

Hubungan Faktor Internal dan Eksternal dengan Keseimbangan Lansia di Desa Pamijen Sokaraja Banyumas = Internal and External Factors correlations to the Elderly balance in Desa Pamijen Sokaraja Banyumas

Ayu Andriyani Achmanagara, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20314857&lokasi=lokal>

Abstrak

ABSTRAK

Keseimbangan lansia dapat dipengaruhi oleh faktor internal (usia, jenis kelamin, pekerjaan, riwayat jatuh, aktivitas fisik, status nutrisi, hipotensi ortostatik, dan takut jatuh) dan faktor eksternal (lingkungan dan penggunaan alas kaki).

Penelitian bertujuan mengidentifikasi hubungan faktor internal dan eksternal dengan keseimbangan lansia. Penelitian menggunakan desain deskriptif korelasional pada 103 sampel melalui teknik proportional sampling. Hasil menunjukkan ada hubungan antara usia, pekerjaan, riwayat jatuh, hipotensi ortostatik, status nutrisi, takut jatuh dengan keseimbangan. Faktor internal lebih berhubungan dengan keseimbangan daripada faktor eksternal. Perawat komunitas disarankan untuk mendapat pelatihan tes keseimbangan atau timed up and go test (TUGT) dan pencegahan gangguan keseimbangan.

Abstract

The internal factors (age, sex, occupation, falls history, physical activity, nutritional status, orthostatic hypotension, fear of falling) and external factors (environment and footwear) affect the elders' balance. The study aimed to identify the correlation of internal and external factors to elders' balance. A descriptive correlation design was applied to 103 samples. It showed that age, occupation, history of falls, orthostatic hypotension, nutritional status, fear of falling correlated to the balance. The internal factors have more influence to elders' balance. A training of timed balance tests up and go test (TUGT) and prevention of balance disorders are suggested for community nurses.