

# Efektifitas Model Keperawatan Pendampingan Berbasis Budaya Minang, Meningkatkan Kualitas Asuhan, Status Kesehatan, Kepuasan dan Kualitas Hidup Lansia di PSTW Sumbar = Effectiveness of Nursing Models : Culture-based Assistance to Improve Quality of Care, Health Status, Life of Satisfaction and Quality of Life, in The Institutional-care of West Sumatera

Rika Sabri, author

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## Abstrak

Rendahnya kualitas hidup lansia di PSTW belum mendapatkan perhatian dari berbagai pihak, sementara keinginan lansia tinggal di panti semakin meningkat di Sumbar. Salah satu penyebab adalah pergeseran nilai budaya perawatan lansia di keluarga. Tujuan penelitian untuk memperoleh model keperawatan pendampingan lansia berbasis budaya minang, untuk meningkatkan kualitas asuhan, status kesehatan, kepuasan dan kualitas hidup lansia di panti. Disain penelitian yang digunakan riset operasional, terdiri dari tiga tahap. Tahap I: identifikasi dasar pengembangan model, melalui metode campuran dengan desain etnografi terfokus dan desain deskriptif. Tahap II: pengembangan model keperawatan pendampingan lansia berbasis budaya merupakan integrasi tema tahap 1, studi literatur dan konsultasi pakar; Tahap III: uji coba model dengan *quasi experiment with control group design*. Jumlah sampel kelompok intervensi 52 orang, dan 51 orang kelompok kontrol. Hasil penelitian tahap I: kompetensi budaya, perilaku merawat, status kesehatan, kepuasan dan kualitas hidup status masih rendah (kurang 50%), penelitian kualitatif diperoleh 19 tema; tahap II, dihasilkan model pendampingan lansia berbasis budaya minang dilengkapi 3 modul, 1 buku kerja, dan panduan bagi komponen model; tahap III: intervensi berhasil meningkatkan kualitas asuhan, status kesehatan, kepuasan dan kualitas hidup lansia di PSTW Sumbar. Kesimpulan: model memiliki efektifitas intervensi tertinggi pada kualitas asuhan (komunikasi, kebersihan dan pelayanan), kualitas hidup (spiritualitas), status kesehatan, kepuasan hidup, kompetensi budaya dan perilaku merawat. Rekomendasi: 1) model dapat dipakai di PSTW di wilayah lain diluar Sumbar dengan melakukan penyesuaian; 2) Pendidikan dan pelatihan berkelanjutan bagi seluruh staf panti; 3) Penelitian lanjutan yaitu pengembangan instrument kompetensi budaya untuk petugas panti.

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The low quality of life of the elderly at PSTW has not received much attention from various parties, while the desire of the elderly to live in the institution has increased in West Sumatra. This happened because of the shift in the value of the elderly care culture in the family. The aim of the study was to obtain a nursing assistance model for elderly people based on Minang culture, to improve the quality of care, health status, satisfaction and quality of life for elderly people at the orphanage. Research uses the operational research design, which consists of three stages. Stage I: identification of basic model development, through mixed research with focused ethnographic design and descriptive design. Stage II: development of a culture-based elderly mentoring nursing model is the integration of the theme of stage 1, literature study and expert consultation; Stage III: trial model with quasi experiment with control group design. The number of samples in the intervention group was 52 people, and 51 were control groups. The results of phase I research: cultural competence, caring behavior, health status, satisfaction and quality of life status are still low (50%

less), qualitative research obtained 19 themes; phase II, produced an elderly mentoring model based on Minang culture equipped with 3 modules, 1 workbook, and guidance for model components; stage III: the intervention managed to improve the quality of care, health status, satisfaction and quality of life of the elderly in West Sumatra PSTW. Conclusion: the model has the highest effectiveness of intervention on the quality of care (communication, cleanliness and service), quality of life (spirituality), health status, life satisfaction, cultural competence and caring behavior. Recommendations: 1) the model can be used in PSTW in other regions outside of West Sumatra by making adjustments; 2) Continuous education and training for all nursing staff; 3) Further research is the development of cultural competency instruments for nursing staff.