

Needs Assessment Tingkat Perubahan Perilaku Aktifitas Fisik : Dalam Rangka Penerapan Self-Monitoring Program untuk Lanjut Usia di Panti Sosial Tresna Werdha Budhi Dharma Bekasi = Need Assessment of Behavioural Change Level of Physical Activity : Application of Self-Monitoring Program for Older Adults in the Charitable Institution of Tresna Werdha Budhi Dharma Bekasi

Budi Sarasati, author

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Abstrak

This focused of research is a physical activity needs for elders who lived in the charitable institution at Bekasi with objective to gain infomation regarding self-monitoring planning. This research are quantitative and qualitative research. It is categorized as explanatory stuvey, using hypothetical assessment that independent factors affected dependent factors. In the operational technique, this research used several methodological tools to assess subjects? physical activity level, social support, and self-efficacy. The samples are 67 persons. The data was collected using in-depth interview methods, and focus group discussion.

The result showed that only social support factor could affect the level of elder`s physical activity while self-efficacy was not affecting it. This study also found that physical health status ofthe respondent as confounding factor, which affecting social support factors in relation with physical activity level of the respondent. However qualitative methodology showed that both social support and self-efficacy aifected physical activity level of the respondent.

In conclusion, the self-monitoring program for elders could be implemented by taking social support and selfleliicacy factors into consideration. For next research, it needs bigger sample size, sensitive tools of methodology, and developing the form of self-monitori ng program.