

PROGRAM STUDI S1 KEPERAWATAN STIKES PAYUNG NEGERI PEKANBARU

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Hubungan Dukungan Keluarga Dengan Partisipasi Lanjut Usia Dalam Melaksanakan Senam Lansia Di Puskesmas Melur Sukajadi

x + 84 halaman + 8 tabel + 1 skema + 9 lampiran

ABSTRAK

Lanjut usia (lansia) cenderung mengalami penurunan daya tahan tubuh sehingga rentan terkena infeksi penyakit menular. Salah satu upaya yang dilakukan untuk mengurangi masalah kesehatan tersebut yaitu dengan melaksanakan senam lansia. Dukungan keluarga sangat penting untuk mendorong lanjut usia berpartisipasi aktif melaksanakan senam lansia. Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dengan partisipasi lanjut usia dalam melaksanakan senam lansia di Puskesmas Melur Sukajadi. Penelitian ini dilakukan pada februari sampai agustus 2021. Penelitian ini merupakan penelitian kuantitatif, dengan pendekatan *cross sectional*. Sampel penelitian diambil dengan *consecutive sampling* sebanyak 26 sampel. Pengumpulan data dilakukan dengan kuesioner dukungan keluarga dan partisipasi lansia dalam mengikuti senam lansia. Analisis data menggunakan uji univariat dan uji bivariat dengan uji *chi square*. Hasil penelitian dukungan keluarga yang tergolong tinggi terdapat 17 responden (65%) dan yang terlibat partisipasi sebanyak 13 responden (50%). Hasil analisis bivariate menunjukkan tidak ada hubungan yang signifikan antara dukungan keluarga dengan partisipasi lanjut usia dalam mengikuti senam lansia di Puskesmas Melur ($p \text{ value} = 0,411$). Peneliti merekomendasikan peneliti selanjutnya dapat melakukan penelitian dengan menambah variabel penelitian dan jumlah sampel.

Kata Kunci : *Dukungan keluarga, Partisipasi lansia, Senam lansia*
Daftar Pustaka : 21 (2011-2020)

NURSING PROGRAM
STIKES PAYUNG NEGERI PEKANBARU

Research, August 2021

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Relationship between Family Support and Elderly Participation in Performing Elderly
Gymnastics at the Melur Sukajadi Health Center

x + 84 pages + 8 tables + 1 scheme + 9 appendixs

ABSTRACT

One of the efforts made to reduce these health problems is to carry out elderly gymnastics. Family support is very important to encourage the elderly to actively participate in doing elderly gymnastics. This study aims to determine the relationship between family support and the participation of the elderly in carrying out elderly gymnastics at the Melur Sukajadi Health Center. This research was conducted on february to august 2021. This research is a quantitative study, with a *cross sectional* approach. The research sample was taken with a *total sampling* of 26 samples. The data was collected by means of a family support questionnaire and the participation of the elderly in participating in elderly gymnastics. Data analysis used univariate test and bivariate test with *chi square* test. the family support variable is high if the mean > 32, low if the mean < 32, the participation variable is involved if the mean > 48, not involved if the mean < 48. The results of the study of family support are classified as high there are 17 respondents (65%) and those involved in participation are 13 respondents (50%). The results of the bivariate analysis showed that there was no significant relationship between family support and the participation of the elderly in participating in elderly gymnastics at the Melur Health Center (p value = 0.411). The researcher recommends that further researchers can conduct research with the same title and add variables because the research was carried out during the COVID-19 pandemic, so there are still many limitations in this study.

Keywords : Family support, Elderly participation, Elderly gymnastics
Reading List : 21 (2011-2020)