

Hubungan home safety dengan risiko jatuh pada lansia di DKI Jakarta = Relation between home safety and risk of fall among the community- dwelling older adults in Jakarta

Dyan Senja Rachmawati, author

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Abstrak

ABSTRAK

Kejadian jatuh pada lansia dapat dicegah dengan cara meningkatkan home safety. Penelitian ini bertujuan untuk mengetahui hubungan home safety dengan risiko jatuh pada lansia di Jakarta. Desain penelitian menggunakan desain cross-sectional dengan teknik probability cluster sampling dengan jumlah sampel sebesar 111 lansia (rerata = 67 tahun) menggunakan instrumen Home Falls and Accident Screening Tool (HOME-FAST) dan Morse Falls Scale (MFS). Pengambilan data menggunakan teknik pengisian kuesioner. Uji statistik yang digunakan adalah Uji Chi-Square. Hasil penelitian menunjukkan bahwa secara statistik tidak ada hubungan bermakna antara home safety dengan risiko jatuh pada lansia ($p=0,935, \pm=0,05$). Hal ini terjadi karena lansia tinggal di rumah dalam jangka waktu yang lama sehingga lansia memiliki kemampuan adaptasi terhadap lingkungan. Perawat komunitas perlu mengedukasi keluarga untuk meningkatkan keamanan lingkungan rumah bagi lansia.

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ABSTRACT

Fall among older adults can be prevented by improving home safety. The purpose of this study is to determine relationship between home safety with the risk of fall among the community-dwelling older adults in Jakarta. This study used a cross-sectional design and probability cluster sampling technique, with a total sample of 111 older adults (mean = 67 years old) using the Home Falls instrument and Accident Screening Tool (HOME-FAST) and Morse Falls Scale (MFS). Respondents filled out the questionnaire for data collection. The statistical test used is Chi-Square Test. The results showed that there was no significant relationship between home safety and the risk of fall among the community-dwelling older adults statistically ($p = 0.935, \pm = 0.05$). This is occurred because the older adults stay at home for long periods of time so that the older adults have the ability to adapt to the environment. Community nurses have to educate families of the older adults about the importance to improve the safety of home environment for the older adults.