

HUBUNGAN DUKUNGAN KELUARGA DENGAN KEAKTIFAN LANSIA MENGIKUTI POSYANDU LANSIA DI POSYANDU MELATI KLAWISAN SEYEGAN YOGYAKARTA

INTISARI

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Latar Belakang : Lansia merupakan seseorang yang berumur diatas 60 tahun dengan diikuti proses perubahan menjadi tua. Proses menua ditandai dengan menurunnya fungsi biologis yang terlihat sebagai penurunan fungsi fisik dan kognitif. Kemunduran atau penurunan kesehatan pada lansia sangat berpengaruh terhadap kemandirian dan kualitas hidup lansia. Peran keluarga atau orang terdekat sangat penting untuk memotivasi lansia memeriksakan kesehatan ke pelayanan kesehatan karena adanya hubungan kekeluargaan yang baik secara fisik maupun emosional. Salah satu pelayanan bagi lansia di tingkat pedesaan adalah posyandu lansia. Keaktifan lansia mengikuti posyandu lansia dipengaruhi beberapa faktor salah satunya yaitu dukungan dari keluarga.

Tujuan Penelitian : Mengetahui hubungan antara dukungan keluarga dengan keaktifan lansia mengikuti posyandu lansia di Posyandu Melati Klwisan Seyegan Yogyakarta.

Metode Penelitian : Penelitian ini menggunakan desain *analitik corelational* dengan pendekatan *cross-sectional*. Sampel diambil dengan teknik *porpasive sampling* yaitu 58 lansia yang berumur 60 tahun keatas yang masih mengikuti Posyandu Melati Klawisan Seyegan Yogyakarta dan tinggal bersama keluarga. Hasil penelitian dianalisis dengan uji *chi-square* dengan tingkat kemaknaan $p < 0,05$.

Hasil penelitian : Dukungan yang diberikan keluarga kepada lansia di Posyandu Melati Klawisan Seyegan Sleman Yogyakarta kategori cukup yaitu sebanyak 41 orang (70,7%). Lansia di Posyandu Melati Klawisan Seyegan Yogyakarta tidak aktif mengikuti posyandu lansia sebanyak 31 orang (53,4%). Hasil uji *chi square* diperoleh nilai $p (0,000) < 0,05$ dengan nilai koefisien kontingensi sebesar 0,474.

Kesimpulan : Terdapat hubungan signifikan antara dukungan keluarga dengan keaktifan lansia mengikuti posyandu lansia di Posyandu Melati Klawisan Seyegan Yogyakarta dengan keeratan hubungan sedang.

Kata Kunci : Dukungan keluarga, Lansia, Keaktifan dan Posyandu Lansia

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THE CORRELATION BETWEEN FAMILY SUPPORT AND ELDERLY ACTIVENESS IN ATTENDING ELDERLY POSYANDU AT ELDERLY POSYANDU MELATI KLAWISAN, SEYEGAN, YOGYAKARTA

ABSTRACT

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Background: Elderly are those aged over 60 years old and undergo the process of getting old. Aging process is indicated with the decline of biological function that is seen as the decrease of physical and cognitive function. The decline of health on elderly highly influences the independence and quality of life of elderly. The role of family or close people is very important in order to motivate elderly in checking their health to health service because of good family relation whether physically or emotionally. One of the services for elderly in village level is elderly Posyandu. The activeness of elderly in attending elderly Posyandu is affected by several factors, one of them is family support.

Aim of the research: To find out the correlation between family support and elderly activeness in attending elderly Posyandu at Posyandu Melati Klawisan, Seyegan, Yogyakarta.

Research method: This research employed analytical correlational design using cross sectional approach. Samples were taken using purposive sampling technique consisting of 58 elderly aged 60 years old and above who still attend Posyandu Melati Klawisan, Seyegan, Yogyakarta and live with their family members. The research result was analyzed using chi-square test with level of significance $p < 0.05$.

Research results: Family support to elderly at Posyandu Melati Klawisan, Seyegan, Sleman, Yogyakarta was in fair category or there were 41 people (70.7%). Elderly at Posyandu Melati, Klawisan, Seyegan Yogyakarta who are not active in attending elderly Posyandu are 31 people (53.4%). The result of chi square test shows that p value (0.000) < 0.05 with contingency coefficient value as much as 0,474.

Conclusion: There is a significant correlation between family support and elderly activeness in attending elderly Posyandu at Posyandu Melati Klawisan, Seyegan, Yogyakarta with moderate closeness of correlation.

Key words: family support, elderly, activeness and elderly Posyandu

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