

Overview Of Caregiver Support In Long-Term Care In Stroke Patients In The Work Area Of The Sukodono Health Center

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ABSTRACT

Stroke is the leading cause of death and disability globally, so the role of caregivers is important in meeting the long-term care needs of stroke patients. This study aims to describe the support received by caregivers with stroke. This study uses a qualitative descriptive design with a total sampling approach with a total of 41 caregiver respondents. The instruments used were questionnaires that included emotional support, reward support, instrumental support, and informational support, collected through live interviews. The data were analyzed univariately to describe the percentage of support. The results showed that the majority of caregivers received good instrumental support (87.80%), followed by information support (78.05%), emotional support (75.61%), and reward support (63.41%). These findings indicate that, although instrumental support and information are quite high, efforts are still needed to improve emotional support and appreciation for caregivers with stroke for optimal long-term care. This study emphasizes the importance of interventions that focus on holistic support for caregivers.

Keywords : Stroke, Long-Term Care, Caregiver, Support

INTRODUCTION

The World Health Organization (WHO), reports that stroke is the second leading cause of death and the third cause of disability globally. Post-stroke sufferers often exhibit a variety of functional deficits, including visual impairment, aphasia, cognitive dysfunction, and physical impairment. The risk of medical complications, such as decubitus ulcers and aspiration pneumonia, is also increased in this population. Further, psychological consequences such as depression, social isolation, and role adaptation in the family structure are often part of their experience.

Globally, about five million deaths each year result from stroke. In the United States, the contribution of stroke to total deaths from cardiovascular disease reached 17.5% in 2022, despite a downward trend in mortality (CDC, 2024). Meanwhile, the prevalence of stroke cases in Indonesia shows a significant escalation, with the number increasing from 1,992,014 in 2021 to 3,461,563 in 2023

(Ministry of Health, 2023).

This escalation in stroke prevalence can also be seen at the regional/provincial scale. Data from the 2023 Indonesian Health Survey indicates that the prevalence of stroke in East Java is 9 cases per 1,000 residents over 15 years old, positioning this province in the middle ranking nationally. Furthermore, data for 2022 shows a prevalence of 12.6% in East Java (Putri, 2023).

In more detail, a significant prevalence rate of hypertension, as a risk factor for stroke, has been reported by data from the Sidoarjo Regency Health Office in 2022. A similar phenomenon is also reflected in the Sukodono Health Center, with a drastic spike in the number of stroke cases from around 300 in 2021 to 1960 cases in 2024. This increase in the number of cases is directly correlated with the increased need for Long-Term Care (PJP), which is largely borne by caregivers.

Both from family and professional circles,

caregivers play a crucial role in supporting the recovery process of stroke patients. However, various literature indicates that caregivers are often faced with significant challenges, including physical and emotional exhaustion, limited information, and lack of social support (Ministry of Health, 2018; Alifudin & Ediat, 2019). Although families are known as primary support providers (Friedman et al., 2010), a lack of resources, knowledge, and support is often an obstacle in the provision of comprehensive care.

Post-stroke disability not only has implications for patients, but also significantly affects family members and their caregivers (Rohmah & Rifayuna, 2021). Studies show that psychological stress conditions in caregivers can be even more severe compared to patients who are treated (Daulay, 2016).

The support received has been proven to greatly determine the quality of life of a person and a supportive family creates an environment conducive to recovery (Mahayundhari et al., 2018). Therefore, comprehensive support – including emotional, rewarding, instrumental, and informational aspects – is crucial for caregivers so that they can carry out their roles optimally and minimize potential stress (Rohmah & Rifayuna, 2021).

Improved understanding of treatment techniques, stress management, effective communication (Amila et al., 2019), as well as psychosocial support and technology utilization can serve as potential solutions (Andrianur et al., 2024).

Based on the above background, the researcher is interested in conducting a research entitled "Caregiver Support in Long-Term Care for Stroke Patients in the Sukodono Health Center Area"?

RESEARCH METHOD

This study uses a qualitative descriptive design with a total sampling approach with a total of 41 caregiver respondents. This research was conducted from January to March 2025 at the Sukodono Sidoarjo Health Center with data obtained through a questionnaire distributed to respondents.

RESULT

Table 1 Characteristics of General Data of Caregivers in the Sukodono Health Center Area in 2025

Respondent Characteristics	N	%
Gender		
Men – men	6	14.63%
Woman	35	85.37%
Age		
20 - 45 years old	10	24.39%
46 - 65 years old	25	60.98%
> 65 years old	6	14.63%
Work		
IRT	17	41.46%
Private	13	31.71%
Wiraswata	9	21.95%
Civil	2	4.88%
Servants/Retirees		
Long Time Caregiver		
< 1 year (new)	11	26.83%
1-3 years	16	39.02%
> 3 years	14	34.15%

Shows that the characteristics of most of the female sex were 35 respondents with a percentage of 85.37%. In the age characteristics of the respondents, most of the respondents showed the age of 46 - 65 years as many as 25 respondents with a percentage of 60.98%. In the characteristics of work, most of the housewives (IRT) were 17 respondents with a percentage of 41.46%. In the old characteristics become *caregiver* Most of them showed 1-3 years as many as 16 respondents with a percentage of 39.02%.

Table 2 Distribution of 4 Types of Caregiver Support in the Sukodono Pusekesmas Area in 2025

Types of Caregiver Support	Frequency (People)	(%)
Good	31	75.6
Enough	10	24.4
Less	0	0
Total	41	100.0

From the information presented in the table above, the results were obtained that most of the 3 types of *caregiver support* in the Sukodono Health

Center area were obtained results, namely good support for 31 respondents with a percentage of 75.6%.

Table 3: Distribution of Caregiver Emotional Support in the Sukodono Health Center Area in 2025

Category	Frequency (n)	(%)
Good	31	75.61%
Enough	10	24.39%
Less	0	0

The table shows that the majority of respondents (75.61%) received good emotional support, indicating that the emotional support received was high. On the other hand, only 24.39% of respondents stated that they received enough emotional support.

Table 4 : Distribution of Caregiver Award Support in the Sukodono Health Center Area in 2025

Answer Categories	Frequency (n)	(%)
Good	26	63.41%
Enough	12	29.27%
Less	3	7.32%

Based on the table data, it can be seen that most of the respondents (63.41%) received award support, indicating that award support is in the good category. Meanwhile, *caregivers* who stated that they did not receive award support as much as 7.32%.

Table 5: Distribution of Caregiver Instrumental Support in the Sukodono Health Center Area in 2025

Answer Categories	Frequency (n)	(%)
Good	36	87.80%
Enough	4	9.75%
Less	1	2.45%

From the table data, it can be seen that most respondents (87.80%) received instrumental support in the good category, while only 2.45% of respondents felt that they did not receive this support.

Table 6: Distribution of Caregiver Information

Answer Categories	Frequency (n)	Percentage (%)
Good	32	78.05%
Enough	7	17.07%
Less	2	4.88%

Support in the Sukodono Health Center Area in 2025

Existing data indicate that most respondents (78,05%) receive quality information support. In contrast, only a small number of respondents, namely 4.88%, stated a lack of information support.

DISCUSSION

1. Emotional Support

Significant and stable emotional support was found to be dominant among caregivers at the Sukodono Health Center. The data shows that the majority, more than three-quarters (75.61%) of them, consistently feel this support, while the rest, about a quarter (24.39%), feel that it is adequate. This indicates that the emotional support system for these caregivers is functioning well, most likely supported by their families and communities.

These findings resonate with previous literature, such as studies by dan , which highlight the crucial role of emotional support in maintaining the mental health of Daulay (2016) Harahap & Dini Andriani (2020) *caregivers* with stroke. This kind of support comes in the form of empathy, caring, and a willingness to listen, which ultimately creates a sense of security and connection.

However, the fact that a small number of carers (24.39%) only felt "adequate" support highlights a gap that needs attention. This condition can be caused by physical fatigue or a lack of understanding of the importance of the emotional aspect in long-term care. Therefore, the provision of ongoing education and interventions, such as counseling sessions or stress management workshops organized by health centers, is considered essential to ensure that each caregiver receives optimal assistance.

2. Award Support

A frequency distribution survey at the Sukodono Health Center revealed that the

majority of *caregivers* (63.41%) felt good appreciation support, while about a quarter (29.27%) felt that the support was adequate. However, it should be noted that a small number of *caregivers* (7.32%) still feel undervalued. This highlights that, although many feel acknowledged, there is still a gap in the system of appreciation for the hard work of *caregivers*.

Sufficient recognition and appreciation from family and the environment is essential. This is positively correlated with increased motivation, confidence, and psychological well-being of *caregivers* in caring for stroke patients. The study reinforces these findings, stating that reward support that includes praise, recognition of effort, and positive treatment is able to awaken caregiver self-esteem and morale Yulianti S & Sari N,(2018) . This kind of support is crucial given the *caregiver's* vulnerability to depression; consistent positive reinforcement can smooth the treatment process.

Conversely, a lack of appreciation can trigger feelings of unworthiness, emotional exhaustion, and even depression, which in turn negatively impacts the quality of care and the *caregiver's* overall emotional state. Therefore, it takes focused efforts from families, health workers, and the community to increase award support. Families can routinely show gratitude, health workers can recognize *caregivers* as important partners, and communities can build a culture that appreciates their contributions more.

3. Instrumental support

This study definitively shows that instrumental support plays a central role in maintaining the welfare of *stroke* patients' *caregivers*. Field data revealed that the majority of *caregivers* (87.80%) consistently received support in the good category, with physical and financial assistance being the most frequently received forms. These findings confirm the results of previous studies that indicated a positive correlation between adequate instrumental support and the physical and mental stability of (Handayani R & Wibowo A, 2020) *caregivers*. This kind of practical support has proven to be effective in easing the physical burden and economic pressure faced by *caregivers*. However, it should be noted that 2.45% of *caregivers* still reported a lack of support, implying that there are areas that need further attention to ensure equitable distribution

and increased accessibility of assistance for all *caregivers*.

4. Informational Support

Research at the Sukodono Health Center showed that the majority of *caregivers* (78.05%) received good informational support, with 17.07% reporting sufficient support and only 4.88% feeling poorly informed. This data indicates that most *caregivers* have adequate access to important information to care for stroke survivors. However, the existence of some *caregivers* who feel less informed has the potential to affect the effectiveness of the care provided.

Information support is a crucial element to equip *caregivers* to be able to provide effective and quality care. This includes the provision of relevant knowledge and skills about stroke symptom management, available resources, and caregiver self-health care strategies. Most *caregivers* (78.05%) reported that they received a good explanation of how to care for stroke survivors, indicating that they felt they were adequately prepared to carry out their duties.

According to information support, it involves more than just data transfer; it involves Ha & Dini Andriani (2020) *the caregiver's* ability to clarify doubts and educate themselves on various aspects of care—from medication schedules, nutrition, to physical exercise. Relevant and accurate information increases *caregivers'* confidence, competence, and ability to cope with care challenges, from understanding the patient's condition to mastering treatment techniques and utilizing additional resources.

Although information support is generally good, efforts to improve and equitable accessibility are still essential, considering that 4.88% of *caregivers* still feel a lack of information. Therefore, a comprehensive assessment of information needs and the provision of information tailored to the needs of individual *caregivers* is essential. In addition, improving the quality and ease of access to information, as well as ensuring *caregivers* know where to look for additional information, is a crucial step.

CONCLUSION

The results of the research at the Sukodono Health Center clearly show that support for

caregivers is at a good level in most dimensions. Instrumental support was recorded the highest, with 87.80% of *caregivers* reporting a good category. This is followed by information support (78.05%), emotional support (75.61%), and reward support (63.41%). These data collectively illustrate the existence of a relatively strong support ecosystem for *caregivers* in the region.

While the overall picture is positive, the percentage variation between types of support indicates differences in the level of effectiveness or availability of each support. These differences indicate specific areas that may require further attention to ensure all *caregivers* receive optimal and equitable support in all aspects.

SUGGESTION

a. For Caregivers

The results of the study show that further understanding and skills regarding care can be improved by *caregivers*. The trick is to take advantage of existing resources and maintain your health. This is because good care can only be given if you are in a healthy and stable condition.

b. For Institutes of Education

Based on the results of this study, students can gain additional insight into the picture of support provided by *caregivers* in long-term care for patients in the Sukodono Health Center area.

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