

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND THE QUALITY OF LIFE OF POST PATIENTS STROKE

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Abstract

Stroke is a disease that occurs due to blockage or rupture of blood vessels in the brain, which not only impacts physical health but also the quality of life of patients, making them dependent on family or caregivers in carrying out daily activities. The incidence continues to increase globally, including in Indonesia, family support and appropriate treatment are key factors in improving the quality of life of stroke patients and reducing the social and economic burdens caused. This study aims to analyze the relationship between family support and the quality of life of post-stroke patients at Mitra Medika Tanjung Mulia Hospital. This research design uses the method analytical survey with the approach cross-sectional using the test Chi-square. The sampling used is purposive sampling, using the formula Slovin. A sample of 90 respondents was obtained. The types of data used were primary, secondary, and tertiary data, while the analysis used was univariate and bivariate analysis. The results of the study showed that stroke patients who frequently received family support tended to have a better quality of life (76.7%). Of the 90 patients studied, 81 (90%) had a good quality of life, with p -value 0.000, indicating a significant relationship between family support and patient quality of life. The conclusion of the study is that there is a significant relationship between family support and the quality of life of post-stroke patients at Mitra Medika Tanjung Mulia Hospital in 2025.

Keywords: family support, quality of life, and post-stroke patients

Background

Stroke is a disease cerebrovascular accident which occurs very quickly due to a blockage or rupture of a blood vessel in the brain due to insufficient blood supply to brain tissue. Patients who experience a stroke often experience a decline in their quality of life. This results in patients being dependent on family or caregivers. caregiver in meeting basic needs, and improving the quality of life of patients. (1) According to World Health Organization (WHO) stroke is a disease that ranks second as a non-communicable cause of death in the world after ischemic heart disease. Currently there are 101 million people with stroke in the world, and it is estimated that it will continue to increase every year around 12.2 million new stroke sufferers, the Asian continent ranks first with the most stroke cases, namely 58.1 million. According to the Ministry of Health of the Republic of Indonesia, (2018) in 2018 the incidence rate increased where in 2013 there were 7% to 10.9% in 2018. The number of stroke sufferers for North Sulawesi is 18,890 people or 14.2% with characteristics of age ≥ 15 years, with an increase prevalence. What happens with stroke is that the problems that arise

increase. (2) According to the Basic Health Research in (2018), the prevalence of stroke (per millennium) was reported as 10.9%, and the prevalence of stroke cases in North Sumatra province is included in the 20 regions with the highest stroke prevalence in Indonesia. (3) Stroke risk factors are divided into two, namely non-modifiable and modifiable. Non-modifiable risk factors are age, gender, ethnicity/race, congenital diseases. While modifiable risk factors are hypertension, diabetes mellitus, heart disease, smoking, dyslipidemia, obesity, metabolic syndrome, use of oral contraceptives and others. (4) Stroke has an impact on patients, families and society. The physical impact causes disability, both mild and severe, starting from a decrease in the quality of life in stroke patients, causing disrupted activities so that they require help from others. Quality of life is closely related to family support, family support is defined as part of social support, is a form of interaction between individuals that provides physical and psychological comfort through the fulfillment of the need for affection and security. (5) According to Asiva Noor (2018), effective stroke prevention has been proven to reduce the

incidence of stroke. This study also shows that limiting salt intake, limiting foods high in saturated fat, quitting smoking, exercising, avoiding stress, and consuming plenty of fruits and vegetables have been shown to reduce the risk of hypertension and stroke. (6) According to Afgeri (2021), patients who receive care from more than 2-3 members of their immediate family show a better quality of life compared to patients who receive care from less than two members. Patients receive support from their partners throughout the day and from other relatives for more than eight hours every day. Studies show that more than 50% of patients need to be cared for by their family members. (12) According to (Siagian & Partiningsih, 2022), physical changes frequently experienced by stroke patients include partial paralysis, loss of swallowing ability, cognitive impairment, and psychological disturbances. These conditions will affect the psychology of stroke patients. The psychology of stroke patients varies according to the patient's acceptance and understanding of themselves. One psychological condition that is affected in relation to the patient's physical status after a stroke is quality of life. (14)

Based on the above background, the researcher is interested in conducting a study entitled The Relationship between Family Support and the Quality of Life of Post-Stroke Patients at Mitra Medika Tanjung Mulia General Hospital in 2025.

Method

The sample in this study was 90 post-stroke respondents in the neurology polyclinic room of Mitra Medika Tanjung Mulia General Hospital, Medan. The population used in this study as a special subject was all poststroke patients who were in the neurology polyclinic room. By using the sampling technique purposive sampling technique by determining certain criteria according to research criteria. The type of research used is analytical survey with the approach cross-sectional. Univariate analysis was conducted by analyzing data that produced the distribution and percentage of each variable, namely variables related to family support with the quality of life of post-stroke patients, and bivariate analysis was conducted using the test chi-square to see the relationship between variables independent and dependent.

Results and Discussion

Crosstabulation of the Relationship between Family Support and Quality of Life of Stroke Patients at Tanjung Mulia Hospital 2025.

Family Support	Quality life		Amount	P-Value
	bad f (%)	good f (%)		
Does not support	0%	12 (3,3%)	12 (13,3%)	0.000
Support	6(6,7%)	69 (76,7%)	75 (83,3%)	
Total	3 (3,3%)	0	3 (3,3%)	
	10,0	90,0	100,0	

Analysis shows that family support does not support the poor quality of life of patients, namely 0 people (0.0%) and good quality of life for 12 people (13.3%), family support supports the poor quality of life for 6 people (6.7%) and good quality of life for 69 people (76.7%), family support is very supportive for the poor quality of life for 3 people (3.3%) and good quality of life for 0 people (0.0%). p-value of 0.000 where this value is smaller than alpha ($\alpha = 0.05$), then there is a relationship between the family support variable and the quality of life of post-stroke patients at Mitra Medika Tanjung Mulia General Hospital.

Discussion

Based on analysis bivariate, it was found that family support did not support the poor quality of life of patients, namely 0 people (0.0%) and good quality of life as many as 12 people (13.3%), family support supported the poor quality of life as many as 6 people (6.7%) and good quality of life as many as 69 people (76.7%), family support was very supportive with poor quality of life as many as 3 people (3.3%) and with good quality of life as many as 0 people (0.0%). The p-value of 0.000 where this value is smaller than alpha ($\alpha = 0.05$), then there is a correlation between the family support variable and the quality of life of post-stroke patients at Mitra Medika Tanjung Mulia General Hospital.

This study is in line with the study conducted by Nisak et al. in 2023 entitled Family Support is related to the Quality of Life of Stroke Patients. Based on the Spearman test on the variables of family support and quality of life obtained a p value of 0.000 ($p \text{ value} \leq 0.05$) so that there is a significant relationship between the relationship of family support to

the quality of life of stroke patients in the Neurology Clinic of Dr. Soeroto Ngawi Regional Hospital. The correlation coefficient of family support to quality of life in this study was 0.647 which means the strength of the relationship is a strong correlation, with a positive value, namely the relationship between the two variables is in the same direction. The higher the family support received, the better the quality of life of stroke patients. (3)

Based on the results of the chi-square statistical test, a p-value of $0.000 < \alpha (0.05)$ was obtained. H_0 was rejected and H_a was accepted. Therefore, from the results of this study, it can be concluded that there is a relationship between family support and the quality of life of post-stroke patients at Mitra Medika Tanjung Mulia Hospital in 2025.

The researcher assumes that given the various limitations of stroke patients, better family support makes patients feel that their family is facilitating them, so that patients remain optimal according to their health condition.

Suggestion

Suggestion for the result include improving the quality of services and health promotion related to family support and the quality of life of post-stroke patients.

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