

Peran medical check up terhadap aktifitas fisik dasar lansia: studi panel kelompok lanjut usia 1993-2000

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Abstrak

Laporan Sidang Dunia Kedua tentang Lanjut Usia (2002) memperkirakan jumlah lansia di Indonesia menempati urutan ke empat terbesar di dunia dalam abad 21. SKRT 2001 menunjukkan angka disabilitas 88,9% lansia, termasuk disabilitas ringan, yang merupakan masalah besar bagi Indonesia. Di Amerika layanan kesehatan telah menurunkan angka disabilitas lansia dari 22,1% pada tahun 1984 menjadi 16% pada tahun 2002 (DHHS, 2003). Studi menggunakan data Indonesian Family Life Survey (SAKERTI) yang didisain panel di 13 provinsi dari tahun 1993 - 2000, dengan tiga kali pengambilan data. Studi bertujuan membuktikan hubungan antara medical check-up dengan pemeliharaan aktifitas fisik dasar pada lansia. Populasi dan sampel adalah pra-lansia aktif (aktif fisik dasar lansia) yang berusia 55 tahun atau lebih pada tahun 1993. Analisis yang digunakan adalah regresi logistik multi-level. Hasil studi didapatkan bahwa dari 1541 pra-lansia (pada tahun 1993), 1464 (89,54%) lansia masih dapat melakukan aktifitas fisik dasar pada tahun 2000. Angka insiden kejadian limitasi aktifitas fisik dasar sebesar 3,2/tahun, yang berarti dari 100 lansia sekitar 3 - 4 lansia akan mengalami disabilitas (memiliki limitasi aktifitas fisik dasar) setiap tahunnya. Hasil analisis mendapatkan bahwa rasio odds peran medical check-up terhadap aktifitas fisik dasar sebesar 1,85 (95% CI= 1,64 - 2,13) berarti lansia yang tidak melakukan medical check-up teratur berisiko mengalami disabilitas 1,85 kali dibandingkan dengan lansia yang melakukan medical check-up dengan teratur.

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The Effect of Medical Check-up and Basic Physical Activities Daily Living: Panel Study on among Indonesian Elderly 1993-2000. In the 21st Century, Indonesia becomes the fourth biggest ageing country in the World as reported by the Second World Assembly on Ageing (2002). The Indonesian Household Health Survey (2001) reported 88,9% of the elderly suffered from disability (including mild disability). In the US health services, medical check-up had significantly reduced disability from 22,1% in 1984 to 16% in 2002 (DHHS, 2003). The study has aims to confirm the relationship between medical check-up and basic physical activities daily living among elderly in Indonesia. Data used the Indonesian Family Life Survey. Those who were 55 years or older and active in 1993 were included for the study. In total, 1,541 were sampled. Multilevel logistic regression analyses were applied for modeling basic physical activities daily living. Among the sample, there were 1464 (89,54 %) in 2000 still active on basic physical activities daily living, and giving an incidence rate of 3.2% per year for limitation on basic physical activities daily living. This rate indicates that in a year, out of every 100 active elderly in Indonesia, between three and four elderly would have developed limited physical activity. The multivariate analysis showed that there were significant effects of medical check-up on maintaining in basic physical activities daily living among elderly (OR=1,85; 95% CI: 1,64 - 2,13). This suggests that elderly with routine medical check-up would have a chance to maintain their ability to perform daily activity almost twice compared to those who did not receive routine medical check-up.