

PROGRAM STUDI D-III KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Penelitian, 18 juni 2025

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**Gambaran Kemampuan Lansia Dalam Pemenuhan Perawatan Diri di UPT
Pelayanan Tresna Werdha Husnul Khotimah Pekanbaru**

Xii + 68 Halaman + 6 Tabel + 9 Lampiran

ABSTRAK

Penuaan menyebabkan penurunan fungsi tubuh yang mempengaruhi kemampuan lansia dalam perawatan diri. Penelitian ini bertujuan menggambarkan kemampuan lansia dalam pemenuhan perawatan diri di UPT Pelayanan Sosial Tresna Werdha Husnul Khotimah Pekanbaru. Penelitian menggunakan desain deskriptif kuantitatif dengan 44 responden yang dipilih secara purposive. Instrumen penelitian berupa kuesioner Activity of Daily Living (ADL) Indeks Katz. Data dianalisis secara univariat. Hasil penelitian menunjukkan 43,2% lansia mandiri, 31,8% bergantung, dan 25% dibantu. Sebagian besar lansia masih mampu melakukan perawatan diri secara mandiri, meskipun ada yang membutuhkan bantuan.

Kata kunci : lansia, perawatan diri, kemandirian, panti sosial, indeks katz
Daftar bacaan : 36 (2017-2025)

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***An Overview of the Elderly's Ability in Fulfilling Self-Care at Tresna Werdha
Husnul Khotimah Social Institution, Pekanbaru***

xiv + 68 Pages + 6 Tables + 9 Appendixies

ABSTRACT

Aging causes a decline in body functions that affects the elderly's ability to perform self-care. This study aimed to describe the ability of elderly residents to fulfill self-care at the Tresna Werdha Husnul Khotimah Social Institution in Pekanbaru. This research used a descriptive quantitative design with 44 respondents selected through purposive sampling. The instrument used was the Katz Index of Independence in Activities of Daily Living (ADL) questionnaire. Data were analyzed using univariate analysis. The results showed that 43.2% of the elderly were independent, 31.8% dependent, and 25% partially assisted. In conclusion, most elderly participants were still able to perform self-care independently, although some required assistance.

Kata kunci : *elderly, self-care, independence, nursing, katz index*
References : 36 (2017-2025)