

ABSTRACT

ASSOCIATION OF FAMILY SUPPORT AND OTHER RELATED FACTORS WITH ELDERLY'S ACTIVENESS IN ATTENDING ACTIVITIES OF POSYANDU LANSIA IN RAJABASA INDAH REGION PUBLIC HEALTH CENTER

By

CHRISTINE YOHANA SIANTURI

Background: Elderly has many health problems. One of the health care efforts to maintain the elderly's health and productivity is having an elderly integrated service center (posyandu lansia). Elderly service in Bandarlampung is the second lowest in Lampung. In 2015 and 2016, the visitation of posyandu lansia has decreased compared to 2014. This study was aimed to determine the association of family support and other related factors with the elderly's activeness in attending posyandu lansia's activities in Rajabasa Indah public health center.

Methods: This was a descriptive research with cross sectional approach. Independent variables were sociodemographic characteristic, distance, family support, posyandu officers' support, knowledge, and attitude. While the dependent variable was the elderly's activeness in attending the activities of posyandu lansia. This research was conducted in September-December 2016. The sampling techniques used in this study was proportional stratified random sampling with 96 subjects. Data analysis used were Chi square and fisher's exact with $\alpha=5\%$.

Results: The result showed there was an association between occupation ($p=0,001$, $RR=1,86$, $95\%CI=1,97-123,36$), family support ($p=0.001$, $RR=2,30$, $95\%CI=3,43-24,60$), knowledge ($p=0.019$, $RR=1,83$, $95\%CI=1,52-2,20$), and attitude ($p=0.039$, $RR=1,80$, $95\%CI=1,50-2,17$) with elderly's activeness in attending posyandu's activities. There was no association between sex ($p=0.681$), age ($p=0.719$), education ($p=0.319$), distance ($p=0.313$), and posyandu officers' support ($p=0.566$) with the elderly's activeness in attending the activities of posyandu lansia.

Conclusion: There was an association between occupation, family support, knowledge, and attitudes whereas gender, age, education, distance, and posyandu officers' support are not related to the elderly's activeness. The most related factors were family's support and occupation.

Keywords: Family support, activeness, elderly posyandu.

ABSTRAK

HUBUNGAN DUKUNGAN KELUARGA DAN FAKTOR LAINNYA DENGAN KEAKTIFAN LANJUT USIA (LANSIA) MENGIKUTI KEGIATAN POSYANDU LANSIA DI WILAYAH KERJA PUSKESMAS RAJABASA INDAH

Oleh

CHRISTINE YOHANA SIANTURI

Latar belakang: Lanjut usia (lansia) memiliki banyak masalah kesehatan. Salah satu upaya pemeliharaan kesehatan agar lansia dapat hidup sehat dan produktif adalah pos pelayanan terpadu (posyandu) lansia. Data cakupan pelayanan lansia di Bandarlampung merupakan capaian terendah kedua di Lampung. Presentase kunjungan di posyandu lansia di wilayah Puskesmas Rajabasa Indah masih rendah dan tahun 2015 dan 2016 mengalami penurunan dibandingkan tahun 2014. Penelitian ini dilakukan untuk mengetahui hubungan dukungan keluarga dan faktor lainnya dengan keaktifan lansia mengikuti kegiatan posyandu lansia di wilayah kerja Puskesmas Rajabasa Indah.

Metode: Penelitian ini adalah studi deskriptif dengan pendekatan *cross sectional*. Variabel bebas adalah karakteristik sosiodemografi, jarak, dukungan keluarga, dukungan kader, pengetahuan dan sikap. Variabel terikat adalah keaktifan lansia mengikuti kegiatan posyandu lansia. Penelitian dilaksanakan pada bulan September-Desember 2016. Sampel dalam penelitian ini dipilih dengan teknik *proportionate stratified random sampling* dan berjumlah 96 orang. Uji statistik yang digunakan *chi square*, dan *fisher's exact*, dengan $\alpha=5\%$.

Hasil: Hasil penelitian menunjukkan terdapat hubungan antara pekerjaan ($p=0,001$, RR=1,86, 95%CI=1,97-123,36), dukungan keluarga ($p=0,001$, RR=2,30, 95%CI=3,43-24,60), tingkat pengetahuan ($p=0,019$, RR=1,83, 95%CI=1,52-2,20), dan sikap ($p=0,039$, RR=1,80, 95%CI=1,50-2,17) dengan keaktifan lansia mengikuti kegiatan posyandu. Tidak terdapat hubungan antara jenis kelamin ($p=0,681$), usia ($p=0,719$), pendidikan terakhir ($p=0,319$), jarak ($p=0,303$), dan dukungan kader ($p=0,566$) dengan keaktifan lansia mengikuti kegiatan posyandu.

Kesimpulan: Faktor resiko yang berhubungan dengan keaktifan lansia mengikuti kegiatan posyandu adalah pekerjaan, dukungan keluarga, tingkat pengetahuan, dan sikap. Faktor yang paling berpengaruh adalah dukungan keluarga dan pekerjaan.

Kata kunci : Dukungan keluarga, keaktifan, posyandu lansia.