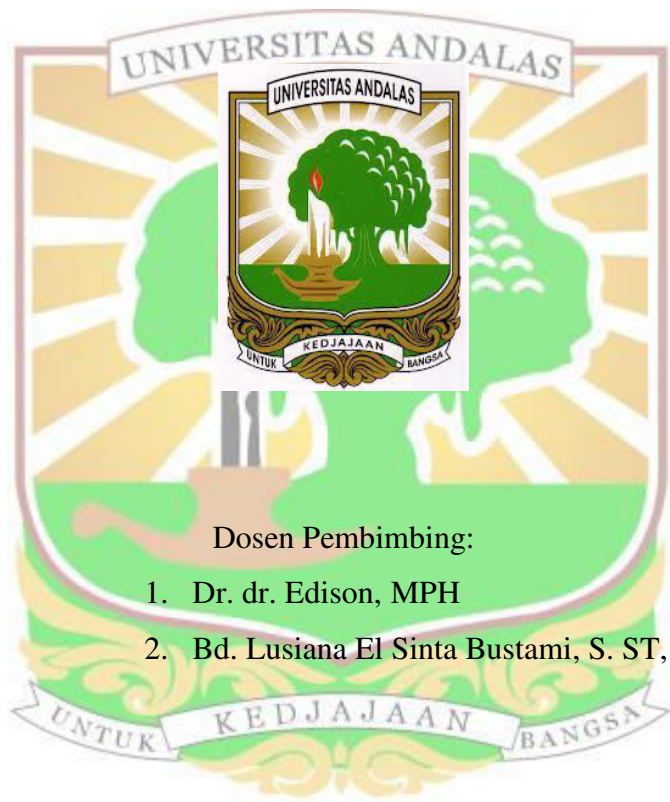


**HUBUNGAN KEAKTIFAN LANSIA DALAM MENGIKUTI KEGIATAN
POSYANDU LANSIA DENGAN KUALITAS HIDUP LANSIA DI
KECAMATAN TALAWI TAHUN 2017**

Oleh:

SEPTIA NADIATUL AHYAR

No.BP. 1310331038



Dosen Pembimbing:

1. Dr. dr. Edison, MPH
2. Bd. Lusiana El Sinta Bustami, S. ST, M. Keb

**PROGRAM STUDI S1 KEBIDANAN
FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS
PADANG 2017**

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FACULTY OF MEDICINE
ANDALAS UNIVERSITY**

Undergraduate theses, Januari 2018

SEPTIA NADIATUL AHYAR, No. BP. 1310331038

**RELATIONSHIP BETWEEN ELDERLY ACTIVATION AS PARTICIPANT IN
ELDERLY POSYANDU AND ELDERLY LIFE QUALITY IN TALAWI DISTRICT
IN 2017**

xix + 64 pages, 12 tables, 3 pictures, 9 appendices

ABSTRACT

Background and Objective

The most problem that is faced up among elderly is physical health decreasing or ability to have socialisation with other. Elderly posyandu is one of activities to let the elderly get health care easily. When elderly become an active participant in posyandu, it is expected can increase their life quality. The objective of this study was to know the relationship between elderly activation and elderly life quality in Talawi district.

Method

This was a quantitative study with cross sectional desain that holded in Talawi district from November 2016 until December 2017. The respondents were 63 elderly that aged 60 years old or more that joined elderly posyandu activities by used simple random sampling. Data was get from questioner. It was analyzed by univariate and bivariate test with Chi-Square Test.

Results

The results showed that 41,3% elderly acted as participants of the elderly posyandu activities. Bivariate test showed there was relationship between elderly life quality ($p=0,00$) with elderly activation among as participant of elderly posyandu activities in talawi district in 2017.

Conclusion

There was relationship between elderly activation as participant of elderly posyandu activities and physical life quality, psychological life quality, social relation life quality, environment life quality. In order to keep and increase the elderly posyandu activities, active elderly is expected to keep and increase the activation in posyandu activities because that is an effort to increase elderly life quality.

References : 40 (1996-2017)

Key word : elderly activation, posyandu, life quality

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TALAWI TAHUN 2017**

xix + 64 halaman, 12 tabel, 3 gambar, 9 lampiran

ABSTRAK

Latar Belakang dan Tujuan Penelitian

Masalah yang sering dihadapi oleh lansia adalah menurunnya kesehatan fisik ataupun menurunnya kemampuan untuk bersosialisasi dengan orang lain. Posyandu Lansia merupakan salah satu kegiatan yang ditujukan bagi lansia agar mendapatkan pelayanan kesehatan dengan mudah. Dengan aktif dalam kegiatan Posyandu Lansia diharapkan dapat meningkatkan kualitas hidup lansia. Penelitian ini bertujuan untuk mengetahui hubungan keaktifan lansia dalam mengikuti kegiatan Posyandu Lansia dengan kualitas hidup lansia di Kecamatan Talawi.

Metode

Penelitian kuantitatif dengan desain *cross sectional*, dilakukan di Kecamatan Talawi dari bulan November 2016 – Desember 2017. Responden penelitian adalah lansia berumur 60 tahun ke atas yang mengikuti kegiatan Posyandu Lansia sebanyak 63 orang, secara *simple random sampling*. Data diperoleh melalui kuesioner. Analisis data secara univariat dan bivariat dengan uji *Chi-Square*.

Hasil

Hasil penelitian menunjukkan 41,3% lansia aktif dalam mengikuti kegiatan Posyandu Lansia. Hasil analisis bivariat menunjukkan terdapat hubungan antara kualitas hidup lansia ($p= 0,00$) dengan keaktifan lansia dalam mengikuti kegiatan Posyandu Lansia di Kecamatan Talawi tahun 2017.

Kesimpulan

Terdapat hubungan antara keaktifan lansia dalam mengikuti kegiatan Posyandu Lansia dengan kualitas hidup fisik, psikologis, hubungan sosial dan lingkungan lansia. Untuk itu, bagi lansia yang aktif mengikuti kegiatan Posyandu Lansia agar dapat mempertahankan dan meningkatkan keaktifannya dalam mengikuti kegiatan posyandu. Karena dari kegiatan tersebut merupakan wadah dalam upaya peningkatan kualitas hidup lansia.

Daftar Pustaka : 40 (1996-2017)

Kata Kunci : Keaktifan Lansia, Posyandu, Kualitas Hidup