivers with a value of  $p = 0.00$  ( $<0.05$ ), with an pre-test average score of 49.5 while the mean post-test value increased to 84.05. grade of independency was a significant increase ( $p=0,00$ ) in stroke patient with a pre test median value 35,0 to 37,5

**Conclusion:** BSTSc education by *blended learning* significantly can increase the knowledge, skills of stroke family caregiver and there are an increase in independence (Barthel Index) of stroke patients.



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BLENDED LEARNING**

**TERHADAP PENGETAHUAN DAN KETERAMPILAN STROKE FAMILY CAREGIVER**

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