

Family Caregiver Based Stroke Rehabilitation Assistance: Its Effect on Caregiver Burden and Quality of Life

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ABSTRACT

Background: The Special Region of Yogyakarta has the highest prevalence of stroke in Indonesia. Post-stroke rehabilitation remains predominantly institutional and is not based on family caregivers. Family caregivers are key to providing home care for patients with stroke. Currently, no structured family caregiver based stroke rehabilitation assistance model has been identified.

Purpose: This research aimed to develop and evaluate the effectiveness of a family caregiver-based stroke rehabilitation assistance model in reducing caregiver burden and improving caregivers' quality of life.

Methods: This research employed a non-randomized pretest-posttest control group design involving 34 respondents in the intervention group and 34 respondents in the control group. The intervention program was delivered over four weeks, with each session lasting 60 minutes. The content was provided through a blended learning approach using a web-based platform and direct home visits.

Results: The study demonstrated significant improvements in the intervention group, with increased effect sizes in knowledge, attitudes, self-efficacy, behaviors, family roles, and quality of life, as well as a significant reduction in caregiver burden, compared with the control group.

Conclusion: The stroke rehabilitation assistance model was proven effective in enhancing caregivers' knowledge, self-efficacy, attitudes, behaviors, family roles, and quality of life while reducing caregiver burden. This model may be integrated into primary health care services to strengthen family caregiver based stroke rehabilitation.

Keywords: *family caregiver, burden, quality of life, stroke rehabilitation*