

## KATA PENGANTAR

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Dalam proposal skripsi ini dijabarkan tentang gambaran faktor risiko berdasarkan tipe stroke di RSUD Dr Soetomo. Penderita stroke baik iskemik maupun hemoragik memiliki faktor risiko yang sama. Namun besaran faktor risiko yang menyebabkan dapat berbeda.

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ABSTRACT

Stroke is a disease caused by brain blood circulation disorders that are influenced by many factors. Stroke is the second leading cause of death and the third leading cause of disability throughout the world. The incidence of stroke has increased in recent years. Stroke is divided into ischemic and hemorrhagic strokes with more ischemic stroke composition than hemorrhagic. This study aims to determine the distribution of risk factors and type of stroke in stroke patients at RSUD Dr. Soetomo, Surabaya.

This study is a cross-sectional descriptive study with a population of stroke patients treated at RSUD Dr. Soetomo. The study sample was stroke patients who had been treated at RSUD Dr. Soetomo Surabaya period October 2018 - December 2018. The number of samples obtained as many as 70 people with purposive sampling. The bivariate data analysis used was chi-square. Research variables that cannot be changed include stroke history, age, gender, and family stroke history. Research variables that can be changed include history of hypertension, history of diabetes mellitus, history of smoking, and physical activity.

The results showed the highest proportion of strokes were ischemic strokes (71.4%), men (57.1%), aged 15-64 years (72.9%), secondary education (44.3%), and non- civil servants (60%). Risk factors not related to stroke type were gender ( $p = 0.76$ ), age ( $p = 0.148$ ), family history of stroke ( $p = 0.481$ ), hypertension ( $p = 0.248$ ), diabetes mellitus ( $p = 1.00$ ) and smoking ( $p = 0.532$ ). Risk factors for physical activity related to stroke ( $p = 0.019$ ).

Based on the results of this study it was concluded that ischemic type strokes more than hemorrhagic types with risk factors that relate to physical activity. It is better to increase public knowledge and awareness about early detection to prevent stroke through physical activities that can be carried out at POSBINDU PTM.

Keyword : Ischemic stroke, hemorrhagic stroke, physical activity