ABSTRACT

Lansia adalah orang dewasa yang lebih tua yang dimulai setelah pensiun biasanya antara usia 60 tahun ke atas. Perubahan proses menua berdampak pada menurunnya kemampuan fisik pada lansia, Lansia mengalami penurunan fisik dan psikologis yang menyebabkan ketergantungan pada lansia sehingga dapat mempengaruhi kemandirian dalam melakukan activity daily living (ADL). Tujuan Penelitian untuk mengetahui gambaran karakteristik responden lansia serta kemandirian dalam melakukan ADL. Penelitian ini menggunakan metode penelitian dengan pendekatan deskriptif kuantitatif menggunakan lembar kuisioner indeks katz. Penelitian ini dilakukan di Griya lansia jannati Provinsi Gorontalo. Populasi berjumlah 30 lansia yang menjadi binaan di Griya lansia jannati Provinsi Gorontalo. Pengambilan sampel dengan tehnik Total Sampling. Hasil penelitian ini menunjukkan bahwa Kemandirian lansia dalam melakukan activity daily living (ADL) di Griya lansia jannati Provinsi Gorontalo dengan total 30 responden maka responden tertinggi berada pada kategori Mandiri total sebanyak 23 responden (76,7%), ketergantungan paling ringan 3 responden (10,0%), tergantung total 2 responden (6,7%), ketergantungan sedang 1 responden (3,3%) dan ketergantungan berat yaitu 1 responden (3,3). Kesimpulan dalam penelitian ini adalah sebagian besar lansia dalam melakukan activity daily living (ADL) di Griya lansia jannati Provinsi Gorontalo dengan total 30 responden maka responden tertinggi berada pada kategori Mandiri total sebanyak 23 responden (76,7%). Yang berarti lansia memiliki kemampuan dalam melakukan activity daily living (ADL) dimana lansia mandiri dalam Mandi ,bisa berpakaian dengan sendiri , bisa pergi ke toilet sendiri, bisa Transfering/berpindah tanpa menggunakan alat bantu, bisa mengontrol BAK/BAB, dan bisa mengambil makan dengan sendiri dan menyuapinya.

Kata Kunci : Lansia, Kemandirian dan ADL.

ABSTRACK

Seniors are older adults starting after retirement usually between the ages of 60 and over. Changes in the aging process have an impact on the decline in physical abilities of the elderly. The elderly experience physical and psychological decline which causes dependence on the elderly so that it can affect independence in carrying out daily living activities (ADL). The aim of the research is to describe the characteristics of elderly respondents and their independence in performing ADLs. This research uses a research method with a quantitative descriptive approach using the Katz index questionnaire sheet. This research was conducted at the Jannati Elderly Home, Gorontalo Province. The population is 30 elderly people who are assisted by the Jannati Elderly Home, Gorontalo Province. Sampling was taken using the Total Sampling technique. The results of this research show that the independence of the elderly in carrying out activities of daily living (ADL) in Griya elderly Jannati, Gorontalo Province with a total of 30 respondents, the highest respondents were in the Independent category with a total of 23 respondents (76.7%), light dependency 3 respondents (10, 0%), total dependence of 2 respondents (6.7%), moderate dependence of 1 respondent (3.3%) and heavy dependence of 1 respondent (3.3). The conclusion is that the majority of elderly people carry out daily living activities (ADL) in the Jannati Elderly Home, Gorontalo Province with a total of 30 respondents, so the highest respondents were in the Independent category with a total of 23 respondents (76.7%). Which means that the elderly have the ability to carry out activities of daily living (ADL) where the elderly are independent in bathing, can dress themselves, can go to the toilet themselves, can transfer/move without using assistive devices, can control their urination/defecation, and can take food easily and feed themselves.

Keywords: Elderly, Independence and ADL