

Qualitative Study: Motivation of Post-Stroke Rehabilitation after Discharge from Hospital

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Abstract

Motivation is an essential component of adherence to post-stroke rehabilitation program. This study aimed to explore the client's perspective on motivation in a post-stroke rehabilitation program after discharge from hospital. This qualitative study used phenomenological method with six participants using individual in-depth semi-structured interview. Purposive sampling method was carried out in this study. Five themes were formed: the formation of the basic components of rehabilitation motivation, the consistency of rehabilitation motivation, strengthening and weakening factors of rehabilitation motivation, and the attempt to preserve it. Although motivation was found in the post stroke client during rehabilitation program, it is possible to change due to both internal and external factors and attempt of preserving quality. Rehabilitation motivation should always be evaluated since some factors such as spiritual, physical, psychological, social, and environment factors could affect its quality. In order to support this result, further study is recommended with more varied participants and alternative method such as quantitative or mix method. Additionally, this future work would be beneficial to develop an effective motivation model to rehabilitation adherence.

Keywords: *motivation, rehabilitation, stroke*