

GAMBARAN KEJADIAN KONSTIPASI PADA LANSIA DI DUSUN BETENG TRIDADI SLEMAN YOGYAKARTA

INTISARI

Dien Justitia Prasasti¹, Suwarno²

Latar belakang: Konstipasi adalah keadaan individu yang merasa sulit buang air besar sehingga sulit untuk dikeluarkan. Hal ini disebabkan karena *absorbsi* air oleh feses sebagai dampak dari fase feses yang tertunda di dalam kolon. Keadaan ini sering dialami lansia dikarenakan adanya penurunan fungsi sistem pencernaan serta gangguan pada sistem eliminasi.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran kejadian konstipasi pada lansia di Dusun Beteng Tridadi Sleman Yogyakarta.

Metode: Penelitian ini merupakan penelitian deskriptif non eksperimen dengan menggunakan metode *survey deskriptif*. Subjek penelitian diambil menggunakan teknik *purposive sampling* dan *cluster random sampling*. Jumlah sampel yang diperoleh sebanyak 62 responden yang dinilai kejadian konstipasi menggunakan kuesioner *Constipation Scoring System*.

Hasil: Hasil penelitian ini menunjukkan bahwa sebagian besar lansia di Dusun Beteng Tridadi Sleman Yogyakarta di usia 75-90 tahun mengalami konstipasi sebanyak 32 orang (51,6%). Lansia dengan jenis kelamin perempuan paling banyak mengalami konstipasi yaitu 21 orang (33,9%). Lansia dengan tingkat pendidikan dasar paling tinggi mengalami konstipasi sebanyak 20 orang (32,3%), sedangkan dilihat dari pekerjaan lansia yang bekerja sebagai ibu rumah tangga atau tidak bekerja paling banyak mengalami konstipasi yaitu 26 orang (41,9%).

Kesimpulan: Tingkat kejadian konstipasi pada lansia di Dusun Beteng Tridadi Sleman Yogyakarta sebanyak 54,8% lebih tinggi dibandingkan yang tidak mengalami konstipasi.

Kata Kunci: Konstipasi, Lansia.

¹Mahasiswa, Program Studi Keperawatan, Fakultas Kesehatan, Universitas Jenderal Achmad Yani, Yogyakarta

²Staff Pengajar, Program Studi Keperawatan, Fakultas Kesehatan, Universitas Jenderal Achmad Yani, Yogyakarta

THE DESCRIPTION OF CONSTIPATION PREVALANCE ON ELDERLY IN THE VILLAGE OF BETENG TRIADI SLEMAN YOGYAKARTA

ABSTRACT

Dien Justitia Prasasti¹, Suwarno²

Background: Constipation is a condition when an individual experiences difficulty to defecate or to empty the bowels. This is due to water absorption by feces as the effect of the delayed feces phase within colon. This incident is frequently experienced by elderly for their decreasing digesting system and elimination system disorder.

Objective: This research aimed at identifying the description of constipation prevalence on elderly in the village of Beteng Triadi Sleman Yogyakarta.

Method: This research was non experimental descriptive research using descriptive survey method. The subject of the research was taken through purposive sampling and cluster random sampling. The number of sampling gathered were in total of 62 respondents whose constipation prevalence was measured using Constipation Scoring System.

Result: The research result suggested that most of elderly in the village of Beteng Triadi Sleman Yogyakarta whose age range from 75-90 years old with total number of 32 people (51,6%) had constipation. Female elderly is the majority of those having constipation with total amount of 21 people (33,9%). Elderly with the highest education background who had constipation were in total of 20 people (32,3%), whilst in regard of their occupation, elderly who were housewives or didn't have any occupation were those of majority who had constipation in total of 26 people (41,9%).

Conclusion: The constipation prevalence on elderly in the village of Beteng Triadi Sleman Yogyakarta was 54,8% higher than those of having no constipation.

Keywords: Constipation, elderly

¹ Student, Nursing Study Program, Faculty of Health, Jendral Achmad Yani University, Yogyakarta

² Instructor, Nursing Study Program, Faculty of Health, Jendral Achmad Yani University, Yogyakarta