

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEMANDIRIAN LANSIA  
DALAM MELAKUKAN ADLs DI KABUPATEN SLEMAN, YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** Seorang yang memasuki masa lanjut usia rentan mengalami gangguan kesehatan dan kemandirian aktivitas yang berpengaruh terhadap kualitas hidupnya, sehingga perlu untuk menjaga kesehatan dan kemandirian lansia untuk menunjang produktivitas dan kesejahteraan lansia.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kemandirian lansia dalam melakukan ADLs, serta mengetahui faktor yang paling dominan berhubungan dengan kemandirian lansia dalam melakukan ADLs.

**Metode:** Penelitian ini merupakan penelitian kuantitatif observasional *cross sectional design* yang menggunakan data sekunder dari penelitian pengembangan model perawatan lanjut usia multidimensional (Rajut Mula) dan *Health and Demography Surveillance System* (HDSS) Sleman. Pemilihan data dilakukan bersama HDSS Sleman dengan metode *non probability purposive sampling* sebanyak 464 data responden. Data yang diambil antara lain faktor usia, jenis kelamin, tingkat pendidikan, status pernikahan, lokasi tempat tinggal, tinggal bersama, suku bangsa, faktor kognitif, faktor psikologis, status kesehatan, faktor ekonomi, dan faktor nutrisi. Peneliti menggunakan uji *Chi Square* untuk mengetahui faktor-faktor yang berhubungan dengan kemandirian ADLs lansia, hasil dinyatakan signifikan secara statistik jika nilai  $p < 0,05$  dan uji regresi logistik untuk mengetahui faktor yang paling dominan.

**Hasil:** Faktor kognitif ( $<0,001$ ), faktor ekonomi ( $0,001$ ) dan faktor nutrisi ( $<0,001$ ) terbukti berhubungan dengan kemandirian lansia dalam melakukan ADLs, dimana faktor nutrisi merupakan faktor yang paling dominan berhubungan dengan kemandirian lansia dalam melakukan ADLs.

**Kesimpulan:** Ada hubungan yang signifikan antara faktor kognitif, faktor ekonomi dan faktor nutrisi dengan kemandirian lansia dalam melakukan ADLs.

**KATA KUNCI:** Lansia, Kemandirian, ADLs

## FACTORS ASSOCIATED TO ELDERLY INDEPENDENCE IN THEIR ADLs IN SLEMAN DISTRICT, YOGYAKARTA

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### ABSTRACT

**Background:** An elderly was prone to got health problems and independence of activities that affect of their quality of life, thats why it was necessary to maintain the health and independence of the elderly to support the productivity and welfare of the elderly.

**Purpose:** This study aimed to determine the factors associated with the independence of the elderly in conducting Activity of Daily Livings (ADLs), as well as knowing the most dominant factors related to the independence of the elderly in their ADLs.

**Methode:** This research was a quantitative cross sectional design observational study that uses secondary data from research into the development of multidimensional (Rajut Mula) advanced care models and Sleman's Health and Demography Surveillance System (HDSS). The data selection was carried out with Sleman HDSS with 464 respondents' non-probability purposive sampling methods. Data those taken included age, sex, education level, marital status, location of residence, shared residence, ethnicity, cognitive factors, psychological factors, health status, economic factors, and nutrition factors. Researchers used the Chi Square test to determine the factors associated with ADLs elderly, the results were doecleared statistically significant if the p value <0.05 and logistic regression test to determine the most dominant factor.

**Result:** This study reported the significant variabelks was Cognitive factors (<0.001), economic factors (0.001) and nutritional factrs (<0.001) have been shown to be related to the independence of the elderly in conducting ADLs, where nutritional factors are the most dominant factors related to the independence of the elderly in performing ADLs.

**Conclution:** There was correlated between cognitive factors, economic factors and nutritional factors with the independence of the elderly in conducting ADLs.

**Key word:** Elderly, Independence, ADLs