

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, 10 Juni 2026
Divany Amelia Putri

Hubungan Tingkat Kemandirian Melakukan *Activity Daily Living* Dengan *Self Efficacy* Pada Lansia Di UPT Pelayanan Sosial Tresna Werdha Bondowoso, 2026

x + 118 halaman +3 gambar + 19 tabel + 18 lampiran

Abstrak

Latar Belakang: Proses penuaan dapat menurunkan fungsi tubuh dan mobilitas sehingga memengaruhi kemampuan lansia dalam melakukan *Activity Daily Living* secara mandiri. Ketergantungan dalam aktivitas sehari-hari dapat menurunkan *self-efficacy* lansia. Penelitian ini bertujuan untuk mengetahui hubungan tingkat kemandirian *Activity Daily Living* dengan *self-efficacy* pada lansia di UPT Pelayanan Sosial Tresna Werdha Bondowoso. **Metode:** Penelitian menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Populasi penelitian berjumlah 93 lansia dengan sampel sebanyak 76 responden yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner *Barthel Index* dan *General Self-Efficacy Scale* (GSE). Analisis data dilakukan menggunakan uji *Spearman Rho* dengan tingkat signifikansi $\alpha = 0,05$. Penelitian ini telah lulus uji etik dan memperoleh persetujuan etik sebelum pelaksanaan penelitian. **Hasil:** penelitian menunjukkan sebagian besar responden (52,6%) mandiri dalam melakukan *Activity Daily Living* dan mayoritas responden (63,2%) memiliki *self-efficacy* tinggi. Hasil analisis menunjukkan terdapat hubungan positif yang signifikan dan kuat antara tingkat kemandirian *Activity Daily Living* dengan *self-efficacy* pada lansia dengan nilai p-value 0,000 dan koefisien korelasi (r) sebesar 0,898. **Kesimpulan:** semakin tinggi tingkat kemandirian lansia dalam melakukan aktivitas sehari-hari, maka semakin tinggi pula *self-efficacy* yang dimiliki.

Kata kunci: *Activity Daily Living*, kemandirian, lansia, *self-efficacy*

Abstract

MUHAMMADIYAH UNIVERSITY OF JEMBER
UNDERGRADUATE NURSING PROGRAMME
FACULTY OF HEALTH SCIENCE

The Relationship Between the Level of Independence in Daily Living Activities and Self-Efficacy in the Elderly at the Tresna Werdha Social Services Unit (UPT), Bondowoso, 2026

Thesis, June 10, 2026

Divany Amelia Putri

xi+ 118 pages + 3 figures + 19 tables + 18 appendices

Abstract

Introduction: *The aging process can reduce bodily function and mobility, thus affecting the elderly's ability to perform Daily Living Activities independently. Dependence on daily activities can reduce the elderly's self-efficacy. This study aims to determine the relationship between the level of independence in Daily Living Activities and self-efficacy in the elderly at the UPT, Tresna Werdha, Bondowoso. **Method:** The study used a quantitative correlational design with a cross-sectional approach. The study population consisted of 93 elderly people, with a sample of 76 respondents selected using a purposive sampling technique. Data collection used the Barthel Index and General Self-Efficacy Scale (GSE) questionnaires. Data analysis was performed using the Spearman Rho test with a significance level of $\alpha = 0.05$. This study has passed an ethics review and obtained ethical approval prior to its implementation. **Results:** The results showed that the majority of respondents (52.6%) were independent in carrying out Activities of Daily Living, and the majority (63.2%) had high self-efficacy. The analysis revealed a significant and strong positive relationship between the level of independence in Activities of Daily Living and self-efficacy in the elderly, with a p -value of 0.000 and a correlation coefficient (r) of 0.898. **Conclusion:** The study concluded that the higher the level of independence in carrying out Activities of Daily Living, the higher their self-efficacy.*

Keywords: Activities of Daily Living, independence, elderly, self-efficacy