

## **ABSTRACT**

### **RELATIONSHIP BETWEEN SELF-EFFICACY AND INDEPENDENCE OF POST-STROKE ELDERLY IN FULFILLING DAILY LIVING ACTIVENSNESS AT THE NEUROLOGY POLY OF RSU RA BASOENI**

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*Elderly individuals are a group severely affected by stroke, particularly in their activities of daily living. Efforts to reduce post-stroke dependency among the elderly involve enhancing self-efficacy, which is the belief in one's own abilities to perform daily activities. The aim of this research is to establish a correlation between self-efficacy and independence in performing activities of daily living in patients who have undergone stroke treatment at the neurology clinic of RA Basoeni Hospital. A quantitative research method with an analytical correlational design was employed, using a population of elderly post-stroke patients at the neurology clinic of RA Basoeni Hospital who met the inclusion criteria. A sample of 32 respondents was selected using non-probability consecutive sampling. The research findings revealed that nearly half of the respondents (46.9%) had high self-efficacy levels. Levels of independence in activities of daily living varied, with moderate dependence (9.4%), mild dependence (25.0%), and full independence (12.5%). Analysis using the Spearman Rho correlation test yielded a p-value of 0.001, which is lower than the significance level  $\alpha$  (0.05). Therefore, hypothesis H1 is accepted, indicating a positive relationship between self-efficacy and independence in activities of daily living among elderly post-stroke patients at the Neurology Clinic of RA Basoeni Regional Hospital in Mojokerto Regency. The correlation coefficient of 0.769 indicates a very strong relationship between the self-efficacy variable and independence in activities of daily living. These findings emphasize the importance of a holistic approach in the care of elderly post-stroke patients, involving not only the physical but also the psychological and emotional aspects. Psychological support in rehabilitation programs becomes crucial in enhancing the patients' level of independence.*

**Keywords : Elderly, Stroke, Self-Efficacy, Activity Daily Living**

## ABSTRAK

### HUBUNGAN *SELF-EFFICACY* DENGAN KEMANDIRIAN LANSIA PASCA *STROKE* DALAM MEMENUHI *ACTIVITY DAILY LIVING* DI POLI NEUROLOGI RSUD RA BASOENI

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Lansia adalah kelompok yang terdampak parah oleh *stroke*, terutama dalam *activity daily living*. Upaya untuk mengurangi ketergantungan lansia pasca *stroke* melibatkan peningkatan *self-efficacy*, yaitu keyakinan pada kemampuan diri, dalam menjalankan *activity daily living*. Tujuan dari penelitian ini untuk menemukan korelasi antara *Self-Efficacy* dengan kemandirian dalam melakukan *activity daily living* pada pasien yang telah menjalani perawatan *Stroke* di poli neurologi Rumah Sakit RA Basoeni. Metode penelitian kuantitatif dengan desain analitik korelasional digunakan, dengan populasi berupa pasien lansia pasca *stroke* yang berada di poli neurologi RSUD RA Basoeni dan memenuhi kriteria inklusi. Sampel sebanyak 32 responden diambil melalui teknik *non-probability consecutive sampling*. Hasil penelitian mengungkapkan hampir setengah dari responden (46,9%) memiliki *self-efficacy* yang tinggi. Tingkat kemandirian dalam *activity daily living* bervariasi, dengan tingkat ketergantungan sedang (9,4%), ketergantungan ringan (25,0%), dan kemandirian penuh (12,5%). Analisis menggunakan uji Korelasi *Spearman Rho* menunjukkan *p-value* sebesar 0,001, lebih rendah dari tingkat signifikansi  $\alpha$  (0,05). Oleh karena itu, hipotesis H1 diterima, menunjukkan adanya hubungan positif antara *self-efficacy* dan kemandirian dalam *activity daily living* pada lansia pasca *stroke* di Poli Neurologi RSUD R. A Basoeni Kabupaten Mojokerto. Koefisien korelasi sebesar 0,769 mengindikasikan hubungan yang sangat kuat antara variabel *self-efficacy* dan kemandirian dalam *activity daily living*. Temuan ini menekankan pentingnya pendekatan holistik dalam perawatan lansia pasca *stroke*, melibatkan tidak hanya aspek fisik tetapi juga psikologis dan emosional. Dukungan psikologis dalam program rehabilitasi menjadi penting untuk meningkatkan tingkat kemandirian pasien.

**Kata Kunci :** Lansia, *Stroke*, *Self-Efficacy*, *Activity Daily Living*