ABSTRACT

NURUL AMELIA HAMIDUN. The Relationship between Physical Condition and Stress Levels in the Elderly at Griya Lansia Jannati, Gorontalo Province. Thesis. Nursing Department, Faculty of Medicine and Health Sciences. Muhammadiyah University of Gorontalo. Supervised by ROSMIN ILHAM as the chairman and HAMNA VONY LASANUDDIN as a member.

The elderly experience a decline in physiological function that increases the risk of disease and stress. The number of elderly in the world, including Indonesia, continues to increase, having a significant impact on physical and mental health. Decreased physical conditions, such as impaired mobility and chronic diseases, also contribute to stress. This research aims to examine the relationship between physical conditions and stress levels in the elderly at Griya Lansia Jannati, Gorontalo. The study design used a cross-sectional approach with a quantitative descriptive method. The independent variable is physical condition, while the dependent variable is stress level. Data collection was carried out through the SF-36 and DASS 42 questionnaires, then analyzed using the Spearman test to measure the relationship between the two variables. This study involved 30 elderly people, mostly aged 60-69 years and female. The results of univariate analysis showed that most elderly people had "adequate" physical condition and "mild" stress. Bivariate analysis revealed a significant relationship between physical condition and stress levels ($p=0.026$), with a moderate negative correlation (-0.405). Limitations of the study include difficulties in communicating with the elderly. It was concluded that most elderly people at Griya Lansia Jannati Gorontalo had adequate physical condition and experienced mild stress. Improving physical condition is expected to reduce stress levels in the elderly in the facility.

Keywords: Elderly, Physical Condition, Stress Level

ABSTRAK

NURUL AMELIA HAMIDUN. Hubungan Kondisi Fisik dengan Tingkat Stres pada Lansia di Griya Lansia Jannati Provinsi Gorontalo. Skripsi. Jurusan Keperawatan Fakultas Kedokteran dan Ilmu Kesehatan. Universitas Muhammadiyah Gorontalo. Dibimbing oleh ROSMIN ILHAM sebagai ketua dan HAMNA VONY LASANUDDIN sebagai anggota.

Lansia mengalami penurunan fungsi fisiologis yang meningkatkan risiko penyakit dan stres. Jumlah lansia di dunia, termasuk Indonesia, terus meningkat, berdampak signifikan pada kesehatan fisik dan mental. Kondisi fisik yang menurun, seperti gangguan mobilitas dan penyakit kronis, turut berkontribusi pada stres. Penelitian ini bertujuan mengkaji hubungan antara kondisi fisik dan tingkat stres pada lansia di Griya Lansia Jannati, Gorontalo. Desain penelitian menggunakan pendekatan *cross-sectional* dengan metode deskriptif kuantitatif. Variabel independen adalah kondisi fisik, sementara variabel dependen adalah tingkat stres. Pengumpulan data dilakukan melalui kuisioner SF-36 dan DASS 42, kemudian dianalisis menggunakan uji *Spearman* untuk mengukur hubungan kedua variabel. Penelitian ini melibatkan 30 lansia, mayoritas berusia 60-69 tahun dan berjenis kelamin perempuan. Hasil analisis univariat menunjukkan sebagian besar lansia memiliki kondisi fisik "cukup" dan stres "ringan". Analisis bivariat mengungkapkan hubungan signifikan antara kondisi fisik dan tingkat stres (p=0.026), dengan korelasi negatif moderat (-0.405). Keterbatasan penelitian meliputi kesulitan komunikasi dengan lansia. Disimpulkan bahwa sebagian besar lansia di Griya Lansia Jannati Gorontalo memiliki kondisi fisik cukup dan mengalami stres ringan. Perbaikan kondisi fisik diharapkan dapat mengurangi tingkat stres pada lansia di fasilitas tersebut.
Kata Kunci: ***Lansia, Kondisi Fisik, Tingkat Stres*** (221 kata)