

HUBUNGAN DUKUNGAN KELUARGA DENGAN *ACTIVITY OF DAILY LIVING* (ADL) LANSIA PADA PASIEN PASCASTROKE DI WILAYAH KERJA PUSKESMAS BANTAR JAYA BOGOR

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Abstrak

Stroke pada lansia sering menyebabkan penurunan fungsi fisik yang berdampak pada keterbatasan kemampuan melakukan aktivitas kehidupan sehari-hari sehingga meningkatkan tingkat ketergantungan. Kondisi tersebut menjadikan dukungan keluarga sebagai faktor penting dalam membantu proses pemulihan dan kemandirian lansia pasca stroke. Namun, hubungan antara dukungan keluarga dan kemampuan aktivitas kehidupan sehari-hari lansia masih perlu dikaji secara empiris, khususnya di tingkat pelayanan kesehatan primer. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan keluarga dengan Activity of Daily Living pada lansia pasien pasca stroke di wilayah kerja Puskesmas Bantar Jaya Bogor. Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross sectional. Populasi penelitian adalah seluruh lansia pasca stroke sebanyak 110 orang dengan teknik total sampling. Data dikumpulkan menggunakan kuesioner Dukungan Keluarga dan *Barthel Index* dan dianalisis menggunakan uji *Chi-Square*. Hasil penelitian ini menunjukkan bahwa terdapat hubungan yang signifikan antara dukungan keluarga dengan Activity of Daily Living pada lansia pasca stroke *p-value* sebesar 0,003 ($p < 0,05$). Penelitian ini menyimpulkan bahwa dukungan keluarga berperan penting dalam meningkatkan kemandirian aktivitas kehidupan sehari-hari lansia pasca stroke.

Kata Kunci : *Activity of Daily Living*, Dukungan keluarga, Lansia, Pasca Stroke.

***THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND
ACTIVITY OF DAILY LIVING (ADL) AMONG POST-STROKE
ELDERLY PATIENTS IN THE SERVICE AREA OF BANTAR JAYA
COMMUNITY HEALTH CENTER, BOGOR***

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Abstract

Stroke in older adults often leads to a decline in physical function, which results in limitations in performing activities of daily living and consequently increases the level of dependency. This condition makes family support an important factor in assisting the recovery process and promoting independence among older adults after stroke. However, the relationship between family support and the ability to perform activities of daily living in older adults still needs to be examined empirically, particularly at the primary healthcare level. This study aimed to determine the relationship between family support and Activities of Daily Living (ADL) among post-stroke older adult patients in the working area of Bantar Jaya Public Health Center, Bogor. This study employed a quantitative design with a cross-sectional approach. The study population consisted of all post-stroke older adults, totaling 110 individuals, using a total sampling technique. Data were collected using the Family Support Questionnaire and the Barthel Index and were analyzed using the Chi-Square test. The results showed that there was a significant relationship between family support and Activities of Daily Living among post-stroke older adults, with a p-value of 0.003 ($p < 0.05$). This study concludes that family support plays an important role in improving independence in activities of daily living among post-stroke older adults.

Keywords : *Activities of Daily Living, Family Support, Older Adults, Post-Stroke.*