

# Efektivitas model keperawatan keluarga santun lansia dalam upaya peningkatan kualitas asuhan keluarga pada lansia di Depok, Jawa Barat = The effectiveness of the cordial older family nursing model in order to improve the quality of family care for older persons

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## Abstrak

Keperawatan Keluarga Santun Lansia sebagai pendekatan pemberdayaan keluarga dalam meningkatkan dukungan dan strategi koping keluarga, serta menurunkan beban keluarga dalam merawat lansia untuk melakukan perawatan secara optimal pada lansia. Tujuan penelitian yaitu memperoleh model keperawatan keluarga santun lansia dalam upaya peningkatan kualitas asuhan keluarga pada lansia.

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Penelitian ini menggunakan desain riset operasional melalui 3 (tiga) tahapan penelitian yaitu; Tahap I : Identifikasi masalah dukungan, strategi koping, beban keluarga dalam merawat lansia, status kesehatan lansia dan kejadian salah perlakuan pada lansia. dengan desain kuantitatif (cross-sectional) dengan jumlah sampel sebanyak 135; Tahap II : pengembangan model keperawatan keluarga santun lansia hasil integrasi penelitian tahap 1, studi literature dan konsultasi pakar; Tahap III : Uji coba model dengan quasideksperiment pre-post test with control group dengan jumlah sampel sebanyak 108.

Hasil penelitian diperoleh : 1) Tahap I : dukungan informasional dan strategi koping Acquiring Social Support adalah variabel dominan terjadinya salah perlakuan; 2) Tahap II dihasilkan model keperawatan keluarga santun lansia dengan modul, buku kerja dan kurikulum pelatihan; 3) Tahap III : terdapat perbedaan bermakna dukungan keluarga (dukungan informasional dan instrumental), strategi koping keluarga, dan salah perlakuan pada lansia antar pengukuran 3 bulan setelah penerapan model diantara kelompok intervensi dan kontrol.

Kesimpulan : model keperawatan keluarga santun lansia efektif meningkatkan dukungan informasional dan instrumental keluarga, meningkatkan penggunaan seluruh strategi koping keluarga, dan meningkatkan kemampuan keluarga untuk tidak melakukan salah perlakuan pada lansia.

Rekomendasi : 1) Replikasi model di seluruh Indonesia; 2) Pelatihan berkelanjutan bagi perawat, kader kesehatan dan pelaku rawat dalam merawat lansia di rumah; 3) Penelitian lanjutan yaitu mengidentifikasi lebih objektif mengenai beban pelaku rawat dalam merawat lansia, kualitas hidup lansia yang berkaitan dengan penerapan Model Keperawatan Santun Lansia, difokuskan pada dukungan informasional dan strategi koping Acquiring Social Support yang merupakan variabel yang dominan terhadap.

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The Cordial Older Family Nursing Model is a family empowerment approach in improving support and coping strategy, as well as reducing family burden in term of providing optimal care for older persons. The objective of this study was to establish The Cordial Older Family Nursing Model in order to improving family care of older persons.

This study used operational research design that passed through three steps of research. Step I: Identifying the problems of support, coping strategy, family burden in taking care of older person, the health status of

older person, and the incident of elderly abuse through cross-sectional study with 135 samples. Step II: The development of The Cordial Older Family Nursing Model, integrated result of step I of this study, and expert consultation. Step III: Validation of model utilized quasi-experiment pre-post test with control group, 108 samples. The result of this study, were as follows: 1.) Step I: informational of support and coping strategy Acquiring Social Support were predominant variable that provoked the incident of abuse. 2.) Step II: Module, workbook, and training curriculum for The Cordial Older Family Nursing Model were developed 3.) Step III: There were significant differences between family support (informational and instrumental), family coping strategy, and the incident of elderly abuse in 3-months-measurement after the implementation of model between intervention and control group.

Conclusion: The Cordial Older Family Nursing Model was able to promote informational and instrumental family support, family coping strategy, and improve family ability not to commit abuse in older persons.

Recommendation: 1.) Replication of the model to cities all over Indonesia; 2.) Continuous training for nurses, health cadre, and family caregivers in taking care homebound older adults; 3.) Advanced study that will provide the more objective assessment to identify family burden in taking care of older adults, Quality of Life (QoL) of older adults that is related to the implementation of The Cordial Older Family Nursing Model, the study should be more focused on informational support and coping strategy Acquiring Social Support that was determined as predominant variable towards the incident of abuse and the improvement of self help group for older persons.