

ABSTRAK

Maria de Sousa Maniquin
**HUBUNGAN SPIRITUAL WELL-BEING DENGAN KUALITAS HIDUP
PASIEN STROKE DI RUMAH SAKIT RAEOA TIMOR LESTE**
xv + 80 Hal + 10 Tabel + 3 Gambar

Latar Belakang Stroke merupakan salah satu penyebab utama kecacatan dan kematian di dunia, termasuk di Timor Leste. Pasien pasca stroke sering mengalami gangguan fisik, psikologis, sosial, dan spiritual yang berdampak pada penurunan kualitas hidup. Salah satu faktor yang dapat membantu proses adaptasi dan pemulihan pasien adalah kesejahteraan spiritual (Spiritual Well-Being), yang mencerminkan kemampuan individu untuk menemukan makna, harapan, serta hubungan dengan Tuhan dan lingkungan sosialnya. Penelitian ini bertujuan untuk mengetahui hubungan Spiritual Well-Being dengan kualitas hidup pasien stroke di Rumah Sakit Raeoa Timor Leste.

Metode:

Penelitian ini menggunakan desain kuantitatif dengan pendekatan analitik korelasional dan rancangan *cross sectional*. Populasi penelitian adalah seluruh pasien stroke rawat jalan di Unit Fisioterapi Rumah Sakit Raeoa Timor Leste, sebanyak 30 orang, yang juga menjadi sampel menggunakan teknik *total sampling*. Instrumen yang digunakan yaitu kuesioner Spiritual Well-Being (SPWB) dan kuesioner WHOQOL-BREF untuk mengukur kualitas hidup. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan tingkat signifikansi $p \leq 0,05$.

Hasil:

Sebagian besar responden berusia >55 tahun (46,7%), berjenis kelamin laki-laki (56,7%), berpendidikan SD (53,3%), dan bekerja sebagai ibu rumah tangga atau wiraswasta. Tingkat Spiritual Well-Being pasien sebagian besar berada pada kategori sedang (43,3%), demikian pula kualitas hidup pasien stroke berada pada kategori sedang (43,3%). Hasil uji Chi-Square menunjukkan adanya hubungan yang signifikan antara Spiritual Well-Being dengan kualitas hidup pasien stroke ($p = 0,000$; $p < 0,05$).

Kesimpulan:

Terdapat hubungan yang bermakna antara Spiritual Well-Being dengan kualitas hidup pasien stroke di Rumah Sakit Raeoa Timor Leste. Semakin tinggi tingkat Spiritual Well-Being pasien, semakin baik pula kualitas hidup yang mereka rasakan. Diperlukan upaya peningkatan dukungan spiritual dalam pelayanan keperawatan untuk memperkuat kesejahteraan psikologis dan kualitas hidup pasien pasca stroke.

Kata Kunci: Spiritual Well-Being, Kualitas Hidup, Stroke
Daftar Pustaka: 45 (2017–2024)

ABSTRACT

Maria de Sousa Maniquin

**THE RELATIONSHIP BETWEEN SPIRITUAL WELL-BEING AND
QUALITY OF LIFE OF STROKE PATIENTS AT RAEOA HOSPITAL,
TIMOR-LESTE**

xv + 80 Pages + 10 Tables + 3 Figures

Background:

Stroke is one of the leading causes of disability and death worldwide, including in Timor-Leste. Post-stroke patients often experience physical, psychological, social, and spiritual disorders that impact their quality of life. One factor that can aid patient adaptation and recovery is spiritual well-being, which reflects an individual's ability to find meaning, hope, and connection with God and their social environment. This study aims to determine the relationship between spiritual well-being and quality of life of stroke patients at Raeoa Hospital, Timor-Leste.

Methods:

This study employed a quantitative design with a correlational analytical approach and a cross-sectional design. The study population consisted of all 30 outpatient stroke patients at the Physiotherapy Unit of Raeoa Hospital in Timor-Leste, who were also sampled using a total sampling technique. The instruments used were the Spiritual Well-Being (SPWB) questionnaire and the WHOQOL-BREF questionnaire to measure quality of life. Data were analyzed using univariate and bivariate methods using the Chi-Square test with a significance level of $p \leq 0.05$.

Results:

The majority of respondents were aged >55 years (46.7%), male (56.7%), had an elementary school education (53.3%), and worked as housewives or self-employed. Most patients' spiritual well-being was in the moderate category (43.3%), and their quality of life was also in the moderate category (43.3%). Chi-square test results showed a significant relationship between spiritual well-being and the quality of life of stroke patients ($p = 0.000$; $p < 0.05$).

Conclusion:

There is a significant relationship between spiritual well-being and the quality of life of stroke patients at Raeoa Hospital in Timor-Leste. The higher the patient's level of spiritual well-being, the better their perceived quality of life. Efforts to increase spiritual support in nursing care are needed to strengthen the psychological well-being and quality of life of post-stroke patients.

Keywords: Spiritual Well-being, Quality of Life, Stroke

Bibliography: 45 (2017–2024)

