

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 KEPERAWATAN
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Hubungan Kemandirian Lansia Dalam Pemenuhan *Instrumental Activity of Daily living (IADL)* Dengan Kualitas Hidup Lansia di Puskesmas Rowotengah Kabupaten Jember.

Xvii + 98 halaman + 2 gambar + 12 tabel + 19 lampiran

Abstrak

Latar Belakang: Proses penuaan normal terjadi pada lansia yang memasuki usia 60 tahun keatas yang mengalami berbagai penurunan baik dari segi fisik, psikis, sosial, ekonomi, budaya, dan spiritual. Penurunan aktivitas sehari-hari pada lansia terjadi karena penurunan fungsi, salah satu faktor utama penurunan lansia mengalami ketergantungan pada kemampuan status fungsionalnya adalah penurunan fungsi kognitif, sehingga dapat mempengaruhi kemandirian lansia dalam mempertahankan hidup, kesehatan, kesejahteraan, dan pemenuhan *Instrumental Activity of Daily Living (IADL)*. **Tujuan:** Tujuan penelitian ini adalah untuk mengetahui hubungan kemandirian lansia dalam pemenuhan *Instrumental Activity of Daily Living (IADL)* dengan kualitas hidup lansia. **Metode:** penelitian menggunakan *korelasional* dengan pendekatan *cross sectional*. Populasinya adalah seluruh lansia yang ada di wilayah kerja Puskesmas Rowotengah sejumlah 241 lansia, sedangkan sampelnya berjumlah 54 lansia diambil dengan menggunakan *cluster random sampling*. **Hasil:** penelitian diperoleh $p\text{ value} = 0,000$ dengan nilai $\alpha = 0,05$ dan $r = 0,946$, hal ini menunjukkan ada hubungan antara kemandirian lansia dalam pemenuhan *Instrumental Activity of Daily Living (IADL)* dengan kualitas hidup lansia di Puskesmas Rowotengah Kabupaten Jember. Kemandirian lansia dalam pemenuhan *Instrumental Activity of Daily Living (IADL)* semakin meningkat maka semakin meningkat kualitas hidup lansia. **Kesimpulan:** Diharapkan kepada keluarga dan masyarakat menjaga kesehatan lansia maupun status fungsionalnya sehingga lansia dapat aktif melakukan kegiatan sehari-hari dengan baik.

Kata Kunci: Lansia, Kemandirian, *Instrumental Activity of Daily Living (IADL)*, kualitas hidup

Daftar Pustaka: 2019 - 2024

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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The Relationship between Elderly Independence in Fulfilling Instrumental Activities of Daily Living (IADL) and the Quality of Life of the Elderly at the Rowotengah Health Center, Jember Regency

Xvii + 98 page + 2 image + 12 table + 19 appendix

Abstract

Background: The normal aging process occurs in elderly people who enter the age of 60 years and over experiencing various declines both physically, psychologically, socially, economically, culturally and spiritually. The decline in daily activities in the elderly occurs due to a decline in function. One of the main factors in the decline in elderly people experiencing dependence on their functional status abilities is a decline in cognitive function, so that it can affect the independence of the elderly in maintaining life, health, well-being and fulfilling the Instrumental Activity of Daily Living (IADL). **Objective:** The aim of this research is to determine the relationship between elderly independence in fulfilling the Instrumental Activities of Daily Living (IADL) and the quality of life of elderly people. **Method:** research using correlational with a cross sectional approach. The population is all elderly people in the working area of the Rowotengah Health Center, totaling 241 elderly people, while the sample of 54 elderly people was taken using cluster random sampling. **Results:** the research obtained p value = 0.000 with a value of $\alpha = 0.05$ and $r = 0.946$, this shows that there is a relationship between the independence of the elderly in fulfilling the Instrumental Activity of Daily Living (IADL) and the quality of life of the elderly at the Rowotengah Health Center, Jember Regency. The independence of the elderly in fulfilling the Instrumental Activities of Daily Living (IADL) increases, the quality of life for the elderly increases. **Conclusion:** It is hoped that families and communities will maintain the health of the elderly and their functional status so that the elderly can be active in carrying out daily activities well.

Keywords: Elderly, Independence, Instrumental Activities of Daily Living (IADL), Quality of life
Bibliography: 2019 – 2024