

# Implementasi model intervensi cegah gangguan keseimbangan tubuh untuk mempertahankan keseimbangan tubuh pada agregat lansia di kelurahan srengseng sawah jakarta selatan = The Implementation of an intervention model to prevent balance impairment for maintaining postural balance among older adults aggregates in srengseng sawah south jakarta

Stefanus Mendes Kiik, author

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## Abstrak

### <b>ABSTRAK</b><br>

Gangguan keseimbangan tubuh merupakan salah masalah kesehatan yang sering dialami oleh lansia. Masalah ini dapat mengakibatkan jatuh dan cedera bila tidak dicegah. Model intervensi cegah gangguan keseimbangan tubuh (Cegah lansia) merupakan bentuk intervensi keperawatan komunitas yang dapat mempertahankan keseimbangan tubuh lansia. Penulisan bertujuan memberikan gambaran pelaksanaan model intervensi keperawatan komunitas “cegah lansia” untuk mempertahankan keseimbangan tubuh dalam pelayanan keperawatan komunitas melalui integrasi teori dan model community as partner, family center nursing, konsekuensi fungsional dan fungsi manajemen pada kelompok lansia dengan gangguan keseimbangan di Kelurahan Srengseng Sawah, Jakarta Selatan. Hasil intervensi menunjukkan model intervensi cegah lansia berpengaruh signifikan dalam meningkatkan keseimbangan tubuh ( $p=0,000$ ), pengetahuan ( $p=0,000$ ), sikap ( $p=0,000$ ) dan keterampilan ( $p=0,000$ ). Model intervensi ini dapat meningkatkan keseimbangan tubuh pada lansia di komunitas. Hal ini memberi peluang bagi perawat kesehatan komunitas dalam pengembangan intervensi promotif dan preventif. Model intervensi ini aman, mudah, efektif dan murah bagi lansia di komunitas.

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### <b>ABSTRACT</b><br>

Balance impairment is one of health problem among older adults. This problem can lead to falls and injuries if not prevented. The intervention model to prevent balance impairment (as known as cegah lansia) is a community nursing intervention to maintain the postural balance among older adults. This report aimed to provide an overview of the implementation of nursing intervention and services project through the integration of the community as partner, family center nursing, functional consequences, and management function among older adults with balance impairment in Srengseng Sawah South Jakarta. The results of intervention showed cegah lansia intervention have a significant effect in improving the postural balance ( $p = 0.000$ ), knowledge ( $p = 0.000$ ), attitude ( $p = 0.000$ ) and skills ( $p = 0.000$ ). It concludes that the intervention model can improve postural balance among older adults in the community. That gives an opportunity for community health nurses to develop promotive and preventive interventions. It concludes that this intervention model for older adults is safe, easy, effective and inexpensive to older adults in the community.