

# HUBUNGAN DUKUNGAN KELUARGA DENGAN KUALITAS HIDUP LANSIA MENGGUNAKAN SHORT-FORM 36 DI DUSUN DERESAN RINGINHARJO BANTUL YOGYAKARTA

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## INTISARI

**Latar belakang :** Berdasarkan sensus penduduk Indonesia tahun 2000, jumlah lansia mencapai 15,8juta jiwa atau 7,6%, pada tahun 2005 meningkat menjadi 8,2%. Sedangkan tahun 2015 diperkirakan mencapai 24,4 juta jiwa atau 10%. Jumlah populasi kelompok lanjut usia akan menimbulkan masalah dibidang kesehatan, sosial dan ekonomi. Prosentase jumlah lansia di DIY mencapai 14% pada tahun 2010 dan merupakan jumlah tertinggi se-Indonesia. Setelah itu menyusul Jawa Tengah yakni 11,16% dan Sulawesi Selatan sebesar 9,05%. Kota Yogyakarta saat ini terdapat 43.800 orang lansia atau hampir 9% dari jumlah penduduk

**Tujuan :** Mengetahui hubungan antara dukungan keluarga dengan kualitas hidup lansia dan mengetahui dukungan yang paling berpengaruh terhadap kualitas hidup lansia di dusun Deresan Ringinharjo Bantul.

**Metode :** Penelitian non eksperimen dengan rancangan *cross sectional*. Penelitian dilaksanakan di dusun Deresan Ringinharjo Bantul pada bulan Juli 2012. Teknik sampling menggunakan *Total Sampling*. Penelitian dilakukan dengan wawancara terpimpin dan pengisian kuesioner. Instrumen yang digunakan adalah dukungan keluarga dan Short Form-36 kepada 38 lansia. Uji analisis menggunakan *Chi-Square* dan uji *Regresi Logistik*.

**Hasil :** Hasil penelitian menunjukkan dukungan keluarga tinggi sebagian besar kualitas hidupnya baik sebanyak 20 lansia (52,6%), sedangkan lansia yang mendapat dukungan rendah sebagian kualitas hidupnya buruk sebanyak 8 orang (21,1%). Hasil uji *Chi-Square* diperoleh *p*-value sebesar  $0,001 < \alpha (0,05)$ . Koefiensi kontingensi sebesar 0,387 menunjukkan keeratan hubungan rendah. Uji regresi logistic variabel dukungan emosional mempunyai koefisien beta 4,612 dengan *p*-value  $0,005 < 0,05$  memiliki pengaruh positif terhadap kualitas hidup lansia.

**Kesimpulan :** Ada hubungan antara dukungan keluarga dengan kualitas hidup lansia di dusun Deresan Ringinharjo Bantul. Dukungan emosional paling berpengaruh terhadap kualitas hidup lansia.

**Kata Kunci :** Lansia, dukungan keluarga, kualitas hidup

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**RELATIONSHIP SUPPORT FAMILY WITH THE QUALITY OF LIFE  
ELDERLY USING SHORT-FORM 36 IN THE VILLAGE DERESAN  
RINGINHARJO BANTUL YOGYAKARTA**

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**ABSTRACT**

**Background:** Based on the 2000 census population of Indonesia, the number of elderly reached 15.8 million people, or 7.6%, in the year 2005 increased to 8.2%. While the year 2015 is estimated at 24.4 million people, or 10%. The number of the elderly population will lead to problems in the fields of health, social and economic. Percentage of the number of elderly in the province reached 14% in 2010 and is the highest number in Indonesia. After that followed that 11.16% of Central Java and South Sulawesi at 9.05%. Yogyakarta there are currently 43,800 older people or nearly 9% of the population

**Objective:** To know the relationship between support family with the quality of life of elderly and find the support that most affect the quality of life of elderly people in the village Deresan Ringinharjo Bantul.

**Methods:** This study *non-experimental* with design *Cross-sectional*. The experiment was conducted in the village Deresan Ringinharjo Bantul in July 2012. Technique sampling using *Total sampling*. This study was conducted with a guided interview and questionnaires. The instrument used is the family support and the Short Form-36 to 38 elderly. The analysis using *Chi-square* and test *Regression logistic*.

**Results:** The results showed a high family support most of the good quality of life as much as 20 elderly (52,6%), while the elderly are low partly supported poor quality of life as much as 8 people (21,1%). Results Chi-square obtained p-value of  $0,001 < \alpha (0,05)$ . Coefficient contingency of 0,387 indicates a low relationship closeness. Variable logistic regression emotional support has a beta coefficient 4,612 with p-value  $0,005 < 0,05$  has a positive influence on quality of life of elderly.

**Conclusion:** There is a relationship between support family with quality of life of elderly people in the village Deresan Ringinharjo Bantul. Support emotional the most influence on quality of life of elderly.

**Keywords:** Elderly, support family, quality of life

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