

**HUBUNGAN TINGKAT PENGETAHUAN KELUARGA TENTANG
STROKE DENGAN PENCEGAHAN STROKE BERULANG DAN
TEKANAN DARAH PADA PASIEN PASCASTROKE DI WILAYAH
PUSKESMAS CILACAP SELATAN**

*The Relationship Between The Level Of Family Knowledge About Stroke With The
Prevention Of Recurrent Stroke And Blood Pressure In Post-Stroke Patients At
Puskesmas Cilacap Selatan Region*

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ABSTRAK

Stroke berulang merupakan kejadian serangan ulang stroke setelah pasien pulang dari layanan kesehatan atau terjadi setelah serangan pertama. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan keluarga tentang stroke dengan pencegahan stroke berulang dan tekanan darah pada pasien pascastroke di Wilayah Puskesmas Cilacap Selatan. Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Besar sampel berjumlah 30 responden dengan teknik *purposive sampling*. Sampel penelitian adalah keluarga yang merawat pasien stroke iskemik yang telah didiagnosis di fasilitas kesehatan. Analisis data menggunakan *rank spearman*. Hasil analisis menunjukkan bahwa terdapat hubungan yang signifikan antara tingkat pengetahuan keluarga dengan pencegahan stroke berulang ($p\text{-value} = 0,001$; $r = 0,611$), serta hubungan yang signifikan antara tingkat pengetahuan keluarga dengan tekanan darah pasien pascastroke ($p\text{-value} = 0,004$; $r = 0,516$). Hubungan keduanya bersifat searah, yang berarti semakin tinggi pengetahuan keluarga, semakin baik upaya pencegahan dan semakin terkontrol tekanan darah pasien.

Kata Kunci : Pengetahuan, Pencegahan, Tekanan Darah, Stroke Berulang

ABSTRACT

Recurrent stroke is a reoccurrence of stroke after the patient has been discharged from healthcare or after the first attack. This study aims to determine the relationship of family knowledge about stroke with the prevention of recurrent stroke and blood pressure in post-stroke patients in the Cilacap Selatan Health Center Region. This study is a quantitative study with a cross sectional design. The sample was 30 respondents with purposive sampling technique. The sample of this study were families who cared for ischemic stroke patients who had been diagnosed at a health facility. Data analysis using spearman rank. The results of the analysis indicate that there is a significant relationship between the level of family knowledge and the prevention of recurrent stroke ($p\text{-value} = 0.001$; $r = 0.611$), as well as a significant relationship between the level of family knowledge and the blood pressure of post-stroke patients ($p\text{-value} = 0.004$; $r = 0.516$). Both relationships are unidirectional, meaning that the higher the family knowledge, the better the prevention efforts and the more controlled the patient's blood pressure.

Keywords : Knowledge, Prevention, Blood Pressure, Recurrent Stroke