

ABSTRAK
UNIVERSITAS MUHAMMADIYAH JEMBER
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Karya Ilmiah Akhir, Juli 2026
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Analisis Kekuatan Otot Pada Pasien Stroke Non Hemoragik Di Ruang Teratai
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Xvi + 133 hal + 16 tabel + 5 lampiran

Abstrak

Stroke non hemoragik merupakan jenis stroke yang sering menyebabkan gangguan fungsi motorik, salah satunya penurunan kekuatan otot pada ekstremitas. Penilaian kekuatan otot penting dilakukan untuk mengetahui tingkat gangguan motorik pasien serta menjadi dasar dalam pemberian asuhan keperawatan yang tepat. Penelitian ini bertujuan untuk menganalisis kekuatan otot pada pasien stroke non hemoragik di Ruang Teratai RSUD dr. H. Koesnadi Bondowoso. Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus. Subjek penelitian berjumlah tiga pasien stroke non hemoragik yang mengalami penurunan kekuatan otot dengan pengumpulan data melalui wawancara, observasi, pemeriksaan fisik menggunakan *Manual Muscle Testing* (MMT), dan studi dokumentasi. Hasil penelitian menunjukkan bahwa seluruh pasien mengalami penurunan kekuatan otot dengan tingkat kelemahan yang berbeda dan mengalami peningkatan kekuatan otot setelah pelaksanaan asuhan keperawatan. Peningkatan tersebut didukung oleh latihan *Range of Motion* (ROM) pasif dan aktif yang dilakukan dua kali sehari selama tiga hari dengan durasi ± 20 menit setiap sesi disertai pemantauan kondisi umum, tanda vital, dan toleransi aktivitas. Latihan ROM berfungsi mempertahankan fleksibilitas sendi, mencegah kontraktur, serta meningkatkan fungsi motorik, namun pelaksanaannya harus dihentikan sementara apabila pasien menunjukkan tanda intoleransi aktivitas. Oleh karena itu, pemantauan kekuatan otot menggunakan *Manual Muscle Testing* (MMT) secara berkala penting dilakukan untuk mendukung rehabilitasi pasien stroke non hemoragik.

Kata Kunci: Kekuatan Otot, *Manual Muscle Testing* (MMT), *Range of Motion* (ROM), Stroke Non Hemoragik.
Daftar Pustaka 50 (2021 – 2026)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
PROFESIONAL STUDY PROGRAM
FACULTY OF HEALTH SCIENCE

Final Scientific Work, July 2026

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Analysis of Muscle Strength in Non-Hemorrhagic Stroke Patients in the Teratai Room, RSUD dr. H. Koesnadi Bondowoso.

Xvi + 133 pages + 16 tables + 5 appendices

Abstract

Non-hemorrhagic stroke is a type of stroke that frequently causes impaired motor function, particularly decreased muscle strength in the extremities. Muscle strength assessment is essential to determine the severity of motor impairment and to serve as the basis for appropriate nursing care. This study aimed to analyze muscle strength in patients with non-hemorrhagic stroke in the Teratai Ward of dr. H. Koesnadi Bondowoso Regional Hospital. This study employed a descriptive method with a case study approach. The subjects consisted of three patients with non-hemorrhagic stroke who experienced decreased muscle strength. Data were collected through interviews, observations, physical examinations using the Manual Muscle Testing (MMT) scale, and documentation studies. The results showed that all patients experienced decreased muscle strength with varying levels of severity and demonstrated gradual improvement following nursing care. The improvement was supported by passive and active Range of Motion (ROM) exercises performed twice daily for three days, with a duration of approximately 20 minutes per session, accompanied by monitoring of the patient's general condition, vital signs, and activity tolerance. ROM exercises help maintain joint flexibility, prevent contractures, and improve motor function; however, the exercises should be temporarily discontinued if the patient exhibits signs of activity intolerance. Therefore, regular muscle strength assessment using Manual Muscle Testing (MMT) and the safe implementation of ROM exercises are important to support the rehabilitation of patients with non-hemorrhagic stroke.

Keywords: Non-Hemorrhagic Stroke, Muscle Strength, Manual Muscle Testing (MMT), Range of Motion (ROM).

Bibliography 50 (2021 – 2026)