

## Frailty dan faktor-faktor yang memengaruhi pada orang usia lanjut di Panti Wreda di Tangerang Selatan = Frailty and influencing factors on the Elderly at Nursing Homes in South Tangerang

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### Abstrak

**Latar Belakang.** Semakin meningkatnya rerata usia harapan hidup penduduk Indonesia akan menyebabkan populasi orang usia lanjut yang frail meningkat. Sindrom frailty merupakan prediktor semua penyebab kematian pada orang usia lanjut di panti wreda. Selain itu, faktor yang berhubungan terhadap frailty antara orang usia lanjut di panti wreda dengan di komunitas juga berbeda. Sampai saat ini, belum ada penelitian mengenai faktor ini pada orang usia lanjut di panti wreda di Indonesia.

**Tujuan.** Mengetahui faktor-faktor yang berhubungan terhadap sindrom frailty pada orang lanjut usia di panti wreda

**Metode.** Studi ini menggunakan metode potong lintang. Menggunakan data sekunder dari penelitian besar mengenai performa fisik dan status nutrisi orang usia lanjut di panti wreda di provinsi Banten. Penelitian tersebut dilakukan di 5 panti wreda di Tangerang. Variabel independen terdiri dari usia, tingkat aktivitas fisik, status kognitif, status nutrisi, gejala depresi, komorbiditas, dan kualitas hidup terkait kesehatan. Sistem skor frailty berdasarkan CHS untuk menentukan fit, pre-frail dan frail. Hubungan variabel independen dengan frailty dianalisis secara bivariat menggunakan uji Chi-Square dan secara multivariat menggunakan regresi logistik.

**Hasil.** Didapatkan 105 subjek dengan rerata usia 74,88 (SB 7,61) tahun, median skor PASE 170 kkal/minggu, kekuatan genggam tangan 16 kg, indeks EQ-5D 76, EQ-5D VAS 70, dan rerata kecepatan berjalan 0,66 (SB 0,34) m/s. Proporsi subjek yang tergolong fit/ robust 1%, pre-frail 52,4% dan frail 46,7%. Faktor-faktor yang berhubungan dengan sindrom frailty adalah malnutrisi OR 4,81 (IK 95% 1,93 12,00) dan kualitas hidup OR 4,79 (IK 95% 1,92 11,98).

**Kesimpulan.** Proporsi kelompok orang usia lanjut di panti wreda, yang tergolong fit/ robust 1%, pre-frail 52,4% dan frail 46,7%. Faktor-faktor yang berhubungan dengan sindrom frailty adalah malnutrisi dan kualitas hidup terkait kesehatan.

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**Background.** Along with the increasing average life expectancy of the Indonesian population, the elderly population who are frail will increase too. Frailty syndrome is a predictor of the all caused mortality in the elderly in nursing homes. In addition, there are also differences in factors related to frailty between the elderly in nursing homes and the elderly in the community. Until now, there has been no research on the factors associated with frailty syndrome in the elderly in nursing homes in Indonesia.

**Objective.** Knowing the factors associated with frailty syndrome in the elderly in nursing homes.

**Methods.** This study uses a cross-sectional method. Using secondary data from large studies of the physical performance and nutritional status of the elderly in nursing homes in Banten province. The study was conducted at 5 nursing homes in Tangerang. Independent variables consist of age, physical activity level, cognitive status, nutritional status, depressive symptoms, comorbidities, and health-related quality of life. The frailty score system is based on the CHS to determine fit, pre-frail and frail. The relationship between

independent variables with frailty was analyzed bivariately using the Chi-Square test and multivariately using logistic regression.

Results. There were 105 subjects with a mean age of 74.88 (SD 7.61) years, median score of PASE 170 kcal/week, handgrip strength 16 kg, EQ-5D 76, EQ-5D VAS 70, and average walking speed 0,66 (SD 0,34) m/s. Proportion of subjects classified as fit/ robust 1%, pre-frail 52.4 % and 46.7% frail. Factors associated with frailty syndrome are malnutrition OR 4.81 (95% CI 1.93 - 12,00) and health-related quality of life OR 4.79 (95% CI 1,92 - 11,98).

Conclusion. Proportion of elderly groups in nursing homes, which are classified as fit/robust 1%, pre-frail 52.4% and frail 46.7%. Factors associated with frailty syndrome are malnutrition and health-related quality of life.