

**PROGRAM STUDI SARJANA KEPERAWATAN FAKULTAS
KEPERAWATAN INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Penelitian, 2026 Yaza Nopriadi

**Hubungan Dukungan Keluarga dengan Tingkat Kemandirian *Activity Daily Living*
(ADL) pada Lansia di Wilayah Kerja UPTD Puskesmas Pekanheran**

Xii + 51 Halaman + 7 Tabel + 7 Lampiran

ABSTRAK

Lansia mengalami berbagai perubahan fisik, psikologis, dan sosial akibat proses penuaan yang dapat memengaruhi kemampuan dalam melakukan aktivitas sehari-hari secara mandiri. Salah satu faktor yang dapat membantu lansia mempertahankan kemampuan fungsional dan kemandiriannya adalah dukungan keluarga. Dukungan keluarga dapat diberikan dalam bentuk dukungan emosional, instrumental, informasional, dan penghargaan. Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dengan tingkat kemandirian *Activity Daily Living* (ADL) pada lansia di wilayah kerja UPTD Puskesmas Pekanheran. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional dan pendekatan cross-sectional. Penelitian dilakukan pada tahun 2026 dengan jumlah sampel sebanyak 71 responden yang dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan menggunakan kuesioner dukungan keluarga dan instrumen Barthel Index untuk mengukur tingkat kemandirian *Activity Daily Living* (ADL). Data dianalisis menggunakan analisis univariat berupa distribusi frekuensi dan persentase serta analisis bivariat menggunakan uji Spearman Rank dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa sebagian besar responden memperoleh dukungan keluarga dalam kategori cukup sebanyak 36 responden (50,7%), kategori baik sebanyak 30 responden (42,3%), dan kategori kurang sebanyak 5 responden (7,0%). Tingkat kemandirian ADL sebagian besar berada pada kategori ketergantungan ringan sebanyak 42 responden (59,2%), kategori mandiri sebanyak 24 responden (33,8%), dan ketergantungan sedang sebanyak 5 responden (7,0%). Hasil uji Spearman Rank menunjukkan nilai $p = 0,028$ ($p < 0,05$), sehingga H_a diterima dan H_0 ditolak. Dengan demikian, terdapat hubungan yang signifikan antara dukungan keluarga dengan tingkat kemandirian *Activity Daily Living* (ADL) pada lansia di wilayah kerja UPTD Puskesmas Pekanheran. Semakin baik dukungan keluarga yang diterima lansia, maka semakin baik pula kecenderungan tingkat kemandirian lansia dalam melakukan aktivitas sehari-hari.

Kata Kunci: Dukungan Keluarga, Kemandirian ADL, Lansia, *Activity Daily Living*

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Research, 2026 Yaza Nopriadi

**The Relationship Between Family Support and the Level of Activity Daily
Living (ADL) Independence Among Older Adults in the Working Area of
UPTD Puskesmas Pekanheran**

Xii + 51 Pages + 7 Tables + 7 Appendices

ABSTRACT

Older adults experience various physical, psychological, and social changes as a result of the aging process, which may affect their ability to perform daily activities independently. One of the factors that can help older adults maintain their functional abilities and independence is family support. Family support can be provided in the forms of emotional, instrumental, informational, and appreciation support. This study aimed to determine the relationship between family support and the level of Activity Daily Living (ADL) independence among older adults in the working area of UPTD Puskesmas Pekanheran. This study used a quantitative method with a correlational design and a cross-sectional approach. The study was conducted in 2026 with a sample of 71 respondents selected using purposive sampling. Data were collected using a family support questionnaire and the Barthel Index to measure the level of Activity Daily Living (ADL) independence. The data were analyzed using univariate analysis in the form of frequency and percentage distributions and bivariate analysis using the Spearman Rank test with a significance level of $\alpha = 0.05$. The results showed that the majority of respondents received family support in the moderate category, consisting of 36 respondents (50.7%), followed by the good category with 30 respondents (42.3%), and the poor category with 5 respondents (7.0%). The level of ADL independence was mostly in the mild dependency category, consisting of 42 respondents (59.2%), followed by the independent category with 24 respondents (33.8%), and the moderate dependency category with 5 respondents (7.0%). The Spearman Rank test showed a p -value of 0.028 ($p < 0.05$), indicating that the alternative hypothesis was accepted and the null hypothesis was rejected. Therefore, there was a significant relationship between family support and the level of Activity Daily Living (ADL) independence among older adults in the working area of UPTD Puskesmas Pekanheran. Better family support was associated with a better tendency toward independence in performing daily activities.

Keywords: Family Support, ADL Independence, Older Adults, Activity Daily Living