

Hubungan Dukungan Keluarga dengan Keaktifan Lansia Datang ke Posyandu di Wilayah Kerja Puskesmas Karang Baru = Relationship between Family Support and Elderly Activeness Coming to The Posyandu in The Karang Baru Health Center Working Area

Elvira Sahara, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920579155&lokasi=lokal>

Abstrak

Keaktifan lansia datang ke posyandu memiliki peran penting bagi kesehatan lansia. Dalam hal ini faktor yang mempengaruhi keaktifan lansia adalah dukungan keluarga. Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dengan keaktifan lansia datang ke posyandu. Melalui penggunaan desain kuantitatif korelatif melalui pendekatan cross-sectional dengan sampel 370 lansia secara random sampling, menggunakan kuesioner dukungan keluarga dan daftar hadir lansia di posyandu. Penelitian ini menunjukkan bahwa adanya hubungan yang signifikan antara dukungan keluarga dengan keaktifan lansia dalam menghadiri posyandu ($p < 0,05$). Peran penting keluarga sebagai pendukung moral dan fasilitator utama dalam menjaga kesehatan lansia melalui penyediaan layanan kesehatan yang teratur. Diperlukan penguatan peran keluarga dalam membantu lansia memanfaatkan posyandu lansia melalui dukungan emosional, instrumental, informasi dan penghargaan sehingga dapat meningkatkan kesehatan dan kualitas hidup lansia.The activeness of the elderly coming to the posyandu has an important role for the health of the elderly. In this case, the factor that influences the activeness of the elderly is family support. This study aims to determine the relationship between family support and the activeness of the elderly to come to the posyandu. Through the use of correlative quantitative design through a cross-sectional approach with a sample of 370 elderly by random sampling, using a family support questionnaire and a list of elderly attendance at posyandu. This study shows that there is a significant relationship between family support and the activeness of the elderly in attending posyandu ($p < 0.05$). The important role of the family as a moral supporter and the main facilitator in maintaining the health of the elderly through the provision of regular health services. It is necessary to strengthen the role of the family in helping the elderly utilise the elderly posyandu through emotional, instrumental, informational and appreciation support so as to improve the health and quality of life of the elderly.