

Hubungan antara self perception of aging dan gaya hidup sehat pada lansia = The relationship between self perception of aging and healthy lifestyle in older adults / Amalia Riska

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Abstrak

This research was conducted to study the relationship between self perception of aging and healthy lifestyle in older adults. This study hypothesized that self perception of aging correlates positively with healthy lifestyle. In order to understand that hypothesis, researcher has studied in 120 older adults using accidental sampling. Self perception of aging is measured using Attitude Toward Own Aging (ATOA) from Lawton (1975; in Mosser, Spagnoli, & Santos-Eggimann, 2011) and healthy lifestyle is measured using Health Enhancement Lifestyle Profile-Screener (HELP-Screener) from Hwang (2010). The result showed that the Pearson Correlation indicates self perception of aging correlates positively and significantly with healthy lifestyle. Some consideration in term of validity and reliability are still occurred in this study. Therefore, it is suggested to conduct item analysis and give additional instruction related time.

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Penelitian ini dilakukan untuk melihat hubungan antara self perception of aging dan gaya hidup sehat pada lansia. Penelitian ini memiliki hipotesis bahwa self perception of aging memiliki korelasi yang positif terhadap gaya hidup sehat. Untuk menguji hipotesis tersebut, peneliti melakukan studi terhadap 120 partisipan lansia dengan menggunakan teknik accidental sampling. Alat ukur self perception of aging yang digunakan adalah Attitude Toward Own Aging (ATOA) dari Lawton (1975; dalam Mosser, Spagnoli, & Santos-Eggimann, 2011) sedangkan alat ukur gaya hidup sehat yang digunakan adalah Health Enhancement Lifestyle Profile-Screener (HELP-Screener) dari Hwang (2010). Melalui teknik statistik Pearson Correlation, ditemukan bahwa self perception of aging berkorelasi positif dan signifikan dengan gaya hidup sehat. Meskipun begitu, penelitian ini memiliki beberapa kekurangan dalam hal validitas dan reliabilitas. Berdasarkan hasil temuan tersebut, peneliti menyarankan untuk penelitian selanjutnya dapat dilakukan analisis item dan pemberian instruksi terkait waktu pada kuesioner.