

Abstrak

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Hubungan Tingkat Kemandirian *Activity of Daily Living* (ADL) dengan Kulaitas Hidup Lansia di UPT PSLU Jember, 2016.

xiv + 84 hal + 1 bagan + 13 tabel + 17 lampiran

Abstrak

Kemampuan lansia untuk melakukan *activity of daily living* berpengaruh terhadap kualitas hidup lansia yang dihubungkan dengan kesehatan, kemandirian dan kemampuan fungsional. Tujuan penelitian ini untuk mengetahui hubungan tingkat kemandirian *activity of daily living* dengan kualitas hidup lansia di UPT PSLU Jember. Desain penelitian ini menggunakan penelitian korelasional dengan pendekatan *cross sectional*. Populasi penelitian ini adalah lansia berusia 70-75 tahun di UPT PSLU Jember dengan sampel 35 lansia yang diambil secara *Purposive Sampling*. Kuesioner yang digunakan adalah indeks Barthel dan kuesioner OPQOL. Uji statistik menggunakan uji *Spearman Rank*. Hasil penelitian didapatkan tingkat kemandirian *activity of daily living* pada lansia di UPT PSLU Jember sebagian besar adalah mandiri yaitu sebanyak 20 lansia (57,15%). Kualitas hidup lansia di UPT PSLU Jember sebagian besar memiliki kualitas hidup sedang yaitu sebanyak 30 lansia (85,71%). Berdasarkan uji statistik didapatkan hasil $p\ Value\ 0,000 < \alpha, 0,05$ dengan koefisien korelasi $r = 0,732$ yang berarti terdapat hubungan positif yang kuat antara tingkat kemandirian *activity of daily living* dengan kualitas hidup lansia di UPT PSLU Jember. Petugas kesehatan diharapkan dapat melibatkan lansia dalam aktivitas fisik untuk menjaga kesehatan fisik lansia sehingga lansia aktif dan mandiri dalam melakukan *activity of daily living* yang dapat meningkatkan status kualitas hidup lansia.

Kata Kunci : *Activity of Daily Living*, Kualitas Hidup, Lansia
Daftar Pustaka 29 (2006 – 2015)

Abstract

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The corelation of independent level in daily living activity with the quality of elderly life in UPT PSLU of Jember, 2016.

xiv + 84 page + 1 design + 13 table + 17 appendix

Abstract

The capability of elderly for doing activity of daily living have effect for the quality of elderly life which strongly related of physic sanitary, independent, and fungsional skill. The purpose of the research is to know how the corelation of independent level in daily living activity with the quality of elderly life in UPT PSLU of Jember. The design of the research using a corelational study with cross sectional approach. The populations of the research is elderly 70-75 years old in UPT PSLU of Jember with the sample 35 elderly that take in purposive sampling. The questionnaire used is the barthel indeks and OPQOL questionnaires. Statistic test used Spearman Rank statistic. The result of the research get independent level of daily living activity for elderly in UPT PSLU of Jember, the most of them is independent is twenty elderly (57,15%). The quality of elderly life in UPT PSLU of Jember is the most has meredium quality of life is thirty eldrly (85,71%). Based on the statistic test get result p Value $0,000 < \alpha 0,05$ with the coefisient corelation $r = 0,732$ its mean that there is the positive corelation and strength corelations of independent level in daily living activity with the quality of elderly life in UPT PSLU of Jember. Health workes are expected to be including elderly in physical activity to keep the physical health of elderly so that elderly active and independent in doing activity of daily living that can be increase status in quality of elderly life.

*The key word : Activity of Daily Living, Quality of Life, Elderly.
Reference 29 (2006 – 2015)*