ABSTRACT

NUR AMELINDA POLONTALO**. Self-Care Overview for the Elderly in Tenggela Village, Tilango District, Gorontalo Regency. Supervised by **IBRAHIM PANEO** as chair and member **ANDI NUR AINA SUDIRMAN.

Self-care plays an important role in improving the quality of life of the elderly. The elderly are at risk of facing various health problems due to increasing age, which causes significant changes in physical well-being. Self-care is an effort to meet the needs that maintain the life, health, and well-being of individuals, both in healthy and sick conditions. This research aims to determine self-care in the elderly in Tenggela Village, Tilango District, Gorontalo Regency. The design uses a quantitative approach, using a descriptive method. The population in the study were the elderly related to self-care in Tenggela Village, Tilango District, Gorontalo Regency with a total of 168. The sampling technique used purposive sampling with a total of 63 samples. The results of the study indicate that with the title Self-Care Description for the Elderly in Tenggela Village, Tilango District, it can be concluded that self-care for the elderly is mostly in the good category with 46 respondents (73.0%), sufficient category with 17 respondents (27.0%). The conclusion in the study of self-care for the elderly is mostly in the good category (73.0%), this research is expected to provide information and references in the development of self-care so that it can improve the quality of life and health of the elderly.

***Keywords;** Self-Care, Elderly*