

# Efektivitas Model Keperawatan Keluarga Peduli Demensia (KEDUSIA-RSM) Berbasis Android terhadap Kemampuan, Beban Merawat, dan Kepuasan Keluarga serta Fungsi Kognitif dan Pengendalian Faktor Risiko Demensia pada Lansia di DKI Jakarta = The Effectiveness of Model KEDUSIA-RSM Based on Android against Ability, Caregiver Burden, and Family Satisfaction and Cognitive Function & Dementia Risk Management for Older People in DKI Jakarta

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## Abstrak

Lansia dengan demensia dapat menjadi beban bagi keluarga. Mengenal faktor risiko demensia dapat mencegah perburukan Intervensi keperawatan keluarga melalui aplikasi android pada era digital sangatlah penting untuk meningkatkan kemampuan coping keluarga dalam merawat lansia. Tujuan penelitian adalah memperoleh model keperawatan Keluarga Peduli Demensia – Raden Siti Maryam (KEDUSIA-RSM) berbasis android yang efektif untuk meningkatkan kemampuan keluarga, kepuasan keluarga, fungsi kognitif dan pengendalian faktor risiko demensia pada lansia serta menurunkan beban merawat keluarga. Penelitian ini menggunakan desain riset operasional melalui 2 tahapan yaitu Tahap 1 : pengembangan model hasil integrasi antara studi pendahuluan, studi literatur dan konsultasi pakar dan Tahap 2 : uji coba model dengan desain pre dan post tes dengan kelompok kontrol. Strategi pengambilan sampel menggunakan kluster gugus bertahap dengan jumlah sampel sebanyak 156 yaitu 79 keluarga kelompok intervensi dan 77 keluarga kelompok kontrol. Hasil penelitian diperoleh: 1) Tahap I dihasilkan model keperawatan KEDUSIA-RSM berbasis android, buku pegangan untuk keluarga dan aplikasi android KEDUSIA-RSM; 2) Tahap II : terdapat perbedaan bermakna rerata kemampuan merawat keluarga (pengetahuan, sikap, keterampilan) dan kepuasan merawat antar pengukuran (sebelum, 2 bulan dan 4 bulan setelah intervensi model) pada kelompok intervensi ( $p$  value  $< 0,05$ ; repeated measure ANOVA); terdapat perbedaan bermakna rerata fungsi kognitif dan pengendalian faktor risiko demensia antara kedua kelompok pada pengukuran sebelum dan sesudah 4 bulan ( $p$  value  $< 0,05$ ; uji t dua sampel bebas). Kesimpulan: model keperawatan KEDUSIA-RSM efektif meningkatkan kemampuan, kepuasan merawat, fungsi kognitif dan pengendalian faktor risiko demensia lansia serta menurunkan beban merawat keluarga. Rekomendasi: 1) Replikasi model 2) Pelatihan berkelanjutan bagi perawat Puskesmas, kader lansia, dan keluarga 3) Penelitian lanjutan yaitu pengembangan aplikasi berbasis iOS atau web.

.....Elderly people with dementia can be a burden to the family. Recognizing risk factors for dementia can prevent progressivity. Family nursing interventions through android applications in the digital era are very important to improve family coping skills in caring for elderly with dementia risk factors. The research objective was to obtain an android-based model of KEDUSIA-RSM which is effective for improving family ability, family satisfaction, cognitive function and controlling for dementia risk factors in the elderly, and decrease caregiver burden. This study uses an operational research design through 2 stages, namely Stage 1: the development of the integration result model between the preliminary study, literature study and expert consultation and Phase 2: the model trial with the pre and post test design with the control group. The

sampling strategy used a multistage cluster with a total sample size of 156, namely 79 families in the intervention group and 77 families in the control group. The results of the research were: 1) Phase I produced application based KEDUSIA-RSM nursing model, handbook for family and its application; 2) Phase II: there is a significant difference in the average ability to care for the family (knowledge, attitudes, skills) and care satisfaction between measurements (before, 2 months and 4 months after the model intervention) in the intervention group (p value <0.05; repeated measure ANOVA) There was a significant difference in the mean cognitive function of the elderly and controlling risk factors for dementia between the two groups in the measurement before and after 4 months (p value <0.05; independent t-test). Conclusion: The KEDUSIA-RSM nursing model is effective in increasing the ability to care for and satisfaction in caring as well as improving cognitive function and controlling risk factors for dementia in the elderly. Recommendations: 1) Model replication; 2) Continuous training and assistance for puskesmas nurse, elderly cadres, and family caregiver; 3) Further research, namely web/ iOS-based application development.