

INTISARI

Latar Belakang: Proporsi kelompok usia tua dalam populasi terus bertambah dan saat individu bertambah tua, fungsi fisiknya semakin memburuk. Hal ini akan mengakibatkan peningkatan risiko jatuh di kalangan lansia. Identifikasi faktor risiko penting dalam pencegahan jatuh. Rasa takut jatuh merupakan salah satu faktor risiko utama jatuh yang memberikan kontribusi untuk kemungkinan terjadinya penurunan fungsional di ekstremitas bawah.

Tujuan: Mengetahui hubungan antara rasa takut jatuh dengan fungsi ekstremitas bawah pada lansia.

Metode: Studi analitik korelasi dengan rancang potong lintang dilakukan pada 83 lansia di Desa Srimulyo. Kuesioner *Mini Mental State Examination (MMSE)*, *Falls Efficacy Scale- International (FES-I)* dan *Short Physical Performances Battery (SPPB)* digunakan dalam penelitian. Kemaknaan hubungan ditunjukkan melalui tes korelasi *spearman*.

Hasil: Skor Falls Efficacy Scale-International menunjukkan 53 orang (63,9%) dalam rentang rasa takut jatuh yang rendah dan 30 orang (36,1%) dalam rentang rasa takut jatuh yang tinggi. Fungsi ekstremitas bawah lansia di desa Srimulyo memiliki fungsi fisik yang baik yaitu sebanyak 27,7%, fungsi fisik sedang sebanyak 37,3% dan fungsi fisik yang buruk sebanyak 34,9%. Terdapat hubungan bermakna antara rasa takut jatuh dengan fungsi ekstremitas bawah pada lansia ($p=0,000$, $r= -0,641$).

Kesimpulan: Rasa takut jatuh berkorelasi negatif terhadap fungsi ekstremitas bawah pada lansia dengan korelasi yang kuat.

Kata kunci: rasa takut jatuh, fungsi ekstremitas bawah, lansia

¹Mahasiswa Program Studi S1 Ilmu Keperawatan, Fakultas Kedokteran Universitas Gadjah Mada

²Pengajar Departemen Keperawatan Komunitas Program Studi Ilmu Keperawatan, Fakultas Kedokteran UGM.

ABSTRACT

Background: the proportion of old age groups in the populations continuously grows and as an individual grow old, his/her physical function are deteriorating. This will be resulting in increasing risk for falls among the elderly. The identification of risk factors is essential in the planning of the prevention of falls. Fear of falling is one of major risk factors of falls that contributes to the probability of functional decline especially in lower limb.

Objective: To measure correlation between fear of falling and lower extremity function on older peoples.

Method: Cross-sectional design with analytical correlation was applied to 83 older peoples in Srimulyo Village Piyungan sub district. Mini Mental Scale Examination (MMSE), Falls Efficacy Scale- International (FES-I) dan Short Physical Performances Battery (SPPB) were used. Data were analyzed using Spearman's Correlation Test.

Result: The result of Falls Efficacy Scale-International showed 55 respondents (66,3%) in the low range fear of falling and 28 respondents (33,7%) within the range of high fear of falling. Lower extremity function of the elderly at Srimulyo belonged to good physical function category in 23 respondents (27,3%), moderate category in 31 respondents (37,3%) and poor category in 29 respondents (34,9%). This study shows that there was significant correlation between fear of falling and lower extremity function in elderly ($p=0,000$, $r= -0,641$).

Conclusion: Fear of falling negatively correlated to lower extremity function in the elder people with strong correlation.

Keywords: fear of falling, lower extremity function, elder people

¹Bachelor of Nursing Student, Faculty of Medicine, Gadjah Mada University

² School of Nursing, Faculty of Medicine, Gadjah Mada University