

Hubungan status kognitif dengan status fungsional lansia di Kelurahan Pancoran Mas kota Depok = Correlation of cognitive states with functional of older people in Pancoran Mas Depok City

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Abstrak

ABSTRACT

Selama penuaan, lansia mengalami penurunan kemampuan yang dapat menyebabkan gangguan pada pemenuhan kebutuhan sehari-hari. Gangguan kemampuan yang dapat dialami lansia diantaranya status kognitif. Penelitian ini bertujuan untuk mengetahui hubungan status kognitif dengan status fungsional lansia di Kelurahan Pancoran Mas Kota Depok. Jumlah sampel sebanyak 108 lansia yang tinggal di Kelurahan Pancoran Mas dengan teknik proportional random sampling. Data dikumpulkan menggunakan kuesioner Mini Mental State Examination MMSE dan Instrumental Activity Daily Living IADL . Hasil penelitian menunjukkan bahwa ditemukan hubungan yang signifikan antara status kognitif dengan status fungsional lansia p value = 0,000; a = 0,05; OR = 37,000 . Hasil penelitian ini yaitu gangguan kognitif pada lansia dapat memberikan dampak lebih lanjut pada status fungsional lansia dan kualitas hidup lansia. Hendaknya, pelayanan kesehatan melalui instansi Puskesmas dan Posbindu dapat memberikan stimulasi kognitif dan mengajak lansia berpartisipasi pada lingkungan untuk menurunkan risiko kebergantungan lansia pada lingkungan.

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ABSTRACT

During aging, the elderly experience a decrease in ability that can cause disruption to the fulfillment of daily needs. Impaired ability that can be experienced by elderly include cognitive status. This study aims to determine the relationship of cognitive status with functional status of older people in Kelurahan Pancoran Mas Depok City.. The number of samples was 108 older people taken by proportional random sampling technique. Data were collected using Mini Mental States Examination MMSE and Instrumental Activity Daily Living IADL questionnaires. The results showed that there was significant correlation between cognitive states and functional status p value 0,000 a 0,05 OR 37,000 . The results of this study are cognitive impairment in the elderly can provide further impact on the functional status. The health services through Puskesmas and Posbindu should encourage elderly to participate in the environment to reduce the risk of functional impairment of older people on the community.