

INTISARI

MOTIVASI IBU-IBU LANSIA DALAM MENGIKUTI SENAM LANSIA DI DUSUN BARONGAN DESA BANYUREJO TEMPEL SLEMAN YOGYAKARTA

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Latar Belakang : Penduduk Lansia dua tahun terakhir mengalami peningkatan yang signifikan tahun 2007, jumlah penduduk lansia sebesar 18,96 juta jiwa dan meningkat menjadi 20.547.541 pada tahun 2009. Badan kesehatan dunia WHO bahwa penduduk lansia di Indonesia pada tahun 2020 mendatang sudah mencapai angka 11,34% atau tercatat 28,8 juta orang, yang menyebabkan jumlah penduduk lansia terbesar di dunia. Kemajuan ilmu pengetahuan dan teknologi diharapkan dapat membawa dampak terhadap kesehatan dan kesejahteraan yang dapat mengatasi permasalahan pada lansia, salah satu kemajuannya yaitu diterapkan cara-cara hidup yang sehat seperti diselenggarakannya aktivitas-aktivitas lansia (posyandu lansia dan senam lansia)

Tujuan Penelitian : Mengetahui motivasi ibu-ibu lansia dalam Mengikuti senam lansia di Dusun Barongan Desa Banyurejo, Tempel Sleman Yogyakarta

Metode Penelitian : Menggunakan metode penelitian *deskriptif*. Penelitian ini dilakukan di Dusun Barongan Desa Banyurejo Tempel Sleman pada tanggal 8 juli 2012. Subyek penelitian adalah ibu-ibu lansia sebanyak 50 orang. Uji statistik menggunakan analisis *univariat*. Instrumen penelitian menggunakan *checklist*.

Hasil : Berdasarkan hasil penelitian motivasi ibu-ibu lansia yang mengikuti senam lansia di Dusun Barongan yaitu motivasi *instrinsik* dalam kategori cukup (66,7%).

Kesimpulan : Motivasi yang mendukung lansia mengikuti senam lansia di Dusun Barongan Desa Banyurejo, Tempel Sleman yaitu motivasi instrinsik mayoritas dalam kategori cukup sebanyak 24 (66,7%).

Kata Kunci : Motivasi ibu-ibu lansia dalam mengikuti senam lansia.

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ABSTRACT

MOTIVATION MOTHER - MOTHER ELDERLY IN DOING EXERCISE ELDERLY IN THE HAMLET BARONGAN VILLAGE BANYUREJO TEMPEL SLEMAN YOGYAKARTA

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Background: Population elderly two years last has increased significantly in 2007, the number of the population elderly of 18,96 million people and increased to 20.547.541 in 2009. World Health Organization WHO that the population elderly in Indonesia in 2020 has reached 11,34% or registered 28,8 million people, which led to the population elderly largest in the world. Advances in science and technology is expected to have an impact on the health and well-being that can overcome the problems in the elderly, one of the progress that is applied to the ways of healthy living activities such as the convening of the elderly (posyandu elderly and exercise elderly).

Research Objectives: Knowing the motivation of mothers elderly in doing exercise in the Hamlet Barongan Village Banyurejo, Tempel Sleman Yogyakarta.

Research Methods: Using methods research a descriptive. The research was conducted in the Hamlet Barongan village Banyurejo Tempel Sleman on 8 July 2012. The subjects study were mothers elderly as many as 50 people. Tests statistical using analysis univariate. Instrument research using a checklist.

Results: Based on our research motivation mothers elderly in doing exercise elderly in the hamlet Barongan the motivation of intrinsic in the category of adequate (66,7%).

Conclusion: The motivation to support elderly doing exercise elderly in teh hamlet Barongan village Banyurejo, Tempel Sleman the motivation intrinsic of the majority in a category quite as much as 24 (66,7%).

Keywords: Motivation mother elderly in the doing exercise elderly.

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