

**PROGRAM S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Penelitian, November 2024

Aflah Annadwa Yoan Prayoga
21301142

Faktor - Faktor yang Berhubungan dengan Rendahnya Kunjungan Lansia ke
Posyandu di Puskesmas Melur Kota Pekanbaru

xii + 78 halaman + 8 tabel+ 10 lampiran

ABSTRAK

Posyandu Lansia merupakan layanan kesehatan berbasis masyarakat yang bertujuan meningkatkan kesehatan dan kualitas hidup lansia. Lansia yang mendapatkan pelayanan di Posyandu Lansia hanya sekitar 40% yang tersebar di sekitar 80 ribu Posyandu di seluruh Indonesia. Populasi penduduk di Riau tahun 2023 yaitu 6,6 juta jiwa dan populasi lanjut usia berjumlah 482.933 jiwa. Ada tiga faktor utama terjadinya rendahnya kunjungan lansia yaitu dukungan keluarga, pengetahuan, peran kader. Di Puskesmas Melur Kota Pekanbaru, dari 2.925 lansia, hanya 21,3% yang mengunjungi posyandu pada 2023, dan hanya 5% yang aktif pada September 2024, jauh dari target 80%. Faktor rendahnya kunjungan mencakup keterbatasan variasi kegiatan, kurangnya dukungan keluarga, serta motivasi rendah. Sebagian lansia merasa bosan karena kegiatan hanya meliputi timbang berat badan dan cek tekanan darah. Penelitian ini bertujuan mengidentifikasi faktor-faktor yang berhubungan dengan rendahnya kunjungan lansia di Puskesmas Melur. Penelitian ini merupakan studi kuantitatif dengan desain *cross-sectional* dilakukan di Puskesmas Melur Kota Pekanbaru pada bulan Oktober-Desember 2024. Sampel penelitian berjumlah 93 lansia yang diambil menggunakan teknik *Purposive sampling*. Instrumen penelitian berupa kuesioner untuk mengukur variabel dukungan keluarga, peran kader, dan pengetahuan lansia. Data dianalisis menggunakan analisis univariat dan bivariat (uji *chi-square*, $p < 0,05$). Hasil penelitian ini yaitu sebagian besar responden memiliki dukungan keluarga yang rendah (53,8%), peran kader yang kurang mendukung (58,1%), dan pengetahuan rendah (52,7%), dengan hasil analisis menunjukkan hubungan signifikan antara dukungan keluarga ($p = 0,000$), peran kader ($p = 0,013$), serta pengetahuan ($p = 0,000$) terhadap kunjungan lansia ke Posyandu. Penelitian ini merekomendasikan penguatan peran pendidikan kesehatan, optimalisasi peran Puskesmas Melur dan kader posyandu melalui pelatihan, sosialisasi, serta dukungan keluarga, dan mendorong penelitian lanjutan untuk meningkatkan partisipasi lansia di posyandu.

Kata Kunci : Pengetahuan, Peran Kader, Dukungan Keluarga, Posyandu Lansia
Daftar Bacaan : 54 (2017-2024)

**BACHELOR OF NURSING PROGRAM, FACULTY OF NURSING
PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCE**

Research, November, 2024

Aflah Annadwa Yoan Prayoga
21301142

Factors Associated with Low Elderly Attendance at Posyandu in the of Puskesmas
Melur, Pekanbaru City

xii + 78 pages + 8 tables +10 appendices

ABSTRACT

The Elderly health Posyandu is a community-based health service aimed at improving the health and quality of life of the elderly. The elderly who receive services at the Elderly Posyandu are only around 40% spread across around 80 thousand Posyandu throughout Indonesia. The population of Riau in 2023 is 6.6 million people and the elderly population is 482,933 people. There are three main factors causing low elderly visits, namely family support, knowledge, and the role of cadres. In the Puskesmas Melur, Pekanbaru City, only 21.3% of 2,925 elderly individuals visited the Posyandu in 2023, and just 5% were active as of September 2024, far below the 80% target. Factors contributing to low attendance include limited activity variations, lack of family support, and low motivation. Many elderly individuals feel bored as activities are limited to weighing and blood pressure checks. This study aims to identify factors associated with low elderly attendance at Posyandu in the of Puskesmas Melur. This quantitative study used a cross-sectional design conducted in the Puskesmas Melur from October to December 2024. The study involved 93 elderly individuals selected using *Purposive sampling*. Research instruments included questionnaires measuring family support, the role of cadres, and elderly knowledge. Data were analyzed using univariate and bivariate analysis (chi-square test, $p < 0.05$). Results showed that most respondents had low family support (53.8%), unsupportive cadre roles (58.1%), and low knowledge (52.7%). The analysis revealed significant relationships between family support ($p = 0.000$), cadre roles ($p = 0.013$), and knowledge ($p = 0.000$) with elderly attendance at Posyandu. This study recommends strengthening health education, optimizing the role of Puskesmas Melur and Posyandu cadres through training and socialization, enhancing family support, and encouraging further research to increase elderly participation in Posyandu.

Keywords : Knowledge, Cadre Role, Family Support, Elderly Posyandu
References : 54 (2017–2024)