ABSTRACT

THE CORRELATION BETWEEN LEVEL OF FRAILTY WITH QUALITY OF LIFE ELDERLY AT PANTI WERDHA

Cross Sectional Research

By: Masunatul Ubudiyah

Introduction: Frailty is a syndrome that occurs in the elderly. This clinical condition is characterized by decreased physiological functions such as decreasing muscle mass, decreasing physical activity and followed by the syndrome of fatigue, resistance, ambulation, illness and lose of weight. Methods: This study was aimed to identify correlation between level of frailty in older people with their quality of life of elderly at Panti Werdha. Design used in this study is cross sectional design. The population was all elderly who life in UPTD Griya Werdha Jambangan Surabaya and Panti Hargo Dedali Surabaya. Total sample was 109 respondents, taken according inclusion and exclusion criterias. The independent variable was frailty and dependent variable was quality of life. Data were collected using structure questionnaire and respondent examination. Data were analyzed using spearman correlation test with level significance <0.05. Result: Result showed that level of frailty had positive correlation with their quality of life (p=0,000) but the correlation is moderate level (r=0,429). Discussion: It can be concluded that level of frailty had correlation with quality of life, the lower level of frailty the higher level of quality of life. So, all of caregivers or nurses in Panti Werdh can help elderly to be active and involve the elderly on Panti Werda’s program to increase their quality of life.

Keywords: quality of life, frailty, elderly