

**GAMBARAN TINGKAT KEMANDIRIAN LANSIA (60 – 69 TAHUN) DALAM MEMENUHI
ACTIVITIES DAILY LIVING DI PANTI SOSIAL TRESNA WREDHA SENJARAWI KOTA
BANDUNG**

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ABSTRAK

Meningkatnya usia harapan hidup penduduk dapat menyebabkan peningkatan jumlah lansia dari tahun ke tahun. Peningkatan jumlah lansia akan menyebabkan berbagai masalah kesehatan seperti meningkatnya penyakit degeneratif dan kanker yang menyebabkan penurunan produktifitas lansia. Penurunan produktifitas pada lansia terjadi karena penurunan fungsi, sehingga dapat menyebabkan lansia mengalami penurunan kemandirian dalam melaksanakan kegiatan harian. Adapun tujuan dari penelitian ini adalah mengidentifikasi gambaran tingkat kemandirian dalam memenuhi *activities daily living*. Penelitian ini menggunakan metode deskriptif kuantitatif, dengan teknik pengambilan sampel menggunakan *total sampling* sebanyak 21 lansia yang berusia 60 – 69 tahun di Panti Sosial Tresna Wredha Senjarawi. Instrumen menggunakan *barthel index*. Teknik analisa data menggunakan distribusi frekuensi. Hasil penelitian gambaran tingkat kemandirian lansia (60 – 69 tahun) dalam memenuhi *activities daily living* menunjukkan bahwa sebagian besar lansia sebanyak 15 orang (72%) termasuk dalam ketergantungan sebagian, 3 orang (14 %) termasuk mandiri dan 3 orang (14%) termasuk dalam ketergantungan total. Dari hasil penelitian ini dapat disimpulkan bahwa sebagian besar lansia di Panti Sosial Tresna Wredha Senjarawi memiliki ketergantungan sebagian. Adapun saran dari peneliti agar dikembangkan program – program kesehatan bagi lansia yang dapat meningkatkan kemandirian lansia.

Kata Kunci : kemandirian, lansia & *activities daily living*

ELDERLY PEOPLE'S INDEPENDENCE LEVEL (60 – 69 YEARS OLD) IN FOLLOWING ACTIVITIES OF DAILY LIVING IN SENJARAWI SOCIAL RESIDENTIAL BANDUNG CITY

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ABSTRAC

The increase in people's life expectancy may result to the rise in elderly people population from year to year. The rise number in elderly people will lead to various health problems such as the increase of degenerative diseases and cancer that affect the decline in elderly people's productivity. The decrease in elderly people's productivity is caused by the reduction in function so that it will lead to the decrease in elderly people's independence level in following daily activities. The purpose of this research is to identify elderly people's independence level in fulfilling activities of daily living. The current research employed descriptive quantitative, which also applied total sampling as the technique to collect data. The samples were 21 elderly people (aged 60 – 69 years old) in Senjarawi Social Residential. Barthel index was utilized as the research instrument, while frequency distribution was also employed to analyze the research data. The research result on elderly people's independence level (aged 60–69 years old) in fulfilling activities daily living revealed that most of elderly people, 15 persons (72%), were considered to be partially dependent, 3 persons (14 %) were categorized as independent, while the other 3 persons (14%) were considered as fully dependent. Based on the findings, it can be concluded that most of elderly people in Senjarawi Social Residential are considered as partially dependent. The researcher suggests that healthcare programs for elderly people should be developed in order to improve elderly people's independence.

Keywords: independence, elderly people & activities daily living