

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Karakteristik Sosial Demografi dan Kunjungan Rutin ke Posyandu Lanjut Usia
(Posyandu Lansia): Sebuah Regresi Logistik di Pekanbaru

xii + 78 halaman + 8 tabel+ 6 lampiran

ABSTRAK

Kunjungan rutin ke Pos Pelayanan Terpadu Lanjut Usia (Posyandu Lansia) merupakan indikator penting keterlibatan lansia dalam upaya pelayanan kesehatan preventif. Namun, tingkat partisipasi lansia masih belum konsisten dan dipengaruhi oleh berbagai faktor sosio-demografis serta faktor keluarga. Penelitian ini bertujuan untuk menganalisis hubungan antara karakteristik lansia dengan kemungkinan melakukan kunjungan rutin ke Posyandu Lansia. Penelitian kuantitatif deskriptif-analitik ini menggunakan desain cross-sectional dan dilaksanakan pada bulan September 2024 hingga Februari 2025. Sebanyak 93 responden berusia ≥ 60 tahun dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui kuesioner terstruktur yang mencakup karakteristik sosio-demografis, pengetahuan, dukungan keluarga, serta peran kader kesehatan. Instrumen penelitian menunjukkan reliabilitas yang tinggi dengan nilai Cronbach's alpha sebesar 0,931. Analisis data dilakukan menggunakan regresi logistik biner dengan tingkat signifikansi 5%. Model analisis menunjukkan nilai Pseudo R^2 sebesar 0,1783 dan nilai LLR p-value sebesar 0,08785, yang mengindikasikan bahwa sekitar 17,8% variasi kunjungan rutin dapat dijelaskan oleh variabel independen dalam model. Status perkawinan (menikah) berhubungan signifikan dengan kemungkinan kunjungan rutin yang lebih tinggi ($B = 1,3459$; $p = 0,047$), sedangkan lansia yang tinggal bersama anak atau menantu menunjukkan hubungan negatif terhadap kunjungan rutin ($B = -1,5339$; $p = 0,043$). Responden tanpa pendidikan formal menunjukkan signifikansi marginal ($p = 0,059$). Variabel lain seperti usia, jenis kelamin, dan pekerjaan tidak berpengaruh signifikan terhadap kunjungan rutin. Tingkat akurasi model secara keseluruhan sebesar 68%. Kunjungan rutin ke Posyandu Lansia terutama dipengaruhi oleh konteks sosial dan keluarga, khususnya status perkawinan dan pola tinggal. Penguatan sistem dukungan keluarga serta pemberdayaan kader kesehatan berpotensi meningkatkan partisipasi lansia dalam program kesehatan berbasis masyarakat.

Kata kunci: lansia, kunjungan rutin, posyandu lansia, dukungan keluarga, status perkawinan

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Socio-demographic characteristics and routine visits to elderly integrated health posts (posyandu lansia) : a logistic regression in pekanbaru

xii + 78 pages + 8 tables + 6 appendices

ABSTRACT

Routine attendance at elderly integrated health posts (posyandu lansia) is a key indicator of older adults' engagement in preventive health care. However, participation rates remain inconsistent and are influenced by various socio-demographic and familial factors. This study aimed to analyze the association between elderly characteristics and their likelihood of routine participation in posyandu lansia activities. This descriptive-analytic quantitative study employed a cross-sectional design conducted from September 2024 to February 2025. A total of 93 respondents aged 60 years and above were selected using purposive sampling. Data were collected through a structured questionnaire covering socio-demographic characteristics, knowledge, family support, and the role of health cadres. The instrument showed high reliability with a Cronbach's alpha of 0.931. Data were analyzed using binary logistic regression at a 5% significance level. The model demonstrated a Pseudo R^2 of 0.1783 and an LLR p-value of 0.08785, suggesting that approximately 17.8% of the variance in routine visits could be explained by the independent variables. Marital status (married) was significantly associated with higher likelihood of routine visits ($B = 1.3459$; $p = 0.047$), whereas living with children or in-laws showed a negative association ($B = -1.5339$; $p = 0.043$). Respondents with no formal education were marginally significant ($p = 0.059$). Other variables such as age, gender, and occupation were not significant predictors. The overall model accuracy was 68%. Routine visits to posyandu lansia are influenced primarily by social and familial contexts, particularly marital status and living arrangements. Strengthening family support systems and empowering health cadres could enhance elderly participation in community-based health programs.

Keywords: elderly, routine visit, posyandu lansia, family support, marital status

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