

HUBUNGAN ANTARA TINGKAT KESEIMBANGAN TUBUH TERHADAP KEMAMPUAN *ACTIVITY OF DAILY LIVING* (ADL) PADA LANSIA DI KECAMATAN TURI

Novianita Widya Anggraini¹, Heru Subekti², Wahyudi Istiono³

¹ Mahasiswa Program Studi Ilmu Keperawatan, Fakultas Kedokteran, UGM

² Dosen Program Studi Ilmu Keperawatan, Fakultas Kedokteran, UGM

³ Dosen Bagian Kedokteran Keluarga, Fakultas Kedokteran, UGM

INTISARI

Latar Belakang: Setelah usia 60 tahun, kontrol keseimbangan lansia semakin menurun, sementara keseimbangan diperlukan untuk mempertahankan posisi dan kestabilan selama bergerak dari satu posisi ke posisi lain, melakukan aktivitas hidup sehari-hari, dan bergerak bebas di komunitas. Akibatnya lansia menjadi tergantung terhadap keluarganya, mengalami stres, menarik diri, sehingga mempengaruhi kualitas hidup lansia.

Tujuan Penelitian: Mengetahui hubungan antara tingkat keseimbangan tubuh terhadap *activity of daily living* (ADL) pada lansia di Kecamatan Turi.

Metode: Jenis penelitian *non-experimental* menggunakan rancangan *cross sectional* bersifat korelasional. Penelitian dilakukan di Kecamatan Turi pada bulan Juni 2015. Subjek penelitian adalah lansia yang berjumlah 104 orang. Pemilihan subjek menggunakan teknik *multi stage random sampling*. Pengukuran keseimbangan tubuh menggunakan *Berg Balance Scale* (BBS) dan ADL diukur menggunakan Barthel Index. Analisis menggunakan uji *Spearman Rank*.

Hasil: Hasil penelitian menunjukkan sebagian besar lansia (83,7%) berisiko jatuh rendah dan sebagian besar responden (70,2%) masuk golongan lansia mandiri. Terdapat hubungan bermakna antara tingkat keseimbangan tubuh terhadap *activity of daily living* dengan nilai $p < 0,001$ dan koefisien korelasi ($r = 0,565$).

Kesimpulan: Terdapat hubungan yang bermakna antara tingkat keseimbangan tubuh terhadap *activity of daily living* (ADL) pada lansia di Kecamatan Turi.

Kata kunci: lansia, keseimbangan tubuh, *activity of daily living*, ADL

ASSOCIATION BETWEEN BODY BALANCE AND ACTIVITIES OF DAILY LIVING (ADL) OF THE ELDERLY IN KECAMATAN TURI

Novianita Widya Anggraini¹, Heru Subekti², Wahyudi Istiono³

¹ Nursing Student, Faculty of Medicine, Gadjah Mada University

² Nursing Education Program, Faculty of Medicine, Gadjah Mada University

³ Departement of Family Medicine, Faculty of Medicine, Gadjah Mada University

ABSTRACT

Background: After age 60 years, the ability to maintain balance is decreased, whereas balance is needed to maintain position, obtaining stability for moving from one position to another, perform activities of daily living, and move freely in community. As the result, the elderly become stress, depends on their family members, isolate from community, and affect their life's quality.

Objective: To analyze the association between body balance and activities of daily living (ADL) of the elderly in Kecamatan Turi.

Method: The study was non-experimental with descriptive correlation and cross sectional approach. The study was conducted among 104 elderly in Kecamatan Turi on Juni 2015. The subject was chosen by multi stage random sampling. The research intruments were Berg Balance Scale and Barthel Index questionnaires. The data was analyzed by Spearman's Rank correlation.

Result: The study showed that 83,7% respondents had low fall risk and 70,2% respondents were dependence. The correlation between body balance and activities of daily living was analyzed and found statically significant ($p < 0,001$) with correlation coefficient $r = 0,565$.

Conclusion: There was significant assocoation between body balance and activities of daily living (ADL) of the elderly in Kecamatan Turi.

Keyword: elderly, balance, *activity of daily liiving*, ADL