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**Efektivitas Pemberian *Turning Position* Terhadap Pencegahan Luka Dekubitus Pada Pasien Stroke**

xii+ hal + tabel + gambar + skema + lampiran.

**ABSTRAK**

Stroke merupakan salah satu penyebab utama kecacatan yang sering disertai dengan kondisi imobilisasi berkepanjangan, sehingga meningkatkan risiko terjadinya luka dekubitus. Pencegahan luka dekubitus menjadi aspek penting dalam asuhan keperawatan pasien stroke, salah satunya melalui intervensi perubahan posisi tubuh secara teratur (*turning position*). Penelitian ini bertujuan untuk mengetahui efektivitas pemberian *turning position* terhadap pencegahan luka dekubitus pada pasien stroke. Penelitian ini merupakan penelitian kuantitatif dengan desain quasi eksperimen menggunakan rancangan *one group pretest–posttest design*. Penelitian dilaksanakan di ruang rawat inap Sayo Common Hospital, Prefektur Hyogo, Jepang, pada bulan Januari hingga Februari 2026. Sampel penelitian berjumlah 55 pasien stroke yang mengalami imobilisasi dan memenuhi kriteria inklusi, dipilih dengan teknik purposive sampling. Intervensi *turning position* dilakukan setiap dua jam selama tujuh hari. Pengukuran risiko luka dekubitus dilakukan sebelum dan sesudah intervensi menggunakan Braden Scale. Analisis data meliputi analisis univariat dan bivariat, dengan uji Wilcoxon Signed Rank Test pada tingkat signifikansi 0,05. Hasil penelitian menunjukkan adanya peningkatan skor Braden Scale setelah pemberian intervensi. Rerata skor Braden Scale meningkat dari  $1,89 \pm 0,76$  pada pretest menjadi  $2,47 \pm 0,69$  pada posttest. Sebagian besar responden (61,8%) mengalami peningkatan skor, sedangkan 27,3% mengalami penurunan dan 10,9% tidak mengalami perubahan. Hasil uji Wilcoxon menunjukkan perbedaan yang bermakna secara statistik antara skor Braden Scale sebelum dan sesudah intervensi ( $Z = -3,39; p = 0,001$ ). Kesimpulan penelitian ini menunjukkan bahwa pemberian *turning position* secara teratur efektif dalam menurunkan risiko luka dekubitus pada pasien stroke. Intervensi ini dapat direkomendasikan sebagai bagian dari praktik keperawatan preventif berbasis bukti.

**Kata kunci:** stroke, *turning position*, luka dekubitus, *Braden Scale*

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***The Effectiveness of Turning Positions in Preventing Pressure Ulcers in Stroke Patients***

*xii + page + tables + picture + schema + attachments*

**ABSTRACT**

*Stroke is a major cause of disability, often accompanied by prolonged immobilization, increasing the risk of pressure ulcers. Pressure ulcer prevention is an important aspect of nursing care for stroke patients, one of which is through regular body position changes (turning position) interventions. This study aims to determine the effectiveness of turning position interventions on preventing pressure ulcers in stroke patients. This is a quantitative study with a quasi-experimental design using a one-group pretest–posttest design. The study was conducted in the inpatient ward of Sayo Common Hospital, Hyogo Prefecture, Japan, from January to February 2026. The study sample consisted of 55 stroke patients who were immobilized and met the inclusion criteria, selected using a purposive sampling technique. The turning position intervention was carried out every two hours for seven days. Pressure ulcer risk was measured before and after the intervention using the Braden Scale. Data analysis included univariate and bivariate analyses, using the Wilcoxon Signed Rank Test at a significance level of 0.05. The results showed an increase in Braden Scale scores after the intervention. The mean Braden Scale score increased from  $1.89 \pm 0.76$  in the pretest to  $2.47 \pm 0.69$  in the posttest. Most respondents (61.8%) experienced an increase in their scores, while 27.3% experienced a decrease, and 10.9% experienced no change. The Wilcoxon test showed a statistically significant difference between Braden Scale scores before and after the intervention ( $Z = -3,39; p = 0.001$ ). In conclusion, this study indicates that regular turning positioning is effective in reducing the risk of pressure ulcers in stroke patients. This intervention can be recommended as part of evidence-based preventive nursing practice.*

**Keywords:** *stroke, turning position, pressure ulcers, Braden Scale*