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**GAMBARAN KUALITAS HIDUP PASIEN PASCA STROKE DI RSUD  
DR. SOEKARDJO KOTA TASIKMALAYA**

**ABSTRAK**

Stroke merupakan penyebab utama kecacatan dan kematian ke-5 secara global. Di RSUD Stroke adalah penyebab utama disabilitas yang menurunkan kualitas hidup. Di RSUD dr. Soekardjo, prevalensi stroke cukup tinggi dengan 1.268 pasien pada 2023. Pasien memerlukan adaptasi perilaku kesehatan untuk mencegah kekambuhan. Penelitian ini bertujuan menggali gambaran kualitas hidup pasien pasca stroke melalui teori *Health Promotion Behavior* (HPB). Metode: Penelitian kualitatif fenomenologi dengan wawancara mendalam terhadap pasien dan keluarga (informan pendukung). Validasi data menggunakan triangulasi sumber dan metode. Hasil: Kualitas hidup dipengaruhi secara signifikan oleh dukungan keluarga dan spiritualitas sebagai faktor protektif utama. Dalam perspektif HPB, tanggung jawab kesehatan dan aktivitas fisik berjalan baik, namun terdapat hambatan pola makan akibat kejenuhan terhadap menu diet yang monoton. Modifikasi lingkungan rumah telah diupayakan, meski masih berdasarkan persepsi subjektif tanpa observasi langsung. Kesimpulan & Saran: Kualitas hidup bergantung pada sinergi dukungan keluarga dan motivasi internal. Disarankan bagi RSUD dr. Soekardjo (PKRS) mengembangkan media edukasi operasional berupa buku panduan menu diet variatif dan mengatur alur konsultasi privat. Keluarga perlu berkreasi dengan bumbu alami untuk menjaga kepatuhan diet. Peneliti selanjutnya disarankan melakukan *home visit* untuk validasi data lingkungan serta mengkaji beban psikologis pengasuh (*caregiver burden*).

**Kata Kunci:** Kualitas Hidup, Pasca Stroke, *Health Promotion Behavior*, Dukungan Keluarga.

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***OVERVIEW OF THE QUALITY OF LIFE OF POST-STROKE PATIENTS AT  
DR. SOEKARDJO GENERAL HOSPITAL, TASIKMALAYA CITY***

**ABSTRACT**

*Stroke is the fifth leading cause of disability and death globally. At Dr. Soekardjo Regional General Hospital, prevalence remains high, with 1.268 outpatient cases recorded in 2023. Post-stroke patients require long-term health behavior adaptation to prevent recurrence. This study aims to explore the quality of life (QoL) of post-stroke patients through Health Promotion Behavior (HPB) theory. Method: Qualitative research with a phenomenological design. Data were collected through in-depth interviews with patients and family informants, then validated using source and method triangulation. Results: Patients QoL was significantly influenced by family support and spiritual aspects as the main protective factors. From an HPB perspective, health responsibility and physical activity were adequate, but dietary patterns were hindered by boredom with monotonous low-salt diets. Home environmental modifications have been attempted, though measurements were based on subjective perceptions without direct observation. Conclusion & Suggestions: QoL is highly dependent on the synergy of family support and internal motivation. It is recommended that the hospital (PKRS) develop operational educational media such as healthy diet menu guidebooks and arrange private consultations. Families are advised to use natural seasonings to maintain diet compliance. Future researchers should conduct home visits for objective environmental validation and assess caregiver burden.*

**Keywords:** *Quality of Life, Post-Stroke, Health Promotion Behavior, Family Support*