

ABSTRACT

Name : Vina Fitriyanti
Student Number : 10541100063
Course : Psychology
Title : The Resilience of Post-Stroke Patients
±140 pages, 229 pages of appendix

The aimed of this study is to determine the resilience of post-stroke patients. The methodology used in this study was qualitative in the form of case study. The sampling technic was done purposively by choosing the subject based on certain criteria. The subject in this study was the three post-stroke patients. They were AS, KT and MT. All of them were belonging to the ischemic stroke and hemorrhagic stroke. They were middle aged adults (40-60 years) and had the stroke reaches more than one year. The method of data collection used in this study was open-ended interviews and observation passive participation. To test the correctness of the data obtained, the writer used credibility test, dependability test and confirmability test. The result was all subjects had good resilience which all subjects had the source of resilience I Have, the three subjects received external drive that is passion to heal and material support is always given by the family and their surroundings. The subjects also had the source of resilience I Am, where the subjects had the full faith and hope in themselves to recover to the state before they got stroke. Furthermore, the subjects also had the source of resilience I Can, where the subjects still had interpersonal relationships with family and others despite of their limited physical abilities. The three subjects in this study showed regulation emotion and impulse control which are low since they often got angry in their daily life after stroke. Therefore, the result of this study is the subjects need to improve their regulation emotion and impulse control on themselves in order to help them control the uncontrollable emotion and reduce stress on themselves as post stroke patients.

Key words: Resilience, Post-stroke Patient.

ABSTRAK

Nama : Vina Fitriyanti
NIM : 10541100063
Program Studi : Psikologi
Judul : Resiliensi pada Penderita Pasca Stroke
±135 halaman, 155 lampiran

Penelitian ini bertujuan untuk mengetahui resiliensi pada penderita pasca stroke. Metode yang digunakan kualitatif dalam bentuk studi kasus. Pemilihan sample secara purposif, yaitu memilih subjek berdasarkan kriteria tertentu. Subjek yang diteliti dalam penelitian ini adalah tiga orang penderita pasca stroke yaitu AS, KT, dan MT yang tergolong stroke iskemik dan stroke hemoragik, berusia dewasa madya (40-60 tahun), dan mengalami stroke mencapai lebih dari satu tahun. Pengumpulan data yang digunakan dalam penelitian ini, yaitu wawancara terbuka dan observasi partisipasi pasif. Untuk menguji kebenaran data yang diperoleh, peneliti menggunakan uji kredibilitas, uji dependabilitas, dan uji konfirmabilitas. Hasilnya, semua subjek memiliki resiliensi yang baik dimana seluruh subjek memiliki sumber resiliensi *I Have*, ketiga subjek mendapat dorongan eksternal yaitu semangat untuk sembuh maupun dukungan materi selalu diberikan oleh keluarga dan lingkungan sekitarnya. Subjek juga memiliki sumber resiliensi *I Am*, dimana subjek memiliki keyakinan dan penuh harap pada dirinya untuk kembali pulih ke kondisi sebelum terserang stroke. Serta subjek memiliki sumber resiliensi *I Can*, dimana subjek tetap memiliki hubungan interpersonal dengan keluarga dan orang lain meskipun mereka dalam kemampuan fisik yang terbatas. Ketiga subjek dalam penelitian ini menunjukkan regulasi emosi dan impulse control yang rendah karena sering marah-marah dalam kesehariannya pasca stroke. Dengan demikian hasil dari penelitian ini bahwa subjek perlu meningkatkan regulasi emosi dan impulse control pada dirinya agar dapat membantu mereka mengontrol emosi yang tidak terkendali serta mengurangi stres pada diri mereka sebagai penderita pasca stroke.

Kata kunci: Resiliensi, Penderita Pasca Stroke