

Hubungan postur kifosis dengan risiko jatuh pada kelompok usia lanjut studi potong lintang pada pusat santunan keluarga pusaka di Jakarta = Relationship between kyphotic posture with risk of fall in elderly cross sectional study at pusat santunan keluarga pusaka in Jakarta / Putri Alfaridy

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Abstrak

**ABSTRAK**

Mengetahui hubungan antara derajat postur kifosis melalui pengukuran JOD (Jarak oksiput – dinding) dengan risiko jatuh melalui penilaian BBS (Berg Balance Scale) pada usila.

Metode: Desain penelitian adalah deskriptif analitik potong lintang. Subjek usila sehat umur 60 tahun dan lebih, binaan lembaga non-panti PUSAKA (Pusat Santunan Keluarga) di Jakarta dengan sistem pengambilan wilayah non-random, selama Desember 2012 hingga Maret 2013. Pengambilan sampel berdasarkan consecutive sampling. Sampel yang memenuhi kriteria penerimaan kooperatif, ambulasi mandiri dan menandatangani lembar persetujuan) diukur derajat kifosisnya dengan JOD dan dinilai risiko jatuhnya dengan BBS. Hasil: Sebanyak 90 usila dianalisis. Didapatkan lebih banyak kelompok usila muda 60 – 74 tahun (73,3%) dengan jenis kelamin perempuan (87,8%), rerata IMT 22,3 (5) kg/m<sup>2</sup>, memiliki status pendidikan dasar (53,3%), tidak bekerja dalam hal ini sebagai ibu rumah tangga (73,3%), tidak depresi (93,3%), aktivitas harian mandiri (88,9 %) dan tidak memiliki riwayat jatuh (73,3%).

Terdapat perbedaan risiko jatuh diantara ketiga kelompok kifosis ( $p < 0,001$ ). Analisis post hoc mendapatkan bahwa risiko jatuh pada kelompok kifosis ringan lebih rendah bermakna daripada kelompok kifosis sedang dan berat.

Terdapat perbedaan risiko jatuh yang bermakna diantara ketiga derajat kifosis pada kelompok usila perempuan, tidak ada riwayat jatuh, rentang usia 60 – 74 tahun, IMT kurang, tidak depresi dan aktivitas harian mandiri.

Simpulan: Terdapat perbedaan risiko jatuh diantara kelompok derajat kifosis ringan, sedang dan berat.

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**ABSTRACT**

To know the relationship between the degree of kyphotic posture through measurement of OWD (occiput – wall distance) with the risk of fall through the assessment of BBS (Berg Balance Scale) in the elderly.

Methods: The design of the study was cross sectional analitic descriptive. The subjects were healthy elderly aged 60 years and above, who became a caring of PUSAKA (Pusat Santunan Keluarga) in Jakarta with a non randomized system to took of the areas, during December 2012 to March 2013. Samples obtained upon consecutive sampling. Samples

who meet the inclusion criterias (cooperative, ambulate independently and signed an approval sheet) carried out kyphotic measurement with OWD and risk of fall assessment with BBS.

Results: There were 90 subjects who analyzed. Researcher found that younger elderly 60 – 74 years old about 73,3%, females 87,8%, mean Body mass Index 22,3 (5) kg/m<sup>2</sup>, basic educational status 53,3%, as a housewife 73,3%, no depression 93,3%, independent daily activity 88,9% and no history of fall 73,3%.

There are differences the risk of fall among the three groups of kyphosis ( $p < 0,001$ ). Post hoc analysis has been said that risk of fall in the mild kyphosis are lowest than moderate and severe kyphosis.

There are statistically significant in differences of the risk of fall among the three groups of kyphosis in the elderly who are woman, no risk of fall's history, age 60 – 74 years old, underweight, no depression and independent daily activity.

Conclusions: There are difference risk of fall among mild, moderate and severe degree of kyphosis