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## THE ROLE OF THE FAMILY IN RECOGNIZING AND HANDLING IMPACT OF POST STROKE DEPRESSION IN THE WORK AREA SRONDOL HEALTH CENTER, SEMARANG CITY

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### ABSTRACT

Stroke is the number one cause of disability and the number three cause of death in the world after heart disease and cancer, in both developed and developing countries. This community service activity is to provide education to families regarding post-stroke depression; how to recognize and treat the effects of post-stroke depression independently at home. Implementation of community service activities in an effort to reduce the incidence of post-stroke depression by increasing family knowledge in recognizing and treating the impact of post-stroke depression at home with implementation and evaluation preparation stages with a target number of 30 people who have family or relatives who have suffered a stroke. This community service activity was carried out well and achieved the aim of the activity, namely increasing family knowledge regarding how to recognize and treat the impact of post-stroke depression. The family plays an important role in recognizing the symptoms of depression that appear after a stroke, as well as providing the necessary emotional and physical support. Through good communication and understanding of the patient's condition, families can help speed up recovery and improve quality of life. Apart from that, collaboration with health workers is very necessary to provide appropriate interventions and support patients' mental health. Thus, the active role of the family is very influential in overcoming the negative impacts of post-stroke depression

Keywords: Stunting, Health Education, health cadres

## Introduction

Stroke is a sudden neurological disorder that occurs due to disruption of cerebral blood flow with symptoms that last  $\geq 24$  hours or result in death (Fauzi & Putri, 2022). Stroke is the number one cause of disability and the number three cause of death in the world after heart disease and cancer, in both developed and developing countries (RI, 2023). Data from the Institute for Health Metrics and Evaluation (IHME) in 2019 shows stroke as the main cause of death in Indonesia (19.42% of total deaths). Based on the results of Riskesdas, the prevalence of stroke in Indonesia increased by 56% from 7 per 1000 population in 2013, to 10.9 per 1000 population in 2018 (RI, 2023).

Stroke can affect the patient's neuropsychiatric condition, one of the most common being depression (Tering et al., 2023). Post-stroke depression is a post-stroke psychiatric complication caused by neurobiological factors, namely damage to anatomical areas and vascularization in the brain which results in an imbalance of neurotransmitters which directly causes behavioral and emotional disorders (depression) (Susilawati et al., 2014). Factors that cause post-stroke depression include age, gender, education, comorbidities, duration of stroke, functional ability, period of stroke, family support, lesion location, and infarct size (Reni et al., 2020).

Post-stroke depression can result in several things, such as longer treatment which slows down the rehabilitation process, poorer functional recovery process, poorer quality of life, and even a higher risk of mortality (Bagaskoro & Pudjonarko, 2017). Even though the incidence of post-stroke depression is relatively high, this complication is still not given enough attention. Medical personnel and families often assume that depression is a normal reaction to various physical and functional disorders experienced as a result of stroke. The patient's low motivation and hope of recovery as well as a lack of family support have the potential to cause burdens and lead to stress (Suwardi, 2021).

Therefore, the community service team provides education to the patient's family or

relatives to recognize the symptoms and carry out first treatment independently in the Sronдол Health Center Working Area, Semarang City. This community service activity can be an effort to realize the transformation of health human resources (HR) by increasing competence through education and training, for example for families

## Methods

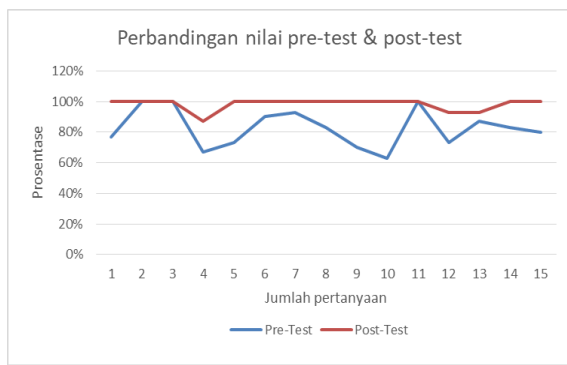
This activity was carried out at the Sronдол Community Health Center. In implementing this activity, an evaluation was carried out to measure the level of success of the activity. Evaluation is carried out by giving a pre-test before providing the counseling material and a post-test after providing the counseling material. The pre-test and post-test are given in writing in the form of questions related to the material provided. The evaluation results are used as a benchmark in measuring the success of activities in increasing public knowledge about post-stroke depression. The method used in this activity is a lecture followed by questions and answers and discussion

## Results and Discussion

This Community Service activity is carried out in the form of providing outreach regarding education to families regarding the psychological impact on post-stroke patients; how to recognize and treat the impact of post-stroke depression. This activity was carried out at the RW 13 hall, Sronдол Wetan subdistrict, Semarang city on July 28 2024. This activity was attended by 30 participants who also took part in the elderly posyandu activities at RW 13. Before the material was presented, participants were asked to fill out a pre-test questionnaire that had been provided to determine the level of participants' knowledge regarding the impact of post-stroke depression. After all participants completed the pre-test, the resource person began providing counseling regarding the psychological impact on post-stroke patients; how to recognize and deal with the impact of post-stroke depression, and each participant was given a material leaflet so that the delivery of material from the resource person was more effective

During the presentation of the material, all participants listened carefully. Participants looked active, participative and enthusiastic in taking part in this activity. After presenting the material, we opened a discussion and sharing session to facilitate participants who wanted to ask questions or share experiences related to the material presented

After the counseling and sharing session was completed, participants were given a post-test questionnaire to measure changes in knowledge of the psychological impact on post-stroke patients; how to recognize and treat the impact of post-stroke depression.



The incidence of post-stroke depression is relatively high and this problem is still not given enough attention. Medical personnel and families often assume that depression is a normal reaction to various physical and functional disorders experienced as a result of stroke. The patient's low motivation and hope of recovery as well as a lack of family support have the potential to cause burdens and lead to stress. This is the aim of the community service team to provide education to the patient's family or relatives to recognize the symptoms and carry out first treatment independently

The results show a description of the level of understanding of respondents regarding the knowledge, attitudes and actions of respondents in recognizing and treating the impact of depression in post-stroke patients. From this table we can see that the level of understanding of respondents regarding these matters is quite good. This is shown by the percentage results for each question item given through the questionnaire, respondents have

answered correctly on average between 60 – 100%.

There are several things that are of concern regarding the respondents' understanding regarding the respondents' knowledge, attitudes and actions in recognizing and treating the impact of depression in post-stroke patients. In the statement regarding respondents' knowledge, 33% of respondents had an understanding that stroke sufferers carry out post-stroke rehabilitation for the rest of their lives, but in an article written by (Fatmawati, 2024) it was stated that post-stroke rehabilitation was carried out as optimally as possible according to the condition of the stroke, and the disruption in time. The duration can last between 1 and 5 years, so rehabilitation needs to be carried out until the post-stroke sufferer reaches a stable medical condition. Regarding knowledge regarding a good lifestyle for post-stroke sufferers, there were 27% of respondents who had the opinion that consuming foods high in fat and salt was a good lifestyle for stroke sufferers. According to (Ferencia et al., 2023) stroke sufferers must maintain their nutritional intake, including consumption of salt and fat. The sodium content in salt is at risk of triggering a spike in blood pressure. If blood pressure cannot be controlled, stroke symptoms are prone to attack again. Saturated fats and trans fats are bad fats that are not good for the body because they can cause bad cholesterol levels in the body to increase and increase the risk of stroke.

In statements related to respondents' attitudes in recognizing and dealing with the impact of post-stroke depression, 30% of respondents stated that heavy physical activity had a positive influence on post-stroke sufferers. However, in reality, physical activity does have a positive influence on post-stroke sufferers as long as the activities carried out are in accordance with the sufferer's abilities.

One study that supports this statement is research by (Diah Pitaloka, 2021) which found that a rehabilitation program involving physical activity significantly improved functional outcomes in stroke patients. This research shows that patients who are involved in a physical rehabilitation program have a better ability to carry out daily activities compared to those who do not participate.

In statements related to respondents' actions in recognizing and dealing with the impact of post-stroke depression, there were 13% of respondents who stated that the family did not involve the sufferer in social life as before the illness. In fact, the involvement of post-stroke sufferers in social life is very important for their recovery. After experiencing a stroke, many patients feel isolated and lose social contact. However, support from the family can help them adapt and return to participating in social activities as before the illness. When families actively involve post-sufferers in social activities, this can improve their quality of life. According to (Netti et al., 2022) social involvement has a positive impact on the physical and mental recovery of post-stroke sufferers. Those who are supported to re-engage with friends and the community tend to experience reduced symptoms of depression and anxiety, as well as improved emotional well-being.

Regarding the statement regarding giving awards to improve the abilities of stroke sufferers, 80% of respondents stated that giving awards was necessary, and 20% of respondents answered that giving awards was not necessary. Basically, giving appreciation for every improvement in a patient's abilities after a stroke is an important part of the recovery process. Emotional support from the family can provide significant additional motivation for the patient. When families appreciate progress, no matter how small, this can increase the sufferer's self-confidence and encourage them to continue trying in rehabilitation.

Overall, this community service activity was carried out well. This is shown by the large support and active participation of the community health center, posbindu cadres and participants in this activity. Activities were able to run on time, participant attendance was also on target, namely 30 respondents who had family or relatives who had post-stroke. The aim of this community service activity was also achieved, namely increasing family knowledge regarding how to recognize and treat the impact of post-stroke depression.

## Conclusion

This community service activity was carried out well and achieved the aim of the activity, namely increasing family knowledge regarding how to recognize and treat the impact of post-stroke depression. The family plays an important role in recognizing the symptoms of depression that appear after a stroke, as well as providing the necessary emotional and physical support. Through good communication and understanding of the patient's condition, families can help speed up recovery and improve quality of life. Apart from that, collaboration with health workers is very necessary to provide appropriate interventions and support patients' mental health. Thus, the active role of the family is very influential in overcoming the negative impacts of post-stroke depression

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