

Efektivitas model kelompok keluarga mandiri untuk meningkatkan kualitas hidup lanjut usia di Masyarakat Wilayah DKI Jakarta = Effectiveness of independent family group model to improve the life quality of the elderly in the communities of Jakarta Areas

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Abstrak

Pemberdayaan keluarga melalui aktivitas kelompok sangat penting untuk meningkatkan kemampuan coping dalam mengatasi berbagai masalah yang dihadapi keluarga dalam merawat lansia. Tujuan penelitian yaitu memperoleh model kelompok keluarga mandiri yang efektif untuk mengurangi beban merawat dan meningkatkan kualitas hidup lansia.

Penelitian ini menggunakan desain riset operasional melalui tiga tahapan penelitian yaitu Tahap I : Identifikasi masalah dan kebutuhan melalui penelitian kualitatif dengan desain fenomenologi deskriptif dan triangulasi sumber data; Tahap II : pengembangan model kelompok keluarga mandiri hasil integrasi antara penelitian tahap 1, studi literatur dan konsultasi pakar; Tahap III : uji coba model dengan experiment with control group design. Strategi sampling menggunakan cluster multistage method dengan jumlah sampel sebanyak 196.

Hasil penelitian diperoleh : 1) Tahap I : diperoleh 15 tema; 2) Tahap II dihasilkan model kelompok keluarga mandiri dengan 4 modul dan buku kerja untuk pelaku rawat dan panduan bagi fasilitator dan supervisor; 3) Tahap III : terdapat perbedaan bermakna beban merawat, kemampuan merawat (pengetahuan, sikap dan keterampilan), kepuasan merawat, status kesehatan dan kualitas hidup lansia antar pengukuran (3 bulan dan 6 bulan sesudah intervensi model) diantara kelompok intervensi dan kelompok kontrol.

Kesimpulan, model kelompok keluarga mandiri efektif mengurangi beban merawat, meningkatkan kemampuan merawat, kepuasan merawat, status kesehatan dan kualitas hidup lansia.

Rekomendasi : 1) Replikasi model di seluruh wilayah Indonesia yang diintegrasikan pelaksanaannya dengan posyandu lansia; 2) Pelatihan berkelanjutan bagi perawat puskesmas dan kader lansia sebagai pendamping bagi pelaku rawat dalam merawat lansia di rumah; 3) Penelitian lanjut yaitu pengembangan model kelompok swabantu bagi lansia; grounded theory untuk membangun konsep beban.

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Empowering families through group activities is crucial to enhance coping skills in dealing with the various problems faced by families in caring for the elderly. The research objective was to obtain an independent family group model which was effective for reducing the burden of care and for improving the quality of life of the elderly.

This study used operational research design through three stages namely Stage I: Identification of problems and needs through qualitative research with descriptive phenomenology design and triangulation of data sources; Stage II: development of independent family group model resulting from integration of the results of stage 1 studies, literature studies and expert consultation; Stage III: Testing the model with the experiments with control group design. Sampling strategy used cluster multistage method with 196 samples.

Results of research were obtained: 1) Stage I: 15 themes were obtained, 2) Stage II independent model of a

family group with 4 modules and workbook for caregiver and guidance for facilitators and supervisors; 3) Stage III: there were significant differences in the burden of care, the care ability (knowledge, attitudes and skills), satisfaction of care, health status and quality of life of the elderly between measurements of (3 months and 6 months after the intervention model) between the intervention group and the control group. Conclusions, independent family group model effectively reduced the burden of care, improve care, satisfaction of care, health status and quality of life of the elderly.

Recommendations: 1) Replication models in all parts of Indonesia through integrated implementation with posyandu (integrated post) for the elderly; 2) ongoing training for nurses and health centers as a companion for the elderly cadres caregiver in caring for the elderly at home; 3) further research was the development of models of independent groups for the elderly; grounded theory to establish the concept of burden.