



INTISARI

Latar Belakang

Usia lanjut yang tinggal di Panti Wredha Budi Pertiwi masih rendah berperilaku sehat termasuk pelaksanaan kebersihan diri yang kurang dan pelaksanaan olahraga yang tidak teratur. Jumlah usila yang sakit ISPA 33,3% perbulan dan pemeriksaan kesehatan dilaksanakan satu bulan satu kali.

Tujuan

Mengetahui pengaruh umur, pendidikan, pengetahuan usila, ketersediaan fasilitas panti dan sikap perilaku petugas panti, keluarga, teman usila terhadap kebersihan diri dan kebiasaan olahraga.

Metode

Penelitian ini menggunakan rancangan *cross sectional* dengan pendekatan kuantitatif, subjek penelitian berjumlah 39 orang, analisis data menggunakan *regresi* dan *t test* dengan tingkat signifikansi $p=0,05$.

Hasil

Skor kebersihan diri dan kebiasaan olahraga hasil wawancara pada analisis *regresi linier* menunjukkan bahwa umur dan pengetahuan bermakna sedangkan hasil observasi pengetahuan tidak bermakna. Pada *t test* hasil wawancara dan observasi menunjukkan bahwa pendidikan, ketersediaan fasilitas, faktor pendukung tidak bermakna tetapi hasil observasi ketersediaan sarana fasilitas bermakna.

Kesimpulan

Hasil penelitian menunjukkan bahwa semakin tua usila maka semakin kurang dalam melaksanakan kebersihan diri dan kebiasaan olahraga, semakin tinggi pengetahuan usila maka semakin baik usila dalam melaksanakan kebersihan diri dan kebiasaan olahraga. Tidak ada perbedaan antara pendidikan terhadap kebersihan diri dan kebiasaan olahraga, ketersediaan fasilitas dengan kebersihan diri tidak ada perbedaan sedangkan untuk kebiasaan olahraga terdapat perbedaan. Faktor pendukung untuk skor kebersihan diri tidak ada perbedaan sedangkan untuk kebiasaan olahraga ada perbedaan.





**FAKTOR-FAKTOR YANG MEMPENGARUHI KEBERSIHAN DIRI DAN
KEBIASAAN OLAHRAGA PADA USIA LANJUT (USILA) DI PANTI WREDHA
BUDI PERTIWI, KOTA BANDUNG**

**FACTORS INFLUENCING SELF-HYGIENE AND SPORT HABIT OF ELDERLY
IN BUDI PERTIWI HOME FOR THE ELDERLY, BANDUNG**

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ABSTRACT

Background: Healthy behavior of elderly who live in Budi Pertiwi Home for the Elderly in Bandung was still low. This included lack of self-hygiene implementation and irregular sport exercise. The number of elderly who suffered from ARI was 33,3% per month and health check up for them was implemented once a month.

Objective: This study was aimed to find out the influence of age, education, knowledge of the elderly, the availability facility of the elderly home and the behavior attitude of elderly home officers, family, friend of the elderly toward self-hygiene and sport habit.

Method: This research was using cross sectional design with quantitative approach, and the subjects of this research were 39 people. Data were analyzed with regression and t-test with significance level of $p=0,05$.

Result: The score of self-hygiene and sport habit of interview result with the analysis of linear regression showed that age and knowledge were significant, while the result of knowledge observation was insignificant. In the t-test, the result of interview and observation results showed that education, facility availability, supporting factor was insignificant and yet, the observation result of facility availability was significant.

Conclusion: The result of this research showed that the older the age of elderly, their self-hygiene implementation and sport habit was declined, and the higher the knowledge of elderly, their self-hygiene implementation and sport habit was better. There was no difference between education toward self-hygiene and sport habit, and there was no difference between facility availability and self-hygiene while there was a difference for sport habit. There was no difference for supporting factor of self-hygiene, and yet, the sport habit was difference.