

INTISARI

Latar Belakang: Stroke merupakan penyakit penyebab kematian nomor lima di dunia, stroke tidak hanya menimbulkan dampak negatif pada pasien tetapi juga berdampak pada *family caregiver*.

Tujuan: Untuk mengetahui gambaran *burden* yang dialami oleh *family caregiver* dalam merawat pasien stroke.

Metode: Penelitian ini menggunakan metode *mixed method sequential explanatory*. Penelitian dilakukan di Unit Stroke dan Bangsal Aster 5 RSUD Tidar Magelang pada bulan Agustus sampai Oktober 2019. Penelitian ini melibatkan 106 *family caregiver* dengan teknik *purposive sampling*. *Burden* yang dialami *family caregiver* diukur menggunakan kuesioner Zarit Burden Interview (ZBI). Wawancara dilakukan untuk mendukung data kuantitatif.

Hasil : *Burden* yang dialami *family caregiver* berada pada tingkat ringan, terdapat hubungan yang signifikan pada variabel pendidikan ($p = 0.007$, $r = -0.297$), hubungan keluarga ($p = 0.001$), jumlah pengasuh ($p = 0.001$, $r = 0.364$), dan lama pasien menderita stroke ($p = 0.006$, $r = -0.275$). Terdapat empat tema dalam penelitian ini yaitu 1) kesulitan dalam merawat, 2) motivasi merawat, dan 3) sumber dukungan dan 4) Norma Subjektif

Kesimpulan : Meskipun secara kuantitatif *family caregiver* mengalami *burden* yang ringan tetapi secara kualitatif *family caregiver* melaporkan adanya keluhan dalam merawat hampir pada semua aspek, sehingga dibutuhkan penanganan untuk mengatasi *burden* tersebut.

Kata Kunci : Perawatan stroke, *Burden* dalam merawat, *family caregiver*, *mixed method*

ABSTRACT

Background: Stroke is the fifth leading cause of death in the world, stroke not only has a negative impact on patients but also affects family caregiver.

Objective: To find out the burden of burden faced by family caregiver in treating stroke patients.

Methods: This study used a mixed method sequential explanantory approach. The study was conducted in the Stroke Unit and Aster 5 Ward at Magelang Tidar General Hospital in August to October 2019. This research involved 106 family caregiver with purposive sampling technique. Burden experienced by family caregiver was measured by Zarit Burden Interview (ZBI) questionnaire. Interviews were conducted to support quantitative data.

Results: Burden experienced by family caregiver was at a mild level, significant relationship between age of family caregivers ($p = 0.017$, $r = 0.231$) education ($p = 0.007$, $r = -0.297$), family relationships ($p = 0.001$, $r = -0.364$), amount of caregivers ($p = 0.001$, $r = 0.364$), and the patient's duration of stroke ($p = 0.006$, $r = -0.275$). There are four themes in this study, difficulty in caring, motivation to care for, source of strength and subjective norm.

Conclusion: Although family caregiver experienced a mild burden quantitatively, family caregiver qualitatively reported complaints in caring for almost all aspects, so care was needed to overcome the burden.

Keywords: Stroke Care, Burden of caregiving, family caregivers, mixed method.



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