

HUBUNGAN *SELF-ESTEEM* DAN TINGKAT KEMANDIRIAN *ACTIVITY OF DAILY LIVING* (ADL) DENGAN *POST-STROKE DEPRESSION* (PSD) PADA PASIEN PASCA STROKE USIA PRODUKTIF

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Abstrak

Peningkatan prevalensi stroke semakin meningkat pada kelompok usia produktif dan berdampak pada kondisi psikologis pasien. Tujuan dari penelitian ini adalah untuk menganalisis hubungan antara *self-esteem* dan tingkat kemandirian *Activity of Daily Living* (ADL) dengan *Post-Stroke Depression* (PSD) pada pasien pasca stroke usia produktif. Penelitian ini menggunakan desain observasional analitik dengan menggunakan metode *cross-sectional* yang melibatkan 86 responden pasien pasca stroke usia produktif di RSUD Tarakan Jakarta. Hasil analisis menunjukkan bahwa mayoritas responden memiliki *self-esteem* rendah, tingkat ketergantungan ringan hingga sedang, serta tingkat depresi ringan hingga sedang. Pengumpulan data dilakukan dengan menggunakan instrumen Rosenberg *Self-Esteem* Scale (RSES), Barthel Index, serta Hamilton Depression Scale (HAMD GRID 17). Hasil uji korelasi spearman menunjukkan hubungan negatif antara *self-esteem* dengan PSD ($p=0,000$; $r=-0,505$) serta tingkat kemandirian ADL dengan PSD ($p=0,000$; $r=-0,463$) dengan kekuatan hubungan kuat dan sedang. Hal ini menunjukkan bahwa semakin rendah *self-esteem* dan tingkat kemandirian ADL, maka post-stroke depression semakin meningkat. Penelitian selanjutnya diharapkan dapat mengeksplorasi variabel lain seperti dukungan sosial atau kelelahan pasca stroke yang dapat mempengaruhi tingkat *self-esteem*, kemandirian ADL, dan PSD.

Kata Kunci: *Activity of Daily Living, Post-Stroke Depression, Self-Esteem, Stroke Usia Produktif*

THE RELATIONSHIP BETWEEN SELF-ESTEEM AND THE LEVEL OF INDEPENDENCE IN ACTIVITIES OF DAILY LIVING (ADL) WITH POST-STROKE DEPRESSION (PSD) AMONG WORKING-AGE POST-STROKE PATIENTS

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Abstract

The increasing prevalence of stroke among the productive-age population has a significant impact on patients' psychological conditions. This study aimed to analyze the relationship between self-esteem and the level of independence in Activities of Daily Living (ADL) with Post-Stroke Depression (PSD) among productive-age post-stroke patients. This study employed an analytical observational design with a cross-sectional approach, involving 86 productive-age post-stroke patients at RSUD Tarakan Jakarta. The results showed that the majority of respondents had low self-esteem, mild to moderate levels of dependency, and mild to moderate levels of depression. Data were collected using the Rosenberg Self-Esteem Scale (RSES), Barthel Index, and Hamilton Depression Scale (HAMD GRID 17). Spearman correlation analysis revealed a significant negative relationship between self-esteem and PSD ($p = 0.000$; $r = -0.505$), as well as between ADL independence and PSD ($p = 0.000$; $r = -0.463$), indicating strong and moderate correlation strengths, respectively. These findings indicate that lower self-esteem and lower levels of ADL independence are associated with higher levels of post-stroke depression. Future studies are expected to explore other variables, such as social support or post-stroke fatigue, which may influence self-esteem, ADL independence, and PSD.

Keyword: *Activities of Daily Living, Post-Stroke Depression, Self-Esteem, Productive Age Stroke*