

## ABSTRAK

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Strategi Modifikasi Lingkungan Dalam Upaya Meminimalkan Risiko Jatuh Pada Lansia Di UPT PSTW Jember.

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### Abstrak

**Latar Belakang:** Lansia berusia 60 tahun ke atas mengalami penurunan fungsi fisik dan keseimbangan akibat proses degeneratif, sehingga berisiko tinggi mengalami jatuh yang dapat menyebabkan cedera serius, penurunan kualitas hidup, hingga kematian. Data menunjukkan 30-50% lansia mengalami jatuh tahunan, dengan faktor intrinsik (penurunan otot, gangguan kognitif) dan ekstrinsik (lingkungan tidak aman seperti lantai licin, pencahayaan kurang) sebagai pemicu utama. **Tujuan:** Mendeskripsikan strategi modifikasi lingkungan untuk pencegahan risiko jatuh pada lansia di UPT PSTW Jember. **Metode:** Penelitian menggunakan desain studi kasus deskriptif mendalam pada satu lansia perempuan usia 77 tahun (risiko jatuh tinggi berdasarkan TUG Test 32 detik). Data dikumpulkan melalui observasi lingkungan toilet dengan *Home Safety Self-Assessment Tool* (HSSAT), studi dokumentasi, dan catatan lapangan selama 4 kali pertemuan. Intervensi meliputi pemasangan pegangan tangan, alas anti-slip, penataan peralatan mandi, dan edukasi. Analisis data kualitatif dengan reduksi, penyajian naratif, dan kesimpulan. **Hasil:** Skor HSSAT awal 6 (risiko sedang) meningkat menjadi 9 (risiko rendah) pasca-intervensi; semua aspek toilet seperti lantai tidak licin, pencahayaan cukup, pegangan tersedia memenuhi standar aman. Lansia melaporkan peningkatan rasa aman dan kepercayaan diri. **Kesimpulan:** Modifikasi lingkungan sederhana pada area toilet efektif menurunkan risiko jatuh pada lansia, mendukung kemandirian dan keselamatan di UPT PSTW Jember.

**Kata kunci:** HSSAT, Lansia, Modifikasi lingkungan, Pencegahan jatuh, Risiko jatuh.

## **ABSTRACT**

MUHAMMADIYAH UNIVERSITY OF JEMBER  
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*Scientific Paper*  
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*Environmental Modification Strategies to Minimize the Risk of Falls Among the Elderly at the UPT PSTW Jember.*

*Abstract page 11 + total number of pages 74 + number of tables 3 + number of appendices 9*

**Background:** Older adults aged 60 and older experience a decline in physical function and balance due to degenerative processes, putting them at high risk of falls that can lead to serious injury, a reduced quality of life, and even death. Data indicate that 30–50% of older adults experience falls annually, with intrinsic factors (muscle loss, cognitive impairment) and extrinsic factors (unsafe environments such as slippery floors, poor lighting) as the primary triggers.

**Objective:** To describe environmental modification strategies for fall risk prevention among older adults at the UPT PSTW Jember. **Methods:** The study employed a descriptive in-depth case study design focusing on one 77-year-old woman (high fall risk based on a TUG Test time of 32 seconds). Data were collected through environmental observations of the bathroom using the Home Safety Self-Assessment Tool (HSSAT), document review, and field notes during four sessions. Interventions included installing handrails, anti-slip mats, reorganizing bathing equipment, and providing education. Qualitative data analysis involved data reduction, narrative presentation, and drawing conclusions. **Results:** The initial HSSAT score of 6 (moderate risk) increased to 9 (low risk) post-intervention; all toilet aspects—such as non-slippery floors, adequate lighting, and available handrails—met safety standards. The elderly reported increased feelings of safety and self-confidence. **Conclusion:** Simple environmental modifications in the toilet area effectively reduce the risk of falls among the elderly, supporting independence and safety at the UPT PSTW Jember.

**Keywords:** elderly, fall prevention, environmental modifications, fall risk, HSSAT.