

Analysis Self Care in Post Stroke Patients Using Video Health Program Media in the Working Area of the UPTD Puskesmas Kota Baru, East Oku District

Sindi Nadia¹, Handry Darussalam, M. Sc², Berta Afriani, SKM., M.Kes³

^{1,2,3} STIKes Al-Ma'arif Baturaja

e-mail: handrydmisc10@gmail.com

Abstract—Stroke is a disease that begins with the rupture or blockage of the blood vessels that carry blood to the brain, usually the cause is a disturbance in the circulation of the blood vessels that supply blood to the brain. Stroke is a major neurological problem in adults and accounts for more than half of neurological disorders in hospitals. Neurological emergencies are a leading cause of death and disability in adults in many countries. The number of stroke sufferers in the world is 13.7 million cases and causes more than 5 million deaths. In Indonesia, stroke sufferers in 2018 were 12.4%. East OKU stroke sufferers in 2023 will number 85.33% or 442 people. UPTD West New City Health Center, East Ogan Komering Ulu Regency is a health center in East OKU that has many stroke cases. Study This aims to analyze Self Care Post-Stroke Patients with Health Promotion Video Media in the UPTD Working Area of West New City Health Center, East OKU Regency. This research aims to influence Self Care Post-Stroke Patients with Health Promotion Video Media in the UPTD Working Area of the New City Health Center, East Oku Regency. The research design used in this research is Quasi Experimental type one group pretest-posttest design by using quantitative data through a quantitative experimental approach. The research sample was stroke sufferers in the UPTD Working Area of Kota Baru Health Center, East OKU Regency, totaling 40 respondents (Total Sampling). Data analysis uses analysis Paired T-Test. The results of this research are the Effect of Counseling with Health Promotion Video Media about Self Care In Post-Stroke Patients Regarding Knowledge in the UPTD Working Area of Kota Baru Health Center, East OKU Regency, the average value after counseling using video promotion media was 67.65 greater than the average value of knowledge before counseling using video promotion media, 49.65. From the results of bivariate analysis were obtained *p* value 0,000. The conclusion of this research is that there is an influence of education using health promotion video media about Self Care In Post-Stroke Patients on Knowledge in the UPTD Working Area of the New City Health Center, East OKU Regency.

Keywords— Stroke, Knowledge, Audio Visual Media.

I. INTRODUCTION

Stroke is a sudden neurological emergency, which is one of the highest causes of disability and death in the world. Post-stroke patients will experience impacts on physical, psychological, social and spiritual aspects. The physical aspect is characterized by paralysis of all or part of the limbs, loss of the ability to swallow, communication disorders and cognitive impairment (Salsabila et al., 2023). Post patient stroke must do *self-care* to prevent *rehospitalization*, complications, and recurrent stroke. *Self-care* is a performance or practice in carrying out an activity where the activity is carried out for health and well-being. Behavior *self-care* A stroke patient is influenced by a person's self-confidence, which is also called *self-efficacy* This term is defined as each person's sense of responsibility for part of their health status (Fredy et al., 2023).

Data based on the results of the Indonesian Health Survey (SKI), 2023, the stroke incidence rate in Indonesia in 2023 based on medical diagnosis was 638,178 (8.3%), while the stroke incidence rate in South Sumatra Province in 2023 was 19,474 (6.3%) (Kemenkes RI, 2023). From stroke data in East OKU district in 2021, 205 people had strokes. In 2022, there will be an increase in strokes in East OKU district, namely 259 people. Meanwhile, in 2023, strokes in East OKU Regency will increase by 85.33% to 442 people, namely 214 men who suffer strokes and 228 women who suffer strokes. New City Health Center UPTD data 2023: 40 people had

strokes (Dinas Kesehatan Kabupaten OKU Timur, 2023).

Post-stroke patients must carry out self-care to prevent rehospitalization, complications and repeated strokes. Self-care is a performance or practice in carrying out an activity where the activity is carried out for health and well-being. The self-care behavior of a stroke patient is influenced by a person's self-confidence, which is also called self The term efficacy is defined as each person's sense of responsibility for their health status (Fredy et al., 2023).

Health promotion is a process to make people independent and empower them to have better knowledge and attitudes about health. The media used in health promotion can be visual, audio or audio-visual media. Video is a more effective health promotion medium because of its appeal in presenting information through moving images and sound (Nova et al., 2024).

The effectiveness of Promkes (Community and Health Education) educational videos for stroke patients can increase the patient's independence and quality of life. The training covers the importance of medical rehabilitation, comorbidities and the possibility of stroke recurrence. Stroke patients must be educated that treatment is usually long-term, so that motivation that emphasizes the importance of medical care and rehabilitation for patients will help increase independence and quality of life. The training also covers the possibility of stroke, routine physical activity, treatment of comorbidities, and prevention of pressure ulcers. Educate immobilized patients about the risk of elbow ulceration and how to prevent

it, for example by adjusting the patient's bed and occasionally changing position (Aisah et al., 2021).

Knowledge is a result that occurs after someone senses a particular object, and can also be from the experience gained. A person's behavior that is based on knowledge will be of higher quality than behavior that is not based on knowledge. Knowledge is the result of knowing, and this happens when someone has done something (Andraini et al., 2019).

Based on the description of the data above, the researcher interested in researching about "Analysis *Self Care* "In Post-Stroke Patients Using Video Promkes Media in the UPTD Working Area of the New City Health Center, East OKU Regency."

II. RESEARCH METHODS

The research design used in this research is Quasi Experimental type *one group pretest-posttest design* by using quantitative data through an approach quantitative experiments (Darussalam et al., 2019). The research sample was stroke sufferers in the UPTD Working Area of Kota Baru Health Center, East OKU Regency, totaling 40 respondents (Total Sampling). The data analysis used in the research is analysis *Paired T-Test*.

III. RESEARCH RESULT

1. Age

Table 1. Age Frequency Distribution

No	Category Age	Frequency	Percentage (%)
1	Adult	26	65
2	Elderly	14	35
TOTAL		40	100

From table 1 for Age Frequency in the adult category there were 26 (65.0%) respondents and in the elderly category there were 14 (35.0%) respondents.

2. Gender

Table 2. Gender Frequency Distribution

No	Category Gender	Frequency	Percentage (%)
1	Male	13	32,5
2	Female	27	67,5
TOTAL		40	100

From table 2 for Gender Frequency in the male category there were 13 (32.5%) respondents and in the female category there were 27 (67.5%) respondents.

3. Education

Table 3. Education Frequency Distribution

No	Category Education	Frequency	Percentage (%)
1	SD-SMP	17	42,5
2	SMA	12	30,0
3	University	11	27,5
TOTAL		60	100

From table 3, the highest frequency of education is in the elementary-middle school category, 17 (42.5%) respondents and the least in the tertiary category, 11 (27.5%) respondents.

4. Type of work

Table 4. Frequency Distribution of Types of Work

No	Category Types of Work	Frequency	Percentage (%)
1	Not Working	15	37,5
2	Entrepreneur	12	30,0
3	Farmer	11	27,5
4	Civil Servants	2	5,0
TOTAL		60	100

From table 4, the highest frequency of work is in the Not Working category, 15 (37.5%) respondents and the least in the civil servant category, 2 (5.0%) respondents.

5. Long Stroke

Table 5. Frequency Distribution Long Stroke

No	Category Long Stroke	Frequency	Percentage (%)
1	< 1 Year	23	57,5
2	≥ 1 Year	17	42,5
TOTAL		60	100

From table 5, the frequency of duration of stroke in the < 1 year category was 23 (57.5%) respondents and in the ≥ 1 year category there were 17 (42.5%) respondents.

6. Types of Strokes

Table 6. Frequency Distribution Types of Strokes

No	Category Types of Strokes	Frequency	Percentage (%)
1	Stroke Hemorrhagic	0	0
2	Stroke Non Hemorrhagic	40	100
TOTAL		60	100

From table 6, the Frequency of Stroke Types in the Hemorrhagic Stroke category was 0 (0%) respondents and the Non-Hemorrhagic Stroke category was 40 (100%) respondents.

7. Prior Knowledge

Table 7. Distribution of Prior Knowledge

Value	Frequency	Percentage (%)
20	5	12,5
30	1	2,5
40	8	20
50	15	37,5
60	7	17,5
70	2	5
80	2	5
Total	40	100

Statistics		
		Pre Test
N	Valid	40
	Missing	0
	Mean	49.65
	Median	50.00
	Mode	40
	Std. Deviation	14.806
	Minimum	20
	Maximum	80
	Sum	2341

From table 7 it is known that the average value of respondents' knowledge before counseling was 49.65 out of 40 respondents. The highest score is 80 and the lowest is 20. The most scores obtained are 50 and 40.

8. After Knowledge

Table 8. Distribution After Knowledge

Value	Frequency	Percentage (%)
40	2	5
50	6	15
60	5	12,5
70	21	52,5
80	2	5
90	4	10
Total	40	100

Statistics		
		Pre Test
N	Valid	40
	Missing	0
Mean		67.65
Median		70.00
Mode		40
Std. Deviation		11.533
Minimum		40
Maximum		90
Sum		1823

From Table 8 it can be seen that the average value of respondents' knowledge after counseling was 67.65 out of 40 respondents. The highest score is 90 and the lowest is 40. The highest score obtained is 70.

IV. DISCUSSION

1. The Effect of Counseling Using Promkes Video Media About Self Care In Post-Stroke Patients on Knowledge in the UPTD Working Area of the New City Health Center, East OKU Regency

The average value after counseling with health promotion video media was 67.65 greater than the average value of knowledge before counseling with health promotion video media 49.65. From the results of bivariate analysis were obtained *p value* 0,000. This means that there is an influence of counseling using video media about health promotions *Self Care* In Post-Stroke Patients in the UPTD Working Area of the New City Health Center, East OKU Regency.

The results of this research are in line with research conducted by Siti Nabella Elma Qaryati et al., (2021) entitled The Effectiveness of Education Using Audio Visual Based Media on Family Knowledge About ROM (*Range Of Motion*) in Stroke Patients, the results showed that Education with Audio-Visual Based Media was very good influencing knowledge in Stroke patients, with value $p\ 0.000 < 0.05$, which means that education using audio-visual media greatly influences the knowledge of stroke patients. The results of this research are also in line with research conducted by Zulkifli, (2022), entitled "The Effect of Early Stroke Detection Education using the Fast Method on the Knowledge Level of Families with a High Risk of Stroke in the Suwawa Health Center Working Area, Bone Bolango Regency". Data analysis for this study used frequency and paired T test, Wilcoxon test, unpaired T test and Mann-Whitney test, with values $p\ 0.000$ is smaller than 0.05, which means it can be concluded that there is an influence on family knowledge through providing education on early stroke detection using the FAST method using audiovisual and providing leaflets in the intervention

group. This research is also strengthened by three studies from Indra Pradani Khumala & Sulistyani, (2023), Kusnia Palupi Sari et al., (2024), Kusnia Palupi Sari et al., (2024), which stated that the results of the three studies were that there was an influence Health education on stroke patient knowledge with values $p\ 0.005$ $p\ 0.000$ and $p\ 0.000$ are smaller than 0.05. So that health education can influence the respondent's knowledge before being given counseling using Promkes Video Media and the respondent's knowledge after counseling with Promkes Video Media.

Knowledge is the result of knowing, and this occurs after people sense a particular object. One factor that can increase knowledge is counseling. Counseling is an activity in connection by increasing knowledge, skills, attitudes and behavior. As with the workforce received through the selection program, in general they are not ready to use and the old workforce requires new knowledge, skills and abilities in accordance with the demands of the position and the demands of developments in science and technology (Yue, Y., & Lu, J, 2022). Education using health promotion videos is an addition a person's knowledge and abilities through practical learning techniques or instructions with the aim of changing or influencing human behavior individually, in groups or in society to be more independent in achieving life goals. Education using health promotion videos can be delivered directly, namely verbally, so that you get 90% results from saying to practicing what has been given by the instructor (Elaine et al., 2023).

V. CONCLUSIONS AND RECOMMENDATIONS

Based on the results of the research that has been carried out, the following conclusions can be drawn:

1. There is an influence of education using video media about health promotions *Self Care* In Post-Stroke Patients on Knowledge in the UPTD Working Area of the New City Health Center, East OKU Regency.

Based on the results of the research that has been carried out, the suggestions are as follows:

1. Furthermore, there needs to be research that does not only involve knowledge, for example Nutritional Factors, Physical Activity, Oral Hygiene, because knowledge only one of the determining factors in the formation of perceptions and attitudes.

REFERENCES

- [1]. Aisah, S., Ismail, S., & Margawati, A. (2021). Health Education with Animation Video Media. *Indonesian Nursing Journal*, 5(1), 641–655.
- [2]. Andraini, R., Darussalam, H., Agustina, F., & Kalimantan, E. (2019). Factors Related to Learning Achievement in Elementary School Children (SD) in North Balikpapan District. *International Research Journal of Pharmacy and Medical Sciences (IRJPMS)*, 3(2), 1–6.
- [3]. Darussalam, H., Hidayat, A., & Agustina, F. (2019). *Effectiveness of Tahongai (Kleinhosvia Hospita L.) Leaf Extract in Killing Larvae Anopheles sp.* 3(1), 45–48.
- [4]. East OKU District Health Service. (2023). *East OKU Regency Health Profile*.
- [5]. Elaine, A., Sonnleitner-heglmeier, A., & Dartsch, D. C. (2023). Effect of patient education videos on modifying medication-related health behaviours. *Patient Education and Counseling*, 117(September), 107992. <https://doi.org/10.1016/j.pec.2023.107992>
- [6]. Fredy, E. S., Syahrul, S. Y., & Sinaga, E. (2023). Development of an

- educational model for implementing telenursing-based discharge planning to improve stomate self-care management. *Journal of Telenursing*, 5(1), 1982–2000.
- [7]. Indra Pradani Khumala, & Sulistyani. (2023). Telemedicine in stroke patients during the COVID-19 pandemic. *International Journal of Health Science and Technology*, 5(2).
- [8]. Indonesian Ministry of Health. (2023). *Indonesian Health Survey*.
- [9]. Kusnia Palupi Sari, Sri Iswahyuni, & Joko Tri Atmojo. (2024). The Effect of Providing Range of Motion (ROM) Exercises to Increase Muscle Strength in Non-Hemorrhagic Stroke Patients. *Journal of Language and Health*, 5(2), 475–482.
- [10]. Nova, A., Mawwarda, Larasati, M. D., & Ambarwati, R. (2024). Development and Validation of Eating Management Educational Media for Hypertension Sufferers. *Adinda Nova Mawwarda1, Meirina Dwi Larasati2, Ria Ambarwati*, 16(1), 1–10.
- [11]. Salsabila, R., Ahyana, & Safuni, N. (2023). The Relationship between Self-Efficacy and Self-Care in Stroke Patients at Dr. Regional General Hospital. Zainoel Abidin Banda Aceh. *JIM*, VII(2), 150–159.
- [12]. Siti Nabella Elma Qaryati, Mohammad Basit, & Lathifah, N. (2021). Effectiveness of Education Using Audio Visual Based Media on Family Knowledge About ROM (Range of Motion) in Stroke Patients. *Journal of Nursing Invention*, 2(1), 56–65.
- [13]. Yue, Y., & Lu, J. (2022). *International Students' Motivation to Study Abroad: An Empirical Study Based on Expectancy-Value Theory and Self-Determination Theory*. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2022.841122>
- [14]. Zulkifli. (2022). The Effect of Early Stroke Detection Education using the Fast Method on the Knowledge Level of Families with a High Risk of Stroke in the Suwawa Health Center Work Area, Bone Bolango Regency. *Care Journal*, 1, 20–26. <https://doi.org/10.35584/carejournal.v1i1.22>