

**HEALTH EDUCATION VIDEO DALAM PROSES DISCHARGE
PLANNING MENINGKATAN KESIAPAN KELUARGA
MERAWAT PASIEN STROKE**

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Latar Belakang: Media pembelajaran yang tepat dibutuhkan untuk mengoptimalkan pelaksanaan *discharge planning* pada pasien stroke dan keluarga. Media pembelajaran yang efektif dapat difasilitasi dengan metode yang mengkombinasikan komponen visual, audio dan animasi. Tujuan penelitian ini untuk mengetahui pengaruh *health education video project* dalam proses *discharge planning* untuk meningkatkan kesiapan keluarga dalam merawat pasien stroke yang di berikan di RSUD Kota Mataram

Metode: Penelitian ini menggunakan *quasi experimental pretest and posttest with control group design*. Teknik sampling yang digunakan *simple random sampling*, jumlah sampel 42 orang, dibagi menjadi 21 responden untuk kelompok kontrol dan 21 responden untuk kelompok intervensi. Pengukuran tingkat kesiapan menggunakan kuesioner dan *ceklist* tentang perawatan pasien stroke di rumah. Analisis data pada penelitian ini menggunakan *Mann Whitney U Test*.

Hasil: Hasil uji *Mann Whitney U Test* didapatkan *p value* $(0.000) < \alpha$ (0.05) artinya ada perbedaan hasil kesiapan pada kelompok intervensi dan kelompok kontrol.

Kesimpulan: *Health Education Video Project* dalam proses *Discharge Planning* meningkatkan kesiapan keluarga dalam merawat pasien stroke.

Kata Kunci: *Discharge Planning*, Video, Stroke, Kesiapan Keluarga

HEALTH EDUCATION VIDEO IN THE DISCHARGE PLANNING PROCESS INCREASES FAMILY READINESS IN CARING STROKE PATIENTS

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Background: Effective learning media is needed to optimize the implementation of discharge planning for stroke patients and families. Effective learning media can be facilitated by methods that combine visual, audio and animation components. The purpose of this study was to determine the effect of health education video project in the discharge planning process to increases family readiness in caring stroke patients at RSUD of Mataram City.

Method: This study used a quasi experimental pretest and posttest with control group design. The sampling technique used simple random sampling, the number of samples was 42 people, divided into 21 respondents for the control group and 21 respondents for the intervention group. Measurement of the readiness level using questionnaires and checklists about the care of stroke patients at home. Data analysis in this study used Mann Whitney U Test.

Result: Mann Whitney U Test test results show that p value (0.000) < α (0.05) it's means that there are differences in readiness results in the intervention group and the control group.

Conclusion: Health education video project in the discharge planning process increases family readiness in caring for stroke patients.

Keywords : Discharge Planning, Video, Stroke, Family Readiness