

HUBUNGAN DUKUNGAN KELUARGA DAN EFIKASI DIRI (*SELF EFFICACY*) DENGAN TINGKAT KEMANDIRIAN DALAM *ACTIVITY DAILY LIVING* (ADL) PADA PASIEN PASCA STROKE DI RUANG PATIMURA RSUD KANJURUHAN KABUPATEN MALANG

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ABSTRACT

Background: Stroke is one of the leading causes of disability both globally and in Indonesia. Post-stroke patients often experience a decline in motor function, which hinders their ability to perform activities of daily living (ADL). The recovery process does not rely solely on physical therapy but is also strongly influenced by family support and the patient's self-efficacy. **Objective:** To determine the relationship between family support and self-efficacy with the level of independence in ADL among post-stroke patients in the Patimura Room of Kanjuruhan Regional Hospital, Malang Regency. **Methods:** This study used a descriptive analytic design with a cross-sectional approach. The sample consisted of 50 post-stroke patients selected using purposive sampling. Instruments used were questionnaires on family support, self-efficacy, and the Barthel Index to assess ADL independence. Data were analyzed using the Spearman Rank statistical test. **Results:** The findings showed a significant relationship between family support and self-efficacy with the level of independence in ADL among post-stroke patients ($p < 0.05$). This means that higher family support and self-efficacy are associated with greater independence in daily activities. **Conclusion:** Family support and self-efficacy play crucial roles in enhancing independence among post-stroke patients. Therefore, both aspects should be emphasized in stroke rehabilitation efforts.

Keywords: Stroke, Family Support, Self-Efficacy, Independence, ADL