

GAMBARAN KEGIATAN POSYANDU LANSIA DI DESA JATIMULYO TEGALREJO YOGYAKARTA

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INTISARI

Latar Belakang: Posyandu lansia dapat membantu lansia untuk menyesuaikan diri dalam perubahan fase kehidupannya sehingga menjadi pribadi yang mandiri sesuai dengan keberadaannya. Kegiatan posyandu lansia di Desa Jatimulyo antara lain senam lansia setiap hari Minggu, penimbangan lansia setiap sebulan sekali minggu ke 1, jalan sehat setiap bulan minggu terakhir. Sistem 5 meja belum dilaksanakan secara menyeluruh.

Tujuan Penelitian: Diketuinya gambaran kegiatan posyandu lansia di Desa Jatimulyo Tegalrejo Yogyakarta.

Metode Penelitian: Jenis penelitian yang digunakan adalah observasional dengan pendekatan waktu *cross sectional*. Populasi dalam penelitian ini adalah posyandu lansia di wilayah Desa Jatimulyo Kecamatan Tegalrejo Yogyakarta berjumlah 7 posyandu. Teknik sampling menggunakan *total sampling*. Analisa data menggunakan analisis univariat.

Hasil Penelitian: Perkembangan posyandu lansia dengan kategori pratama terletak pada frekuensi kegiatan yang kurang dari 8 kali dalam 1 tahun dan penggunaan dana dari masyarakat kurang dari 50% yaitu posyandu Widosari 6. Perkembangan posyandu lansia dengan kategori madya terletak pada frekuensi kegiatan yang kurang dari 10 kali dalam 1 tahun dan penggunaan dana dari masyarakat kurang dari 50% yaitu posyandu Widosari 5. Perkembangan posyandu lansia dengan kategori mandiri mempunyai kegiatan lebih dari 10 kali dalam 1 tahun dan penggunaan dana dari masyarakat lebih dari 50% yaitu posyandu Widosari 1, Widosari 2, Widosari 3, Widosari 4 dan Widosari 7.

Kesimpulan: Kegiatan posyandu di Dusun Jatimulyo Kecamatan Tegalrejo Yogyakarta sebagian besar tergolong cukup yaitu 5 posyandu (71,4%).

Kata kunci : kegiatan posyandu lansia

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AN OVERVIEW OF POSYANDU ACTIVITIES FOR THE OLDER PEOPLE AT JATIMULYO TEGALREJO YOGYAKARTA

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ABSTRACT

Background: Posyandu for the elderly can help them to adapt to the change of their life so that they become an independent individual according to their existence. Activities of posyandu for the older people at Jatimulyo include elderly exercise every Sunday, weighing on the first week of the month, walk on the last week of the month. Five table system has not been fully implemented.

Objective: To get an overview of activities for the older people at Jatimulyo Subdistrict of Tegalrejo Yogyakarta.

Method: The study was the observational research with *cross sectional* approach. Population of the study was posyandu for the elderly at Jatimulyo Subdistrict of Tegalrejo Yogyakarta comprising as many as 7 posyandu. Sampling used total sampling technique. Data analysis used univariate method.

Result: The development of posyandu for the elderly with primary category that had less than eight activities a year and used public funding less than 50% was posyandu Widosari 6. The development of posyandu for the elderly with secondary category that had less than ten activities a year and used public funding less than 50% was posyandu Widosari 5. The development of posyandu for the elderly with independent category that had more than ten activities a year and used public funding more than 50% were posyandus Widosari 1, Widosari 2, Widosari 3, Widosari 4 and Widosari 7.

Conclusion: Posyandu activities at Jatimulyo Subdistrict of Tegalrejo Yogyakarta were mostly in adequate category, five posyandus (71.4%).

Keywords: posyandu activities, older people

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