

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

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Risa Amalia Putri

Implementasi Keperawatan Keluarga Dengan *Mirror Therapy* Untuk Meningkatkan Fungsi Motorik Pada Klien Pasca Stroke Di Desa Sukorambi Kecamatan Sukorambi Jember, 2026

xviii + 98 halaman + 8 tabel + 10 gambar + 13 lampiran

Abstrak

Latar Belakang: Stroke merupakan salah satu penyebab utama kecacatan yang mengakibatkan gangguan fungsi motorik sehingga menurunkan kemandirian pasien dalam melakukan aktivitas sehari-hari. *Mirror Therapy* merupakan intervensi rehabilitasi nonfarmakologis yang memanfaatkan umpan balik visual untuk menstimulasi neuroplastisitas dan meningkatkan fungsi motorik. Keterlibatan keluarga juga berperan penting dalam keberhasilan pelaksanaan terapi di rumah.

Tujuan: Menganalisis implementasi *Mirror Therapy* terhadap peningkatan fungsi motorik serta kemampuan keluarga dalam mendampingi pelaksanaan *Mirror Therapy* pada klien pasca stroke.

Metode: Penelitian ini menggunakan desain studi kasus deskriptif pada tiga klien pasca stroke (Ny. S, Tn. B, dan Tn. N). Intervensi *Mirror Therapy* dilaksanakan melalui kunjungan rumah selama tiga hari. Pengukuran fungsi motorik dilakukan menggunakan *Manual Muscle Testing* (MMT), sedangkan kemampuan keluarga dinilai melalui lembar observasi sebelum dan sesudah edukasi serta demonstrasi.

Hasil dan Diskusi: Hasil menunjukkan seluruh klien mengalami peningkatan kekuatan otot setelah pelaksanaan *Mirror Therapy*. Ny. S dan Tn. N mengalami peningkatan nilai MMT dari 3/5 menjadi 4/5, sedangkan Tn. B meningkat dari 2/5 menjadi 3/5 pada ekstremitas yang mengalami kelemahan. Kemampuan keluarga juga mengalami peningkatan, ditunjukkan dengan kemampuan seluruh keluarga melaksanakan *Mirror Therapy* secara mandiri sesuai prosedur pada akhir intervensi. Temuan ini menunjukkan bahwa *Mirror Therapy* yang disertai edukasi dan demonstrasi kepada keluarga berpotensi meningkatkan fungsi motorik pasien sekaligus memperkuat peran keluarga dalam mendukung rehabilitasi pasca stroke di rumah.

Kata kunci: *Mirror Therapy*, stroke, fungsi motorik, *Manual Muscle Testing* (MMT), keluarga

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MUHAMMADIYAH UNIVERSITY OF JEMBER
PROFESSIONAL NURSING PROGRAM
FACULTY OF HEALTH SCIENCES

Final Scientific Paper, June 30, 2026
Risa Amalia Putri

Implementation of Family Nursing Care Using Mirror Therapy to Improve Motor Function in Post-Stroke Patients in Sukorambi Village, Sukorambi District Jember, 2026

xviii + 98 pages + 8 tables + 10 figures + 13 appendices

ABSTRACT

Background: Stroke is one of the leading causes of disability, resulting in impaired motor function and reduced independence in performing activities of daily living. Mirror Therapy is a non-pharmacological rehabilitation intervention that utilizes visual feedback to stimulate neuroplasticity and improve motor function. Family involvement also plays an essential role in the successful implementation of therapy at home.

Objective: To analyze the implementation of Mirror Therapy in improving motor function and enhancing family capability in assisting the implementation of Mirror Therapy among post-stroke patients.

Methods: This study employed a descriptive case study design involving three post-stroke patients (Mrs. S, Mr. B, and Mr. N). Mirror Therapy was implemented through home visits over a three-day period. Motor function was assessed using the Manual Muscle Testing (MMT) scale, while family capability was evaluated using an observation checklist before and after educational sessions and demonstrations.

Results and Discussion: The findings showed that all participants experienced improvements in muscle strength following Mirror Therapy. Mrs. S and Mr. N demonstrated an increase in MMT scores from 3/5 to 4/5, while Mr. B improved from 2/5 to 3/5 on the affected extremities. Family capability also improved, as all family members were able to perform Mirror Therapy independently according to the established procedures by the end of the intervention. These findings suggest that Mirror Therapy, combined with family education and demonstration, has the potential to improve motor function while strengthening the family's role in supporting post-stroke rehabilitation at home.

Keywords: Mirror Therapy, stroke, motor function, Manual Muscle Testing (MMT), family.