

ABSTRAK

Stroke merupakan salah satu penyebab utama kematian setelah penyakit jantung koroner, dan kanker. Kejadiannya masih tinggi di Indonesia khususnya Provinsi Aceh. Dampaknya tidak hanya dirasakan bagi penderita, namun juga dirasakan bagi *caregiver*. Banyaknya tantangan *caregiver* dalam merawat pasien mengarah pada terjadinya *burnout*. *Burnout* dapat dilihat dari tiga dimensi, yaitu *emotional exhaustion*, *depersonalization*, dan *reduced personal accomplishment*. Tujuan penelitian ini adalah untuk mengetahui gambaran kejadian *burnout* pada *caregiver* pasien stroke di RSUD Cut Meutia Aceh Utara. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan deskriptif analitik. Metode pengambilan sampel yang digunakan adalah *purposive sampling* dengan jumlah sampel 162 *caregiver* pasien stroke. Data diisi melalui pengisian kuesioner *Maslach Burnout Inventory Human Services Survey* (MBI-HSS). Data dianalisis dengan teknik analisis univariat. Hasil penelitian ditemukan mayoritas *caregiver* pasien stroke mengalami kejadian *burnout* (53,1%) dengan sebagian besar dalam kategori ringan. Berdasarkan dimensi *emotional exhaustion*, *caregiver* paling banyak ditemui pada usia 46-55 tahun (32,1%), wanita (70,2%), menikah (92,8%), pendidikan rendah (63,1%), lama merawat pasien selama 1-5 tahun (57,1%). Pada *depersonalization* *caregiver* paling banyak pada usia 46-55 tahun (33,9%), wanita (64,4%), menikah (96,6%), pendidikan rendah (66,1%), dan lama merawat pasien selama 1-5 tahun (57,6%). Pada dimensi *reduced personal Accomplishment* *caregiver* paling banyak pada usia 36-45 tahun (32,4%), wanita (67,6%), menikah (95,6%), pendidikan rendah (64,7%), dan lama merawat pasien selama 1-5 tahun (57,4%). Kesimpulan dari penelitian ini ditemukan mayoritas *caregiver* yang mengalami *burnout* di RSUD Cut Meutia mengalami dimensi *emotional exhaustion* tingkat ringan, berusia 46-55 tahun, wanita, menikah, tingkat pendidikan rendah, dan lama merawat 1-5 tahun.

Kata kunci : stroke, *caregiver*, *burnout*, *emotional exhaustion*, *depersonalization*, *personal accomplishment*.

ABSTRACT

Stroke is one of the leading causes of death after coronary heart disease and cancer. Its incidence remains high in Indonesia, particularly in Aceh Province. The impact is not only felt by patients but also by caregivers. The numerous challenges faced by caregivers in caring for patients lead to burnout. Burnout can be seen from three dimensions, namely emotional exhaustion, depersonalization, and reduced personal accomplishment. The purpose of this study is to determine the prevalence of burnout among caregivers of stroke patients at Cut Meutia General Hospital in North Aceh. The research method used is qualitative with a descriptive analytical approach. The sampling method employed is purposive sampling, with a sample size of 162 caregivers of stroke patients. Data were collected through the completion of the Maslach Burnout Inventory Human Services Survey (MBI-HSS) questionnaire. Data were analyzed using univariate analysis techniques. The results of the study found that the majority of stroke patient caregivers experienced burnout (53.1%), with most falling into the mild category. Based on the emotional exhaustion dimension, caregivers were most commonly found to be aged 46–55 years (32.1%), female (70.2%), married (92.8%), with low education levels (63.1%), and had been caring for patients for 1–5 years (57.1%). In terms of depersonalization, caregivers were most commonly aged 46–55 years (33.9%), female (64.4%), married (96.6%), had low education (66.1%), and had cared for patients for 1–5 years (57.6%). In the reduced personal accomplishment dimension, the highest prevalence of caregiver burnout was found among those aged 36–45 years (32.4%), women (67.6%), married individuals (95.6%), those with low education levels (64.7%), and those who had been caring for patients for 1–5 years (57.4%). The conclusion of this study found that the majority of caregivers experiencing burnout at Cut Meutia General Hospital exhibited mild emotional exhaustion, were aged 46–55 years, female, married, had low educational attainment, and had been caring for patients for 1–5 years.

Keywords : stroke, caregiver, burnout, emotional exhaustion, depersonalization, personal accomplishment.