

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

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Sofiana Jamilia

Hubungan Keaktifan Lansia Berkunjung Ke Posyandu Lansia Dengan Kualitas Hidup Lansia Di Puskesmas Mumbulsari

Xv + 98 halaman + 1 bagan + 5 tabel + 1 gambar + 19 lampiran

ABSTRAK

Keaktifan lansia dalam mengikuti kegiatan posyandu lansia memiliki peran penting dalam menjaga kualitas hidup mereka. Penelitian ini bertujuan untuk menganalisis hubungan antara keaktifan lansia berkunjung ke posyandu lansia dengan kualitas hidup lansia di Puskesmas Mumbulsari. Desain penelitian yang digunakan adalah deskriptif korelatif dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 100 lansia yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui kuesioner, kemudian dianalisis menggunakan uji Spearman Rho. Hasil penelitian menunjukkan bahwa dari 100 responden, 80% lansia termasuk dalam kategori aktif berkunjung ke posyandu, dan 60% memiliki kualitas hidup baik. Analisis statistik menunjukkan adanya hubungan signifikan antara keaktifan lansia berkunjung ke posyandu dengan kualitas hidup mereka ($p\text{-value} = 0,001$; $r = 0,711$). Dengan demikian, semakin aktif lansia dalam mengikuti kegiatan posyandu, semakin baik kualitas hidup mereka. Penelitian ini merekomendasikan peningkatan edukasi kesehatan dan dukungan keluarga agar mendorong lansia lebih aktif berpartisipasi dalam kegiatan posyandu guna meningkatkan kualitas hidup mereka.

Kata kunci: Lansia, Keaktifan Posyandu, Kualitas Hidup

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ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Sofiana Jamilia

The Relationship Between Elderly Activeness in Visiting Elderly Posyandu and Their Quality of Life at Mumbulsari Public Health Center

XV + 98 pages + 1 chart + 5 tables + 1 figure + 19 appendices

ABSTRACT

The activeness of elderly individuals in participating in elderly posyandu (integrated healthcare services) plays a crucial role in maintaining their quality of life. This study aims to analyze the relationship between the activeness of elderly visits to posyandu and their quality of life at Mumbulsari Public Health Center. The research design used was descriptive-correlative with a cross-sectional approach. The sample consisted of 100 elderly individuals selected through accidental sampling techniques. Data were collected using questionnaires, then analyzed using the Spearman Rho test. The results showed that out of 100 respondents, 80% were categorized as active in attending posyandu, and 60% had a good quality of life. Statistical analysis revealed a significant relationship between the activeness of elderly posyandu visits and their quality of life ($p\text{-value} = 0.001$; $r = 0.711$). Thus, the more active the elderly are in participating in posyandu activities, the better their quality of life. This study recommends enhancing health education and family support to encourage elderly individuals to be more actively involved in posyandu activities to improve their quality of life.

Keywords: Elderly, Posyandu Activeness, Quality of Life

Bibliography 32 (2016-2025)