

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
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ABSTRAK

Dwi Savitri

**GAMBARAN NILAI KEKUATAN OTOT PADA PASIEN STROKE DI
RUANG DARUL MUQOMAH RSI SULTAN AGUNG SEMARANG**

47 halaman + 8 tabel + 2 gambar + 15 lampiran + xv

Latar Belakang: Stroke merupakan gangguan yang terjadi pada pembuluh darah yang dapat disebabkan oleh terjadinya penyumbatan maupun pecahnya pembuluh darah pada otak. Seseorang yang dirawat akibat stroke hanya melakukan aktifitas fisik ringan sehingga terjadi penurunan otot sebesar 5% perhari. Tujuan dari penelitian yaitu untuk mengetahui gambaran nilai kekuatan otot pada pasien stroke.

Metode: Penelitian kuantitatif dengan pendekatan *cross sectional* menggunakan teknik *consecutive sampling*. Jumlah responden sebanyak 43 dengan kriteria inklusi pasien stroke yang dirawat inap di RSI Sultan Agung Semarang dalam kondisi sadar (nilai GCS 15) dan mampu berkomunikasi dengan baik. Instrumen penelitian yang digunakan yaitu *Manual Muscle Testing*. Data disajikan dalam tabel *distribusi frekuensi*

Hasil: Jumlah responden tertinggi yaitu laki – laki (69,8%), usia 24 - 88 tahun pengambilan data terbanyak diambil pada hari ke-2 dengan jumlah pasien paling banyak 21 responden (48,8%).

awak rata – rata 3 hari. Jenis stroke terbanyak yaitu stroke iskemik (62,8%) dan jenis kelemahan yaitu hemiparesis dekstra (41,9%). Kekuatan otot rata – rata pasien stroke yaitu 3 & 4.

Simpulan : Pasien stroke yang dirawat di RSI Sultan Agung mempunyai nilai kekuatan otot yang berbeda – beda dan mengalami paresis.

Kata Kunci : Stroke, Nilai Kekuatan Otot

Daftar Pustaka: 40 (2007 – 2017)

**NURSING STUDY PROGRAM
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ABSTRACT

Dwi Savitri

THE DESCRIPTION OF MUSCLE STRENGTH VALUE IN STROKE PATIENT AT DARUL MUQOMAH ROOM IN SULTAN AGUNG ISLAMIC HOSPITAL SEMARANG

47 pages + 8 tables + 2 pictures + 15 lampiran + xv

Background: stroke is disorder that occurs in blood vessels that can be caused by blockages or rupture of blood vessels in brain. Someone who is treated for a stroke only has mild physical activity so that a decrease a muscle is 5 % per day. The purpose of the study is to find out the description of muscle strength value in stroke patient.

Method: quantitative research with cross sectional approach using consecutive sampling technique was used in this study. Respondents in this study is were 43 with inclusion criteria for stroke patients in hospitalized at sultan agung Islamic hospital in semarang in conscious condition (GCS value 15) and able to communicate well. The research instrument used was manual muscle testing. The data were presented in the frequency distribution table.

Results: most of the respondent were male (69,8%) at the age of 24 – 88 years. The data collection was mostly taken on the second day with the highest number of respondents there were 21 respondents (48,8%). The most common type of stroke was ischemic stroke (62,8%) and the type og weakness was right hemiparesis (41,9%). In additional, the average muscle strength of stroke patient was 3 and 4.

Conclusion: stroke patients treated at sultan agung islamis hospital have varying muscle strength values and experience paresis.

Keywords : Stroke, Muscle Strength Value

Bibliography : 40 (2007 – 2017)