

HUBUNGAN DUKUNGAN KELUARGA DENGAN KEAKTIFAN LANSIA DALAM MELAKSANAKAN SENAM LANSIA DI POSYANDU ANGGREK SONOSEWU NGESTIHARJO KASIHAN BANTUL

Lia Susanti¹⁾, Tri Prabowo²⁾, Suwarno³⁾

INTISARI

Latar Belakang: Informasi tentang senam lansia sudah diberikan oleh kader posyandu, namun masih banyak tingkat kepatuhan lansia terhadap senam lansia yang rendah disebabkan oleh beberapa hal antara lain dukungan keluarga yang merupakan unsur terpenting dalam memotivasi lansia. Dukungan keluarga merupakan salah satu bentuk dari terapi keluarga, melalui keluarga timbul berbagai masalah dan sekaligus dapat diatasi.

Tujuan Penelitian: Mengetahui Hubungan Antara Dukungan Keluarga Dengan Keaktifan Lansia Dalam Melaksanakan Senam Lansia di Posyandu Anggrek Sonosewu Ngestiharjo Kasihan Bantul Tahun 2013.

Metode Penelitian: Jenis penelitian yang digunakan adalah *deskriptif korelasional* yaitu penelitian yang mengkaji hubungan antara variabel. Penelitian ini menggunakan pendekatan *cross sectional*. Pengambilan sampel menggunakan teknik *purposive sampling* dengan 42 responden anggota senam lansia. Uji statistik menggunakan *Kendall Tau*.

Hasil Penelitian: Hasil analisa *Univariat* menunjukkan bahwa sebagian besar responden aktif 54.8% mengikuti kegiatan senam lansia dan sebagian besar dukungan keluarga baik 45.2%. Analisa *Bivariat* didapatkan hasil *p-value* 0,000 dan *contingency coefficient* 0.471.

Kesimpulan : Ada hubungan dukungan keluarga dengan keaktifan lansia dalam melaksanakan senam lansia di Posyandu Anggrek Sonosewu Ngestiharjo Kasihan Bantul dengan keeratan hubungan sedang.

Kata Kunci : Dukungan Keluarga, Senam Lansia, Keaktifan, Lansia

¹⁾Mahasiswa STIKES A.Yani Yogyakarta

²⁾Dosen Politeknik Kesehatan Yogyakarta

³⁾Dosen STIKES A.Yani Yogyakarta

THE RELATION BETWEEN FAMILY SUPPORT AND ELDERLY ACTIVENESS IN IMPLEMENTING THE ELDERLY EXCERSICE IN POSYANDU ANGGREK SONOSEWU NGESTIHARJO KASIHAN BANTUL

Lia Susanti¹, Tri Prabowo², Suwarno³

ABSTRACT

Background of the Study: The information about the elderly exercise has already given by Posyandu cadre, but the obedience level of the elderly towards the exercise itself is still low due to several matters, such as family support. The family support is the most important element in motivating the elderly and as the form of therapy from the family as well.

Aim of the Study: This research is aimed to find out the relation between family support and elderly activeness in implementing the elderly exercise in Posyandu Anggrek Sonosewu Ngestiharjo Kasihan Bantul year of 2013.

Research method: The type of this research is correlational descriptive method by using cross sectional approach. Number of samples are 42 respondents that chosen by purposive sampling technique and later on being analyzed by Kendall Tau test.

Result of the Study: The Univariat analysis result shows that family support is good with result of 45.2%, and the elderly activeness who join in the exercise is 54.8%. The Bivariat analysis result shows that if the family support is good it will influence the elderly activeness p-value 0,000 and contingency coefficient 0.471.

Conclusion: There is a relation between the family support and the elderly activeness in implementing elderly exercise in Posyandu Anggrek Sonosewu Ngestiharjo Kasihan Bantul with average relation cohesiveness.

Keywords: Family support, elderly exercise, activeness, elderly

¹ A Student of STIKES A. Yani Yogyakarta

² A Lecturer of Polytechnic Health Yogyakarta

³ A Lecturer of STIKES A. Yani Yogyakarta