

# Pengaruh intervensi vicarious experience dan persuasi verbal terhadap efikasi diri activity daily living (ADL) pada pasien pasca stroke = Effect of vicarious experience and verbal persuasion towards activity daily living self efficacy among post stroke patients / Fitria Endah Janitra

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## Abstrak

[<b>ABSTRAK</b><br>

Stroke merupakan penyakit dengan tingkat disabilitas yang tinggi sehingga diperlukan rehabilitasi yang efektif. Efikasi diri merupakan konsep yang sangat berguna dalam rehabilitasi stroke agar dapat mencapai kemandirian dalam activity daily living (ADL). Penelitian ini bertujuan untuk mengidentifikasi pengaruh intervensi vicarious experience dan persuasi verbal terhadap efikasi diri ADL pasien pasca stroke di RSPAD Gatot Soebroto Jakarta. Desain penelitian ini adalah quasi-experimental pre-test and post-test with control group dengan jumlah sampel sebanyak 32 pasien pasca stroke. Analisis data menggunakan uji t berpasangan, uji t tidak berpasangan, Mann-whitney, Wilcoxon, dan korelasi Pearson. Hasil penelitian menunjukkan terdapat pengaruh intervensi vicarious experience dan persuasi verbal terhadap efikasi diri pasien pasca stroke ( $p < 0,001$ ). Tidak ada hubungan yang signifikan antara karakteristik responden dengan tingkat efikasi diri ADL pasien pasca stroke. Hasil ini merekomendasikan perawat untuk dapat mengkaji tingkat efikasi diri ADL pasien pasca stroke dan melakukan intervensi vicarious experience dan persuasi verbal sebagai intervensi mandiri perawat.

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<b>ABSTRACT</b><br>

Stroke is a disease with a high degree of disability indeed need an effective rehabilitation. Self-efficacy is a very useful concept in stroke rehabilitation in order to achieve independence in activity daily living (ADL). This study aimed to identify the effect of the vicarious experience and verbal persuasion intervention towards ADL self efficacy in post-stroke patients in Gatot Subroto Army Hospital Jakarta. This study was using quasi-experimental design with pre-test and post-test with control group approach with a total sample of 32 post-stroke patients. Data analysis were using paired t-test, unpaired t-test, Mann-whitney, Wilcoxon, and Pearson correlation. The results showed that there is an effect of vicarious experience and verbal persuasion interventions towards ADL self-efficacy in post-stroke patients ( $p < 0.001$ ). This study found a non-significant relationship between the respondent's characteristics with the level of ADL self-efficacy in post-stroke patients. These results recommend nurses to be capable to assess the level of ADL self-efficacy in post-stroke patients and implement nursing intervention especially vicarious experience and verbal persuasion, Stroke is a disease with a high degree of disability indeed need

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