

HUBUNGAN CAREGIVER BURDEN DENGAN TINGKAT DEPRESI

PADA KELUARGA PASIEN PASCA STROKE DI KOTA YOGYAKARTA

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INTISARI

Latar Belakang: Stroke dapat membuat pasien mengalami disabilitas permanen, yang memerlukan dukungan dari berbagai pihak, terutama keluarga sebagai *caregiver*. Tugas merawat anggota keluarga dapat mengakibatkan beban perawatan (*caregiver burden*). *Caregiver burden* dapat memicu terjadinya depresi pada pemberi perawatan.

Tujuan: Mengetahui hubungan antara *caregiver burden* dengan tingkat depresi pada keluarga pasien pasca stroke.

Metode: Studi analitik korelasi dengan rancang potong lintang dilakukan pada 30 keluarga pasien pasca stroke di Kota Yogyakarta. Kuesioner *Barthel Index (BI)*, *The 12-item Zarit Burden Interview (ZBI-12)* dan *Beck Depression Index (BDI)* digunakan dalam penelitian. Kemaknaan hubungan ditunjukkan melalui tes korelasi *spearman*.

Hasil: Rerata \pm SD skor *caregiver burden* sebesar $13,00 \pm 5,746$ dengan kecenderungan mengalami *caregiver burden* ($ZBI-12 > 16$) dialami oleh 9 orang (30%) pemberi perawatan. Tingkat depresi berdasarkan kuesioner *BDI* menunjukkan 21 orang (70%) dalam rentang normal dan 9 orang (30%) dalam rentang depresi ringan. Terdapat hubungan bermakna antara rerata skor *caregiver burden* *ZBI-12* dengan tingkat depresi kuesioner *BDI* ($p=0,008$, $r=0,472$).

Kesimpulan: *Caregiver burden* berkorelasi positif terhadap tingkat depresi pada keluarga pasien pasca stroke dengan korelasi sedang, yang berarti semakin tinggi beban yang dirasakan dalam merawat pasien, maka semakin tinggi tingkat depresi yang dialami.

Kata kunci: caregiver burden, depresi, stroke, keluarga

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CORRELATION BETWEEN CAREGIVER BURDEN AND LEVEL OF DEPRESSION ON FAMILY OF POST-STROKE PATIENTS IN MUNICIPALITY OF YOGYAKARTA

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ABSTRACT

Background: Stroke can lead to permanent disability of patients, which requires support from various parties, especially the family as caregiver. The task of caring for a family member may cause caregiver burden. Caregiver burden can trigger depression in caregivers.

Objective: To measure correlation between caregiver burden and level of depression on family of post-stroke patients.

Method: Cross-sectional design with analytical correlation was applied to 30 family of post-stroke patients in Yogyakarta. Barthel Index (BI), The 12-item Zarit Burden Interview (ZBI-12) and Beck Depression Index (BDI) were used. Data were analyzed using Spearman's Correlation Test.

Result: Caregiver burden (ZBI-12>16) was present in 9 (30%) caregivers whereas caregiver burden mean \pm SD score were $13,00 \pm 5,746$. Level of depression based on BDI showed 21 (70%) caregivers in the normal range and 9 (30%) within the range of mild depression. There was significant positive correlation between ZBI-12 mean score and BDI depression levels ($p=0,008$, $r=0,472$).

Conclusion: Caregiver burden positively correlated to the level of depression in the family of post-stroke patients with moderate correlation, which means the higher perceived burden of caring for patient, the higher the level of depression experienced.

Keywords: caregiver burden, depression, stroke, family

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