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**Hubungan Tingkat Ketergantungan *Activity Daily Living* dengan Depresi
Pada Pasien Pasca Stroke di Poliklinik Rumah Sakit Stroke Nasional
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ABSTRAK

Stroke merupakan gangguan fungsional pada otak akibat gangguan suplai darah ke otak yang terjadi lebih dari 24 jam. Penderita stroke yang bertahan hidup akan mengalami ketergantungan terhadap orang lain dalam melakukan ADL akibat kelemahan dan kelumpuhan pada pasien. Hal ini akan berdampak pada psikologis pasien. Masalah psikologis yang paling sering terjadi adalah depresi. Dimana 54% dari 100 penderita stroke mengalami depresi. Penelitian ini bertujuan untuk mengetahui hubungan tingkat ketergantungan *Activity Daily Living* (ADL) dengan depresi pada pasien pasca stroke di Poliklinik RSSN Bukittinggi. Jenis penelitian ini kuantitatif dengan pendekatan *deskriptif korelasi*. Sampel dalam penelitian berjumlah 98 orang. Pengambilan sampel menggunakan teknik *consecutive sampling*. Pengumpulan data menggunakan kuesioner *Indeks Bhartel* dan *Beck Depression*. Hasil penelitian didapatkan median tingkat ketergantungan ADL 85,00, standar deviasi 14,523, skor terendah 40 dan skor tertinggi 100 dan median dari depresi 17,00, standar deviasi 2,962, skor terendah 9 dan skor tertinggi 25. Hasil penelitian menunjukkan adanya hubungan bermakna antara tingkat ketergantungan ADL dengan depresi pada pasien pasca stroke ($p = 0,000$) dan nilai ($r = -0,534$) dengan arah hubungan negatif dan kekuatan korelasi sedang. Disarankan kepada perawat untuk lebih memperhatikan kondisi psikologis pasien pasca stroke agar tidak terjadi depresi yang lebih berat dan diharapkan kepada keluarga dan perawat untuk memberikan dukungan kepada pasien untuk mengoptimalkan kondisi fisiknya melalui latihan ROM agar pasien pasca stroke dapat mandiri dalam melakukan ADL.

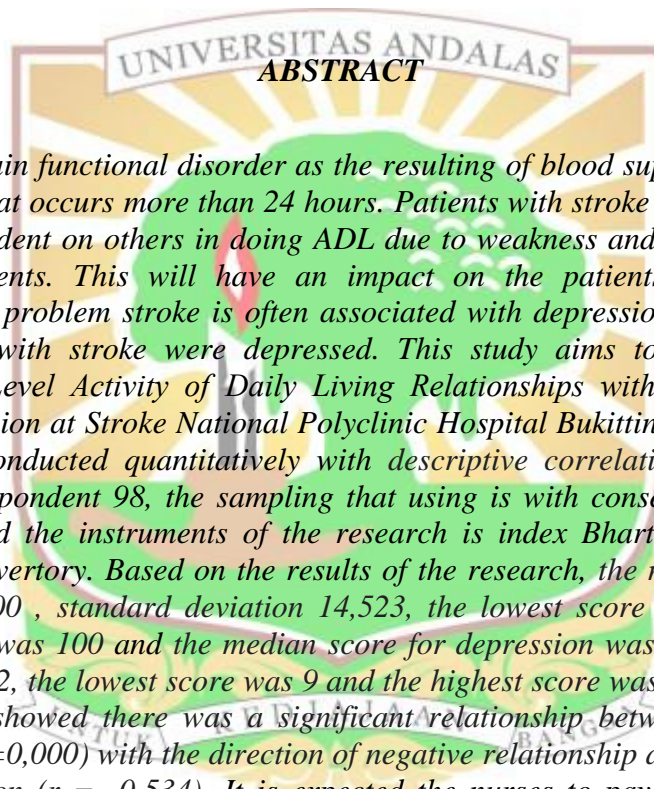
Kata kunci : *activity daily living*, depresi, pasca stroke

Daftar pustaka : 67 (1965– 2016)

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***The Dependency Level Activity of Daily Living Relationships with
Patient's Post-Stroke depression at Stroke National
Polyclinic Hospital Bukittinggi 2016***



Stroke is a brain functional disorder as the resulting of blood supply interruption to the brain that occurs more than 24 hours. Patients with stroke who survive will become dependent on others in doing ADL due to weakness and paralysis in the limbs of patients. This will have an impact on the patients psychological. Psychological problem stroke is often associated with depression. Where 54% of 100 patients with stroke were depressed. This study aims to determine The Dependency Level Activity of Daily Living Relationships with Patient's Post-Stroke depression at Stroke National Polyclinic Hospital Bukittinggi. This kind of research is conducted quantitatively with descriptive correlation method. The number of respondent 98, the sampling that using is with consecutive sampling techniques and the instruments of the research is index Bhartel and the Beck Depression Inventory. Based on the results of the research, the median score for ADL was 85,00 , standard deviation 14,523, the lowest score was 40 and the highest score was 100 and the median score for depression was 17,00, standard deviation 2,962, the lowest score was 9 and the highest score was 25. The result of the research showed there was a significant relationship between ADL and depression ($p=0,000$) with the direction of negative relationship and the moderate of a correlation ($r = -0,534$). It is expected the nurses to pay attention to the psychological condition of post-stroke to prevent depression in patients with post-stroke and And needed support from nurses and family optimally to the patient's physical condition through the program ROM exercises thus independence in performing ADL.

**Keywords : daily living activity ,depression, post-stroke
Bibliography : 67 (1965 – 2016)**