HUBUNGAN ANTARA *CAREGIVER SELF-EFFICACY* DENGAN *CAREGIVER BURDEN* PADA *INFORMAL CAREGIVER* PASIEN STROKE DI WILAYAH KELURAHAN PASIR JAYA KOTA TANGERANG TAHUN 2018

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Abstrak

Pasien stroke dapat mengalami kecacatan permanen sehingga memerlukan bantuan orang lain dalam melakukan kegiatan sehari-hari, antara lain *informal caregiver*. Kegiatan perawatan oleh *informal caregiver* dapat mengakibatkan *caregiver burden*. *Caregiver self-efficacy* merupakan salah satu faktor yang dapat mempengaruhi tingkat *caregiver burden*. Tujuan penelitian ini adalah untuk mengetahui hubungan antara *caregiver self-efficacy* dengan *caregiver burden* pada *informal caregiver* pasien stroke. Metode penelitian ini adalah analitik observasional dengan desain *cross sectional* dan teknik penentuan sampel adalah *sampling* jenuh sejumlah 32 *informal caregiver* pasien stroke di Wilayah Kelurahan Pasir Jaya Kota Tangerang. Instrumen penelitian ini adalah kuesioner data demografi responden, *Caregiver Inventory* (CGI) oleh Merluzzi (2010) sebagai skala *caregiver self-efficacy* dan *Zarit Burden Interview* versi Bahasa Indonesia (ZBI) yang diterjemahkan oleh Rahmat (2009) sebagai skala *caregiver burden*. Data dianalisis menggunakan uji *Kruskal-Wallis*. Hasil uji *Kruskal-Wallis* menunjukkan terdapat hubungan antara *caregiver self-efficacy* skor total (p=0.000), *caregiver self-efficacy* faktor 1 (mengelola informasi medis) (p=0.005), *caregiver self-efficacy* faktor 2 (merawat pasien) (p=0.003), *self-efficacy* faktor 3 (merawat diri sendiri) (p=0.002), *caregiver self*-efficacy faktor 4 (menangani emosi dan interaksi sulit) (p=0.001) dengan *caregiver burden*. Hal ini menunjukkan bahwa *caregiver self-efficacy* memiliki hubungan yang bermakna dengan *caregiver burden* pada *informal caregiver* pasien stroke di Wilayah Kelurahan Pasir Jaya Kota Tangerang.

Kata Kunci : Stroke, *Informal Caregiver, Caregiver Burden, Caregiver Self-efficacy*

THE CORRELATION BETWEEN CAREGIVER SELF-EFFICACY AND CAREGIVER BURDEN IN INFORMAL CAREGIVER OF STROKE PATIENTS IN KELURAHAN PASIR JAYA REGION, TANGERANG CITY IN 2018

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Abstract

Stroke may cause the patient to experience permanent disability so that the patient needs the help of others in performing daily activities, including informal caregiver. The task of caregiving carried out by informal caregiver may cause caregiver burden. Caregiver self-efficacy is one of the factors that may affect the degree of caregiver burden. This study aims to determine correlation between caregiver self-efficacy and caregiver burden in informal caregiver of stroke patients. The method used in this research is observational analytic with cross sectional design and sample determination technique used is saturated sampling. Respondents were 32 informal caregivers of stroke patients in Kelurahan Pasir Jaya Region, Tangerang City. Instruments used in this research is questionnaire of respondent's demographic data, Caregiver Inventory (CGI) compiled by Merluzzi (2010) as caregiver self-efficacy scale and Zarit Burden Interview Indonesian version (ZBI) translated by Rahmat (2009) as caregiver scale burden. Data were analyzed by using univariate and Kruskal-Wallis test. The result of Kruskal-Wallis test shows there are relationships between caregiver self-efficacy total score ($p = 0.000$), caregiver self-efficacy factor 1 (managing medical information) ($p = 0.005$), caregiver self-efficacy factor 2 (caring for care recipient) $= 0.003$), self-efficacy factor 3 (caring for oneself) ($p = 0.002$), caregiver self-efficacy factor 4 (managing difficult emotions and interactions) ($p = 0.001$) with caregiver burden on informal caregiver. It shows the caregiver self-efficacy has a meaningful relationship with the caregiver burden in the informal caregiver of stroke patients in the Kelurahan Pasir Jaya Region , Tangerang City.

Keywords : Stroke, Informal Caregiver, Caregiver Burden, Caregiver Self-efficacy