

## Relationship Between SPWB And Quality Of Life Stroke Patients In Saint Elisabeth Hospital Medan 2022

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### ABSTRACT

Quality of life is an important aspect in a person's life. The quality of life has 4 aspects, namely social relations, physical health, environment and psychology. Stroke patients will experience setbacks from various aspects, as for efforts that can be made by increasing spiritual well-being. In general, spirituality has a correlation with the quality of life, this is because spiritual well-being has a strong relationship with the relationship between others, oneself and God. This study aims to see/analyze a significant relationship between spiritual well-being and the quality of life of stroke patients at outpatient clinic of Saint Elisabeth Hospital Medan 2022. The design in this study is an analytical research design with a cross sectional approach with a total of 31 respondents, Data collection is carried out using a questionnaire and using the Spearman rank rho statistical test. The results of the Spearman rank rho correlation test ( $p = 0.006$ ) where the  $p$  value  $< 0.05$ , this indicates that there is a significant correlation between spiritual well-being and the quality of life of stroke patients at outpatient polyclinic of Saint Elisabeth Hospital Medan 2022 where the strength of the relationship is moderate. and in a positive direction with the meaning that the higher the spiritual level of a person, the better the quality of his life. Therefore, the authors hope that spiritual well-being needs to be applied and applied to improve the quality of life in stroke patients

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## 1. INTRODUCTION

sudden neurological disorder caused by the cessation of blood flow to the brain. Stroke is the deadliest disease in the world, in general stroke will cause disability in sufferers so that this will affect a person's quality of life (A.B et al., 2020; Larasati & Marlina, 2019).

In general, stroke can be classified into 2 parts, namely hemorrhage stroke and non-hemorrhage stroke, hemorrhage stroke generally occur because the brain leaks or ruptures blood vessels in the brain, while non-hemorrhage stroke occur due to the death or brain tissue caused by obstruction or interruption of blood flow to the brain.

According to the same expert, the factors, the factors that cause stroke are divided into 2, namely modifiable and non-modifiable factors. Where factors cannot be modified such as heredity, race, age and gender, then factors that can be modified are hypertension, DM, stress, smoking, obesity and unhealthy lifestyle (Siti Rohmatul Laily, 2017)

Various treatment that can be given to stroke patients are Pharmacological and Non-Pharmacological. Pharmacological management can be done by administering drugs that can be prevent recurrence of stroke attacks, reduce damage to the brain and restore tissue perfusion in the brain, while Non- Pharmacological management can be in the form of rehabilitation and surgery (Mutiarasari et al., 2019)

Quality of life is a person's view of what produced and obtain that is used in his life. In general, the context of quality of life is divided into 4 aspects, namely; physical health, physiological, social relations and the environment (pitra wahyuni, 2018). There are four domains that are used as

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measuring tools in assessing a person's quality of life, according to EHOQOL the 4 domains are; physical health which is this domain has aspects, among others; daily activities, energy and fatigue, mobility, sleep and rest etc. then the psychological domain is where there are several aspects such as; physical appearance, positive and negative feeling, finance, freedom and security, living environmental domain has several aspects, namely the domain of social relations which has several aspects such as; personal relationships, social support and social activities.

In general, the quality of life has several factors that can affect a person's level of quality of life, namely; gender, age, education, occupation, marital status and financial status (Ardiani et al., 2019). Quality of life in stroke patients is an important thing to note in nursing circle because the majority of stroke patients will experience disturbance in their quality of life. In general, this occurs due to reduce physical mobility and independence in stroke patients (A.B et al., 2020; Athiutama et al., 2021). In general, the quality of life in stroke patients will decrease, based on the result of research that conducted by Lombu at Gunung Sitoli Regional Hospital which states that the quality of life of stroke patients is in poor or low category, where the environmental domain is the living environment and access to health services (Larasati & Marlina, 2019).

Effort that can be given to improve the quality of life of stroke patients can be done by increasing coping, where what is meant by increased coping is where stroke patient can accept and adapt to their current lives. Some expert explain that spiritual well-being has a context of life in satisfaction. Spiritual well-being is an individual's understanding of his relationship with himself, others, the environment and God (Dharma, 2020).

Spiritual well-being in stroke patient can be caused by their spiritual level, where someone who has a good spiritual level will also have an impact on the level of quality of life. Spiritual well-being has aspects that cab affect the quality of life so that stroke patient can control and deal with stressful situations, illness and suffering that they currently feel (Dharma, 2020).

This research aims to see, analyze and identify the relationship between spiritual of well-being and the quality of life of stroke patients at the outpatient in clinic of Saint Elisabeth Hospital Medan 2022. This study is carried out in May 2022.

The benefit of this study is that it can be a source of information for respondents about spiritual well-being to improve their quality of life. For health workers and health institutions, research may be a reference to improve the quality of life for stroke patients through increasing spiritual well-being.

## 2. METHOD

The design in this study is an analytica research with a cross sectional approach. In taking the sample the researchers use a purposive sampling technique where the researchers themselves had inclusion criteria so that the total population are 31 respondents. The data collection technique use a questionnaire using the previous researcher's questionnaire Desni (2020) and the spiritual well-being questionnaire were adapted from Lahzatin Atiqoh's research (2018), and used spearman rank statistical test where the value <0,05

## 3. RESULTS AND DISCUSSION

The result of the study obtained is found the relationship of spiritual well-being and life quality of the stroke patients, and from the obtained result shows that is found the relationship of spiritual well-being and the quality of life of stroke patients. The result obtained by using spearman rank rho r = 0,006 test. It means that it has meaningful correlationbetween the two variables.

Table 1. Distribusionof the Respondents Based on (Age, Status, Gender) atOutpatient Care Polclinic of Saint Elisabeth Hospital Medann 2022.

Charateristic	f	%
<b>Age</b>		
30-40	4	12,9
41-50	3	9,7
51-60	4	12,9
61-70	13	41,9

71-80	6	19,4
81-90	1	3,1
<b>Total</b>	<b>31</b>	<b>100,0</b>
<b>Status</b>		
Single	1	3,2
Married	30	96,8
<b>Total</b>	<b>31</b>	<b>100,0</b>
<b>Gender</b>		
Male	13	41,9
Female	18	58,1

Based on the table 1, it shows that the respondents' demography data result indicates the data result the majority of patients aged 61-70 years are 13 respondents (41,9). Based on the data status of marriage shows that majority are married as many as 30 respondents (96,8). From gender data shows majority are female many as 18 respondents (58,1).

Table 2. The Distribution of Frequency Based on Spiritual Well-being of Stroke Patient at Outpatient Care Polyclinic of Saint Elisabeth Hospital Medan 2022

<b>Spiritual well-being</b>	<b>f</b>	<b>%</b>
High	18	58,1
Medium	8	25,8
Low	5	16,1
<b>Total</b>	<b>31</b>	<b>100,0</b>

Based on the table above, it can be defined that of 31 respondents have spiritual well-being with high category, found 18 respondents (58,1).

### **Spiritual well-being**

Based on the statement above, it can be concluded that someone with a high spiritual well-being level is due to individuals who have good relationship with God, themselves and others; this makes the respondents able to interpret life at this time and can enjoy life. It is supported by the result of research where it is found that high spiritual well-being is due to the fulfillment of spiritual needs, while spiritual needs like the needs of love, forgiveness, respect and appreciation and their relationship. This makes individuals able to accept and enjoy their lives (Arung & Aditya, 2021).

Someone who has spiritual well-being can be caused by the influence of family, life experience, age and social relationship so that this can make a person has a good spiritual well-being (Narmiyati, 2021).

This is in line with research where it is said that low spiritual levels occur due to a lack of spiritual closeness and negative perceptions about the life they live. So this makes a person feel that he does not have good future and feels that he has setbacks in his life (Khatimah, 2016).

### **Quality of life**

Supported by the previous studies, it is stated that a good quality of life in stroke patients has a good relationship with family support in terms of information. Based on the result of the statement above, the researchers concluded that a person's high level of quality of life can be caused by respondents who are still able to carry out light activities such as eating, drinking by themselves and small moving, then assisted by others such as moving and going to the bathroom. Someone who is able to socialize and is satisfied with the support from relative and other people will tend to have a good quality of life. Researchers also argue that live partners have an important role in quality of life. Motivation and awards given to them by the family (Rahman, 2017).

Supported by other studies states that low quality of life can be influenced by educational and economy aspects. One that can determine a person's quality of life is through the life Expectancy Rate

(AHH). The low life expectancy can be caused by the delay in obtaining health services and from individual knowledge (Widiastuty, 2019).

#### **Bivariate Analysis Test Result**

Based on the result of the study, the value of  $p = 0,006$  ( $p < 0,05$ ) indicates a relationship between the spiritual well-being variable and the quality of life of stroke patient at Clinic of Santa Elisabeth Hospital Medan 2022, the strength of the relationship obtain is 0,048 toward positive with moderate strength/ medium.

Based on the results, it shows that spiritual well-being and quality of life have a positive relationship where if a strike patient has high spiritual well-being, his quality of life will also be good (Widiastuty, 2019).

The fulfillment of the quality if life along with spiritual well-being. A good quality of life with high spiritual well-being means that a person's spiritual needs will be fulfilled if they are able to respond positively to the problem they face (Narmiyati, 2021).

Education can be one that can influence the quality of life, where someone with high education will tend to find out about his illness and be able to improve his quality of life. This will have relationship in his quality of life (Besty Anitasari, 2021)

#### **4. CONCLUSION**

Conclusion according to the output of bivariate analysis, there is a significant correlation between the spiritual well-being variable and the quality of life of stroke patients at outpatient clinic of Saint Elisabeth Hospital Med an 2022  $p = 0,006$

The category of high level in respondents is seen from the results of the questionnaire statement, the majority of respondents agree when answering statements about spirituality, the respondents say that they feel satisfy when they pray. This happen like the respondents feel relief in his hearth when they pray to God because the respondents say that they has intimate relationship with God so that currently the respondents can say they enjoy their lives.

Based on the result of the statement above, the researchers concluded that a person's high level of quality of live can be caused by respondents who are still able to carry out light activities such as eating, drinking by themselves and small moving, then assisted by others such as moving and going to the bathroom. Someone who is able to socialize and is satisfied with the support from relative and other people will tend to have a good quality of life. Researchers also argue that live partners have an i Based of the result obtained, the researcher argue that a good quality of life of stroke patient is because respondents have an important factors in improving the quality of life namely spiritual well-being because spiritual level will also affect his attitudes, beliefs and personal relationships. Individuals with high well-being will be able to accept and interpret their current life so that meaningful relationship occur between themselves, other and God. mportant role in quality of life

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