

ABSTRAK

Stroke merupakan salah satu masalah kesehatan yang terjadi akibat defisit neurologi. Dampak stroke diantaranya adalah depresi yang dapat berpengaruh terhadap tingkat kemandirian dalam melakukan aktivitas sehari-hari. Penelitian ini bermaksud mengetahui hubungan antara depresi dan kualitas hidup pasien pasca stroke hemoragik.

Penelitian analitik observasional menggunakan rancangan *cross sectional* pada 33 pasien stroke hemoragik di Poli Saraf Rumah Sakit Islam Sultan Agung Semarang periode Januari-Desember 2016. Tingkat depresi diukur dengan *Beck Depression Index* (BDI) dan kualitas hidup diukur dengan *Stroke Specific Quality of Life Scale* (SS-QOL). Hubungan tingkat depresi dan kualitas hidup dianalisis dengan uji korelasi Spearman pada tingkat kemaknaan $p < 0,05$.

Semua pasien stroke tanpa depresi (normal) dan gangguan perasaan ringan memiliki kualitas hidup baik (100%), sedangkan pasien stroke depresi ringan 75% memiliki kualitas hidup kurang baik dan semua pasien stroke dengan kualitas depresi sedang, berat dan ekstrim 100% memiliki kualitas hidup kurang baik. uji korelasi Spearman menghasilkan nilai $p = 0,000$ dan $r = -0,746$ artinya terdapat hubungan negatif kuat antara depresi dan kualitas hidup pasien stroke hemoragik.

Disimpulkan bahwa depresi berhubungan dengan kurang baiknya kualitas hidup pasien stroke hemoragik.

Kata kunci: Tingkat Depresi, Kualitas Hidup, Stroke Hemoragik.

ABSTRACT

Background : Stroke is one of the health problems due to neurological deficits. The impact of stroke include depression that could affect the level of independence in performing daily activities. This study aimed to determine the relationship between depression level and quality of life in haemorrhagic stroke patient.

Methods :In observational with cross sectional study among 33 haemorrhagic stroke patients at Neuro Department of Sultan Agung Islamic Hospital Semarang on January to December 2016. Depression rate was measured by Beck Depression Index (BDI), whereas quality of life was measured by Stroke Specific Quality of Life Scale (SS-QOL). The relationship between depression level and quality of life was analyzed by spearmen correlation test at significance level of $p < 0,05$.

Result :All stroke patients (100%) without depression (normal) and mild mood disturbances had good quality of life, 75% stroke patients with mild depression had a poor quality of life and all of stroke patient s with moderate, severe and extreme depression (100%) had poor quality of life. Spearman correlation test result $p = 0,000$ and $r = -0,746$ means there was a strong negative relationship between depression and quality of life in haemorrhagic stroke patients.

Conclusion : The depression level was associated with poor quality of life in haemorrhagic stroke patients.

Keywords: Depression Severity, Quality of life, Haemorrhagic Stroke