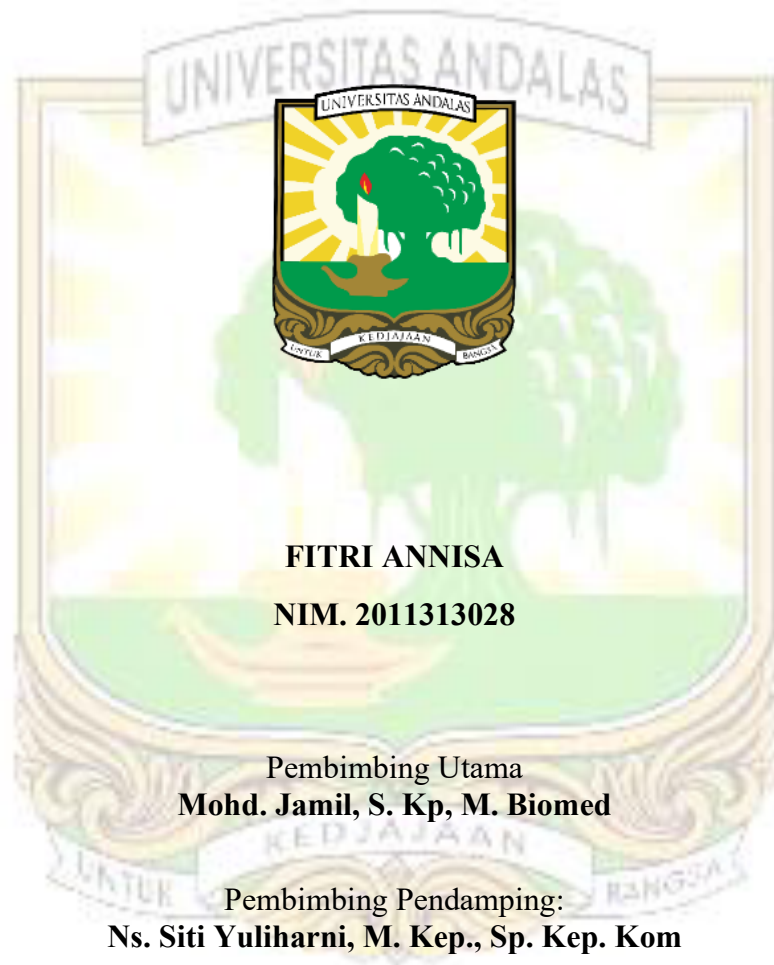


SKRIPSI

**GAMBARAN PRAKTIK PERSONAL *HYGIENE*
PADA LANSIA DI PANTI SOSIAL TRESNA
WERDHA SABAI NAN ALUIH SICINCIN**

Penelitian Keperawatan Gerontik



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Gambaran Praktik Personal *Hygiene* pada Lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin

ABSTRAK

Lansia dengan kondisi personal *hygiene* yang buruk akan berpotensi menimbulkan penyakit. Lansia yang tinggal di panti memiliki praktik personal *hygiene* yang cenderung lebih buruk. Tujuan penelitian ini yaitu untuk melihat gambaran praktik personal *hygiene* pada lansia di Panti Sosial Tresna Werdha (PSTW) Sabai Nan Aluih Sicincin. Penelitian ini merupakan penelitian kuantitatif metode deskriptif. Sampel pada penelitian ini adalah lansia di PSTW Sabai Nan Aluih Sicincin dengan jumlah sampel 60 responden menggunakan teknik *consecutive sampling*. Alat ukur pada penelitian ini menggunakan kuesioner. Analisis data menggunakan analisis univariat. Hasil penelitian menunjukkan sebagian besar lansia berusia 60-75 sebanyak 58,3%, berjenis kelamin laki-laki 80%, pendidikan terakhir SD 41,7%, tidak memiliki riwayat penyakit 48,3 %, tingkat kemandirian tinggi 81,7%, tingkat pengetahuan sedang 51%, praktik personal *hygiene* baik 53,3% dan sebagian besar sarana dan prasarana tersedia. Diharapkan pihak panti agar selalu mengontrol ulang keefektifan dan keefisienan sarana dan prasarana yang tersedia dalam pemenuhan praktik personal *hygiene* yang dibutuhkan lansia setiap minggunya.

Kata kunci : lansia, praktik personal *hygiene*, PSTW Sabai Nan Aluih

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*Description of Personal Hygiene Practices for the Elderly in the Tresna Werdha
Social Institution Sabai Nan Aluih Sicincin*

ABSTRACT

Elderly people with poor personal hygiene conditions have the potential to cause disease. Elderly people who live in institutions have personal hygiene practices that tend to be worse. The aim of this research is to see a description of personal hygiene practices for the elderly at the Tresna Werdha Social Home (PSTW) Sabai Nan Aluih Sicincin. This research is a descriptive quantitative research method. The sample in this study was the elderly at PSTW Sabai Nan Aluih Sicincin with a sample size of 60 respondents using consecutive sampling technique. The measuring tool in this research uses a questionnaire. Data analysis uses univariate analysis. The results showed that the majority of elderly aged 60-75 were 58.3%, male 80%, primary school education 41.7%, no history of disease 48.3%, high level of independence 81.7%, level of moderate knowledge 51%, good personal hygiene practices 53.3% and most of the facilities and infrastructure are available. It is hoped that the nursing home will always re-control the effectiveness and efficiency of the facilities and infrastructure available in fulfilling the personal hygiene practices required by the elderly every week.

Keywords : elderly, personal hygiene practices, social institution

Bibliography : 65 (2009-2023)