

Pengaruh intervensi keperawatan spiritual dan latihan chair yoga (SPILAGA) terhadap status fungsional dan kepuasan hidup lansia di Kota Depok = The effect of spiritual nursing intervention and chair yoga exercise on functional status and life satisfaction among older adults in Depok City / Yoga Kertapati

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Abstrak

ABSTRAK

Status fungsional adalah kemampuan individu untuk melakukan pemenuhan kebutuhan dan perawatan diri secara mandiri dalam aktivitas rutin sehari-hari. Status fungsional yang menurun berdampak pada penurunan kemandirian, sehingga lansia menjadi ketergantungan. Penelitian ini bertujuan untuk mengetahui pengaruh intervensi keperawatan spiritual dan latihan chair yoga selama 12 sesi latihan terhadap status fungsional dan kepuasan hidup lansia. Penelitian kuasi eksperimen dengan kelompok kontrol dengan sampel 42 lansia kelompok perlakuan dan 42 lansia kelompok kontrol. Teknik pengambilan sampel yang digunakan adalah simple random sampling. Hasil penelitian menunjukkan intervensi keperawatan spiritual dan latihan chair yoga berpengaruh signifikan meningkatkan status fungsional ($p=0,000$) dan kepuasan hidup ($p=0,000$). Hasil uji MANCOVA menunjukkan pengaruh intervensi keperawatan spiritual dan latihan chair yoga diperkuat oleh usia dan aktivitas fisik ($p=0,000$). Spiritual dan latihan chair yoga dapat meningkatkan status fungsional dan kepuasan hidup pada lansia secara signifikan. Intervensi keperawatan spiritual dan latihan chair yoga merupakan salah satu terapi komplementer sebagai upaya peningkatan status fungsional dan kepuasan hidup lansia yang dapat digunakan oleh perawat di masyarakat

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ABSTRACT

Functional status is an individual's ability to perform self intervention and activities of daily routine. The impact of functional status decreased on independence, so that the older people to dependency. The aim of this study to determine the effect of spiritual nursing intervention and chair yoga exercises on functional status and life satisfaction of older adults. The research design was quasi experimental with 42 subjects as intervention groups and 42 subjects as control groups. The simple random sampling was used. The results showed that spiritual nursing intervention and chair yoga exercises significantly effect to improve functional status ($p = 0.000$) and life satisfaction ($p = 0.000$). MANCOVA analyze that spiritual nursing intervention and chair yoga exercise were significantly increased with controled by age and physical activity ($p = 0.000$). Spiritual and chair yoga exercise can improve functional status and life satisfaction among older adults significantly. Spiritual nursing intervention and chair yoga exercise is an one of the complementary therapy as preventive effort to improve the functional status and life satisfaction among older adults can used by nurse in the community.