

# ANALISIS DETERMINAN KEAKTIFAN LANSIA MENGIKUTI POSYANDU DI WILAYAH KERJA PUSKESMAS SEWON II BANTUL YOGYAKARTA

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## INTISARI

**Latar Belakang :** Meningkatnya usia harapan hidup di Indonesia membuat lansia mengalami ketergantungan pada pelayanan kesehatan dan mengalami penurunan baik dari segi fisik, psikis, dan sosialnya. Pemerintah Indonesia berupaya membuat program yang dekat dengan masyarakat yaitu posyandu lansia, dimana program tersebut digunakan untuk memantau kesehatan lansia dan mendeteksi dini penyakit. Namun kegiatan posyandu tidak semua lansia aktif mengikuti posyandu karena berbagai faktor yang menyertai ketidakaktifan lansia.

**Tujuan Penelitian :** Mengetahui determinan keaktifan lansia dalam kunjungan lansia ke posyandu Kenanga I dusun Glugo.

**Metode Penelitian :** Jenis penelitian ini kuantitatif dengan desain *analitik kolerasi* dan metode pendekatan *cross sectional*. Teknik pengambilan sampel dengan *total sampling* didapatkan sebanyak 47 orang lansia. Analisa bivariat dengan uji *gamma somer's* dan uji multivariat dengan uji *regresi binary logistic*.

**Hasil Penelitian :** Setelah dilakukan uji bivariat variabel tingkat pengetahuan nilai *p-value* 0,020 ( $p < 0,05$ ), variabel jarak/ akses nilai *p-value* 0,006 ( $p < 0,05$ ), variabel dukungan keluarga nilai *p-value* 0,019 ( $p < 0,05$ ), dan peran kader nilai *p-value* 0,272 ( $p > 0,05$ ). Hasil uji *regresi binary logistic* didapatkan variabel jarak/ akses *p-value* 0,017, (C.I ; 0,04 - 0,73, OR 0,17).

**Kesimpulan :** Variabel yang berhubungan dengan keaktifan lansia adalah variabel tingkat pengetahuan, jarak/ akses, dan dukungan keluarga. Sedangkan variabel yang tidak berhubungan dengan keaktifan adalah variabel peran kader. Berdasarkan variabel yang paling berpengaruh terhadap keaktifan lansia adalah variabel jarak/ akses.

**Kata Kunci :** Determinan, Keaktifan lansia, Posyandu Lansia

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# THE DETERMINANT ANALYSIS OF THE ELDERLY ACTIVENESS IN JOINING POSYANDU IN THE WORKING AREA OF PUSKESMAS SEWON II BANTUL YOGYAKARTA

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## ABSTRACT

**Background:** The increasing rate of life expectancy in Indonesia has led the elderly people to the state of dependency on health service as well as to the deterioration from physical, psychological, and social aspects. Indonesian government has made an effort to create a program closer to the society, called elderly Posyandu (Pos Pelayanan Terpadu/Integrated Health Post), in which this program is to monitor the elderly people's health and to detect early disease. However, not all elderly people actively participate in Posyandu due to several inactiveness factors of theirs.

**Objective:** To find out the elderly people's activeness determinant during the visit of elderly people in Posyandu Kenanga I, Glugo Village.

**Method:** This research was quantitative with analytical correlation design and cross-sectional approach method. Total sampling was used as the sampling technique, resulting in 47 elderly people as the participants. The analysis technique used was bivariate analysis with Gamma Somer's test and multivariate with binary logistic regression test.

**Result:** Bivariate test of the knowledge level variable results in p-value 0.020 ( $p < 0.05$ ), of the distance/access variable results in p-value of 0.006 ( $p < 0.05$ ), of the family support variable results in p-value 0.019 ( $p < 0.05$ ), and of the cadre role variable results in p-value 0.272 ( $p > 0.05$ ). Binary logistic regression test of the distance/access variable results in p-value 0.017, (C.I; 0.04 – 0.72, OR 0.17).

**Conclusion:** Variables that correlate with the elderly people's activeness are the knowledge level, distance/access, and family support variables. Variable that does not correlate with the activeness is the cadre role variable. The most significant variable that correlates with the elderly people's activeness is the distance/access variable.

**Key Words:** Determinant, Elderly People's Activeness, Elderly Posyandu

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