

**HUBUNGAN DUKUNGAN KELUARGA DENGAN KEMANDIRIAN LANSIA
DALAM PEMENUHAN AKTIFITAS SEHARI- HARI
DIWILAYAH KERJA PUSKESMAS PANJATAN**

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INTISARI

Latar Belakang: Populasi Lansia termasuk terbanyak didunia. Dalam usia tersebut lansia membutuhkan peran keluarga yang berupa dukungan untuk pemenuhan aktifitas sehari-hari. Semakin baik dukungan keluarga akan semakin lansia tersebut mandiri dalam pemenuhan aktifitas sehari-hari. Apabila lansia tidak mendapatkan dukungan yang baik akan berdampak kurang baik pada kemandirian dalam pemenuhan aktifitas sehari-hari.

Tujuan Penelitian: Mengetahui Hubungan Keluarga Dengan Kemandirian Lansia Dalam Pemenuhan Aktifitas Sehari-hari Di Wilayah Kerja Puskesmas Panjatan

Metode Penelitian: Jenis penelitian ini adalah kuantitatif. Rancangan penelitian yang digunakan adalah analitik yang bertujuan mencari hubungan antar variabel yang diteliti menggunakan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah lansia yang ada di Desa Tayuban wilayah Kerja Puskesmas Panjatan. Sebanyak 131 lansia. Teknik Pengambilan Sampling menggunakan *simple random sampling* didapatkan 57 lansia. Alat ukur menggunakan kuisioner dukungan keluarga dan kemandirian. Pengambilan data dilakukan pada bulan September 2021.

Hasil: Hubungan dukungan emosional dan kemandirian lansia, dengan nilai *significancy* pada hasil menunjukan ($p = 0,029 < 0,05$). Ada hubungan dukungan informasi dan kemandirian lansia, dengan nilai *significancy* pada hasil menunjukan ($p = 0,023 < 0,05$). Ada hubungan dukungan instrumental dan kemandirian lansia, dengan nilai *significancy* pada hasil menunjukan ($p = 0,011 < 0,05$). Ada hubungan dukungan penghargaan dan kemandirian lansia, dengan nilai *significancy* pada hasil menunjukan ($p = 0,008 < 0,05$).

Kesimpulan: Terdapat hubungan dukungan keluarga dengan kemandirian lansia yang signifikan.

Kata Kunci: Dukungan Keluarga,Kemandirian lansia,Aktifitas Sehari-hari

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**THE RELATIONSHIP BETWEEN THE FAMILY AND THE ELDERLY'S
INDEPENDENCE IN CARRYING OUT THEIR DAILY ACTIVITIES
IN THE PANJATAN HEALTH CENTER**

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ABSTRACT

Background: The elderly population is among the largest in the world. The elderly, at that age, require a family involvement in the form of support to carry out their daily activities. The more familial assistance the elderly have, the more independent they are in carrying out their everyday activities. It will have a negative impact if the elderly do not receive adequate support independence in the fulfillment of daily activities.

Research Objectives: The purpose of this research is to determine the relationship between the family and the elderly's independence in carrying out their daily activities in the Panjatan Health Center.

Methods: This type of research is quantitative. The study design utilized is analytic, which tries to use a cross-sectional technique to determine the relationship between the variables analyzed. The elderly at the Tayuban Panjatan Village Health Center were the subjects of this study. There were a total of 131 old people. Simple random sampling was employed to collect data from 57 elderly people. A questionnaire is used as the measuring tool for family support and independence. The data was collected in September of 2021. .

Results: The relationship between emotional support and elderly independence was shown to be significant ($p = 0.029 < 0.05$) in the results. There is a relationship between information support and elderly independence, with a statistically significant value ($p = 0.023 < 0.05$) in the data. There is a relationship between instrumental support and elderly independence, with a statistically significant value ($p = 0.011 < 0.05$) in the data. There is a relationship between appreciation support and independence, with a statistically significant value ($p = 0.008 < 0.05$) in the data.

Conclusion: There is a significant relationship between family support and independence in the elderly.

Keywords: Family support, Elderly Independence, Daily Activities

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