

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER

PROGRAM STUDI DIII KEPERAWATAN FAKULTAS ILMU KESEHATAN

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Implementasi Defisit Perawatan Diri (Mandi) pada Lansia dengan Stroke Non Hemoragik di UPT PSTW Bondowoso

xi + 55 halaman + 13 tabel + 9 lampiran

Abstrak

Stroke non hemoragik menyebabkan gangguan neuromuskular yang berdampak pada penurunan kemampuan perawatan diri, termasuk mandi. Ketergantungan ini menurunkan kualitas hidup lansia, khususnya yang tinggal di panti sosial seperti UPT PSTW Bondowoso. Tujuan studi ini adalah mendeskripsikan implementasi dukungan perawatan diri: mandi, pada lansia dengan defisit perawatan diri akibat stroke non hemoragik. Penelitian ini menggunakan desain studi kasus deskriptif pada satu lansia laki-laki usia 55 tahun. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, serta instrumen Barthel Index, MMSE, dan GDS. Hasil menunjukkan skor Barthel Index 5 (ketergantungan total) dan MMSE 15 (gangguan kognitif berat). Intervensi dilakukan selama 3 hari. Pada hari ketiga, pasien mulai berpartisipasi aktif dengan menyeka wajah dan lengan sendiri serta memahami pentingnya kebersihan diri. Simpulan: Implementasi dukungan perawatan diri secara terstruktur dan berkesinambungan dapat meningkatkan kemandirian lansia dalam melakukan mandi, serta meningkatkan kualitas hidupnya. Saran: Diharapkan keluarga atau petugas PSTW dapat terus memberikan pendampingan dan edukasi yang konsisten agar lansia termotivasi serta mampu mempertahankan kemandiriannya dalam merawat diri.

Kata Kunci: Lansia, Stroke Non Hemoragik, Defisit Perawatan Diri (mandi)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER

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Implementation of Self-Care Deficit (Bathing) in Elderly with Non-Hemorrhagic Stroke at UPT PSTW Bondowoso

xi + 55 pages + 13 tables + 9 appendices

Abstract

Non-hemorrhagic stroke leads to neuromuscular impairments that reduce the ability to perform self-care, including bathing. This dependence lowers the quality of life of elderly individuals, especially those residing in social institutions such as UPT PSTW Bondowoso. This study aimed to describe the implementation of self-care support in bathing for an elderly patient with a self-care deficit due to non-hemorrhagic stroke. A descriptive case study was conducted on a 55-year-old male. Data were collected through interviews, observation, physical examination, and instruments including the Barthel Index, MMSE, and GDS. The results showed a Barthel Index score of 5 (total dependence) and an MMSE score of 15 (severe cognitive impairment). The intervention was carried out for 3 days. On the third day, the patient began to actively participate by wiping his own face and arms and showed awareness of the importance of hygiene. Conclusion: Structured and continuous self-care support can improve independence in bathing among elderly stroke patients and enhance their quality of life. Suggestion: Family members or PSTW caregivers are advised to provide ongoing assistance and education to help motivate the elderly and maintain their independence in self-care.

Keywords: Elderly, Non-Hemorrhagic Stroke, Self-Care Deficit (bathing)