

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER

PROGRAM STUDI S1 ILMU KEPERAWATAN

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Hubungan Dukungan Sosial dengan Self-Efficacy pada Pasien Post-Stroke di
Rumah Sakit Tingkat III Baladhika Husada Jember

xv + Halaman + 12 Tabel + 2 Bagan + 20 Lampiran

Abstrak

Pendahuluan: Pasien post-stroke sering mengalami penurunan *self-efficacy* yang dapat menghambat proses rehabilitasi. Dukungan sosial dipandang sebagai faktor penting yang berkontribusi terhadap peningkatan *self-efficacy*. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dengan *self-efficacy* pada pasien post-stroke di Rumah Sakit Tingkat III Baladhika Husada Jember. **Metode:** Desain penelitian *deskriptif korelasional* dengan pendekatan *cross-sectional*. Sampel sebanyak 62 responden dipilih secara *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Multidimensional Scale of Perceived Social Support (MSPSS)* dan *Stroke Self-Efficacy Questionnaire (SSEQ)*, serta dianalisis dengan Uji Korelasi Spearman Rank. **Hasil:** Penelitian menunjukkan dukungan sosial berada pada kategori tinggi dan sedang 48,4%, sedangkan *self-efficacy* tinggi 72,6% dan sedang 24,2%. korelasi Spearman menunjukkan adanya hubungan positif yang kuat antara dukungan sosial dengan *self-efficacy* pasien post-stroke ($r = 0,740$; $p < 0,01$). Temuan ini menegaskan bahwa semakin tinggi dukungan sosial yang diterima pasien, maka semakin tinggi pula *self-efficacy* pasien stroke dalam menjalani proses pemulihan. **Kesimpulan:** Terdapat hubungan dukungan sosial dengan *self-efficacy* pasien post-stroke di Rumah Sakit Tingkat III Baladhika Husada Jember. Pasien dengan dukungan sosial dan *self-efficacy* yang baik cenderung lebih mampu beradaptasi, mandiri, serta konsisten mengikuti program rehabilitasi, mempercepat proses pemulihan dan meningkatkan kualitas hidup pasien post-stroke.

Kata kunci: dukungan sosial, *self-efficacy*, stroke.

ABSTRACT

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*The Relationship Between Social Support and Self-Efficacy among Post-Stroke
Baladhika Husada Level III Hospital, Jember*

xv + 98 pages + 12 Tables + 2 Charts + 20 Appendices

Abstract

Introduction: Post-stroke patients often experience a decline in self-efficacy, which can hinder the rehabilitation process. Social support is considered an important factor that contributes to the improvement of self-efficacy. This study aims to determine the relationship between social support and self-efficacy among post-stroke patients at Level III Baladhika Husada Hospital, Jember. **Methods:** This research employed a descriptive correlational design with a cross-sectional approach. A total of 62 respondents were selected using purposive sampling. Data were collected using the Multidimensional Scale of Perceived Social Support (MSPSS) and the Stroke Self-Efficacy Questionnaire (SSEQ), and analyzed using the Spearman Rank Correlation Test. **Results:** The findings showed that social support was categorized as high and moderate in 48.4% of patients, while self-efficacy was high in 72.6% and moderate in 24.2% of patients. Spearman correlation analysis revealed a strong positive relationship between social support and self-efficacy in post-stroke patients ($r = 0.740$; $p < 0.01$). **Conclusion:** There is a significant relationship between social support and self-efficacy among post-stroke patients at Level III Baladhika Husada Hospital, Jember. Patients with adequate social support and good self-efficacy tend to adapt better, achieve greater independence, and remain consistent in following rehabilitation programs, thereby accelerating recovery and improving their quality of life.

Keywords: Social Support, Self-Efficacy, Stroke