

GAMBARAN PENGGUNAAN INTERNET OLEH *FAMILY CAREGIVER* SEBAGAI DUKUNGAN INFORMASI PADA PEMULIHAN PASIEN PASCA STROKE

Naila Shena Maharani

Abstrak

Stroke merupakan penyebab utama kecacatan yang memerlukan perawatan jangka panjang sehingga memerlukan *family caregiver* dalam mendukung pemulihan pasien, termasuk mencari informasi kesehatan melalui internet. Meskipun telah banyak penelitian membahas literasi kesehatan digital, penelitian yang menggambarkan penggunaan internet oleh *family caregiver* pasien pasca stroke sebagai dukungan informasi masih terbatas. Penelitian ini bertujuan mengetahui gambaran penggunaan internet oleh *family caregiver* sebagai dukungan informasi pada pemulihan pasien pasca stroke. Penelitian ini menggunakan desain kuantitatif deskriptif dengan pendekatan *cross-sectional* pada 147 *family caregiver* pasien pasca stroke di Poliklinik Saraf RSUD Tarakan Jakarta yang dipilih menggunakan *purposive sampling*. Data dikumpulkan menggunakan kuesioner karakteristik responden, eHEALS, DHL, URNS, dan eHIQ, kemudian dianalisis secara univariat. Hasil penelitian menunjukkan bahwa mayoritas responden berusia dewasa (84,4%), perempuan (64,6%), memiliki pendidikan terakhir SMA (51,7%), dan Ibu Rumah Tangga (44,9%), 57,1% responden memiliki kemampuan penggunaan internet untuk informasi kesehatan yang tinggi, 55,1% memiliki kemampuan penggunaan internet untuk informasi kesehatan mengenai stroke yang tinggi, seluruh responden (100%) mengalami hambatan penggunaan internet, dan proporsi antara dampak positif dan negatif relatif seimbang dengan 50,3% merasakan dampak positif penggunaan internet sebagai dukungan informasi. Penelitian ini menyimpulkan bahwa internet merupakan sumber dukungan informasi yang penting bagi *family caregiver* dalam mendukung pemulihan pasien pasca stroke.

Kata kunci: *family caregiver*, internet, literasi kesehatan digital, pemulihan pasca stroke, stroke.

AN OVERVIEW OF INTERNET INTERNET USE BY FAMILY CAREGIVERS AS A SOURCE OF INFORMATION TO SUPPORT POST-STROKE PATIENT RECOVERY

Naila Shena Maharani

Abstract

Stroke is a leading cause of disability requiring long-term care, which necessitates the involvement of family caregivers in supporting patients' recovery, including seeking health information online. Although numerous studies have addressed digital health literacy, research describing the use of the internet by family caregivers of post-stroke patients as a source of information remains limited. This study aims to determine the patterns of internet use by family caregivers as a source of information to support the recovery of post-stroke patients. This study employed a descriptive quantitative design with a cross-sectional approach involving 147 family caregivers of post-stroke patients at the Neurology Outpatient Clinic of Tarakan Regional General Hospital in Jakarta, selected using purposive sampling. Data were collected using questionnaires on respondent characteristics, eHEALS, DHL, URNS, and eHIQ, and were then analyzed using univariate analysis. The results showed that the majority of respondents were adults (84.4%), female (64.6%), had completed high school (51.7%), and were homemakers (44.9%). Additionally, 57.1% of respondents had high proficiency in using the internet for health information, and 55.1% had high proficiency in using the internet for health information related to stroke. All respondents (100%) experienced barriers to internet use, and the proportions of positive and negative impacts were relatively balanced, with 50.3% reporting positive impacts from using the internet as a source of information. This study concludes that the internet is an important source of information for family caregivers in supporting patients' recovery after a stroke.

Keyword: *family caregiver, internet, digital health literacy, post-stroke recovery, stroke.*