

HUBUNGAN KEAKTIFAN LANSIA MENGIKUTI POSYANDU DAN PERAN KADER DENGAN TINGKAT KEMANDIRIAN LANSIA DI DUSUN KRAPYAK WETAN, BANTUL

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INTISARI

Latar Belakang : Di Dusun Krapyak Wetan tingkat kemandirian pada lansia dalam melakukan aktivitas sehari-hari tidak sama. Sebagian lansia mengalami penurunan atau gangguan pada kemandiriannya. Keaktifan lansia mengikuti posyandu dan peran kader bertujuan untuk meningkatkan kemandirian lansia dalam melakukan aktivitas sehari-hari.

Tujuan : Diketahui hubungan keaktifan lansia mengikuti posyandu dan peran kader dengan tingkat kemandirian lansia di Dusun Krapyak Wetan, Bantul.

Metode Penelitian : Metode penelitian menggunakan desain *cross sectional*. Jumlah sampel yang diperoleh 104 orang dengan teknik sampling *simple random sampling*. Analisis data menggunakan uji *Gamma* dengan tingkat kemaknaan $p < 0,05$.

Hasil : Berdasarkan penelitian diperoleh data mengenai lansia yang aktif mengikuti posyandu sejumlah 52 orang (50%). Kader yang berperan aktif dalam pelaksanaan posyandu sejumlah 63 orang (60,6%). Tingkat kemandirian lansia sejumlah 53 orang (51%) tergolong kategori A. Hubungan antara keaktifan lansia mengikuti posyandu dengan kemandirian lansia di Dusun Krapyak Wetan, Bantul dengan nilai $r=0,365$ $p=0,016$. Hubungan antara peran kader dengan kemandirian lansia di Dusun Krapyak Wetan, Bantul dengan nilai $r=0,418$ $p=0,005$.

Kesimpulan : Ada hubungan keaktifan lansia mengikuti posyandu dan peran kader dengan tingkat kemandirian lansia di Dusun Krapyak Wetan, Bantul dengan tingkat keeratan rendah dan sedang.

Kata kunci : Keaktifan Mengikuti Posyandu, Peran Kader, kemandirian Lansia

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The Corelation Between The Elderly's Participation in Integrated Health Center program and Volunteers' Role with The Independence Level of Older People in Krapyak Wetan of Bantul

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ABSTRACT

Background : There were various Level of Activity of Daily Living (ADL) among older people in Krapyak Wetan. Some older people need to help on doing ADL or obstruction in their independence. Active in posyandu and the volunteer's role aim to increasing the independence level of plder people on doing ADL

Objective : To identify the corelation between the older participation in Integrated Health Center program (posyandu) and Volunteers' (kader) Role with The Independence level of older people in Krapyak Wetan of Bantul

Method : The study method was cross sectional design. The number of samples as many 104 individuals selected through simple random sampling technique. Data analysis applied Gamma test with significance level of $p < 0,05$.

Result : The study found the older people with active participation in posyandu as many 52 respondents (50%), volunteers with active participation in posyandu as many 63 respondents (60,6%). The independence level of 53 elderly (51%) was in A category. The between the older people participation in Integrated Health Center program and the independence level in Krapyak Wetan of Bantul was figured out by the value of $r = 0,365$ and $p = 0,016$. The relation between residential volunteers' role and the elderly's independence in Krapyak Wetan of Bantul was figured out by the value of $r = 418$ and $p = 0,005$.

Conclusion : There was a corelation between the participation in Integrated Health Center program and volunteers' role with the independence level of older people in Krapyak Wetan of Bantul with low and moderate significance levels.

Keywords : Participation in Integrated Health Center, Volunteers' role, The Independence of Level.

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