

ABSTRAK

Posyandu lansia yang ada di masyarakat, pelaksanaannya masih mengalami berbagai kendala, seperti pengetahuan lansia yang rendah tentang manfaat posyandu, jarak rumah yang jauh atau sulit dijangkau, kurangnya dukungan keluarga untuk mengantar dan mengingatkan lansia untuk datang ke posyandu, dan sikap yang kurang baik terhadap petugas posyandu (Wahyu, 2022). Kepatuhan adalah memenuhi permintaan orang lain, didefinisikan sebagai suatu tindakan atau perbuatan yang dilakukan berdasarkan keinginan orang lain atau melakukan apa - apa yang diminta oleh orang lain, kepatuhan mengacu pada perilaku yang terjadi sebagai respons terhadap permintaan langsung dan berasal dari pihak lain. (Taylor, 2020). Dukungan keluarga adalah kepedulian, perasaan ikut serta menanggung beban yang sama dari orang-orang yang menghargai, semakin baik dukungan keluarga akan mempengaruhi tingkat kualitas hidup lansia. Tujuan penelitian, mengidentifikasi hubungan dukungan keluarga dengan kepatuhan lansia mengikuti posyandu lansia di desa Dahanrejo Kecamatan Kebomas. Desain penelitian ini adalah *cross sectional study*. Populasi sebanyak 116 responden dengan pengambilan sampel *probability sampling* metode *simple random sampling*, ditemukan 90 responden. Penelitian dilakukan pada saat mengikuti posyandu lansia di desa Dahanrejo Kecamatan Kebomas pada bulan juni 2024. Instrumen penelitian menggunakan kuesioner dan anamnesa dengan hasil, dukungan keluarga hampir seluruh lansia sebanyak 52 orang (98,1%) dengan dukungan keluarga kurang tidak patuh dalam mengikuti posyandu lansia, sebagian besar lansia dengan dukungan keluarga cukup patuh mengikuti posyandu yaitu 6 orang (54,5%), dan hampir seluruh lansia dengan dukungan keluarga baik patuh mengikuti posyandu lansia sebanyak 24 orang (92,3%). Kesimpulannya sebagian besar lansia di Desa Dahan Rejo Kecamatan Kebomas memiliki dukungan keluarga dalam kategori kurang, sebagian besar lansia tidak patuh mengikuti posyandu lansia dan terdapat hubungan dukungan keluarga dengan kepatuhan lansia mengikuti posyandu lansia di Desa Dahan Rejo Kecamatan Kebomas, maka pelayanan kesehatan mampu menambah informasi, meningkatkan kualitas hidup lansia dengan memberikan penyuluhan, konseling kepada lansia saat program pemeriksaan rutin posyandu.

Kata Kunci : Dukungan Keluarga, Kepatuhan Lansia, Posyandu Lansia

ABSTRACT

The implementation of posyandu for the elderly in the community still experiences various obstacles, such as the elderly's low knowledge about the benefits of posyandu, the distance from home being far away or difficult to reach, the lack of family support to accompany and remind the elderly to come to the posyandu, and poor attitudes towards the staff. posyandu (Revelation, 2022). Compliance is fulfilling another person's request, defined as an action or deed carried out based on another person's wishes or doing what another person asksfor, obedience refers to behavior that occurs in response to a direct request and comes from another party. (Taylor, 2020). Family support is caring, a feeling of sharing the same burden from people who value it, the better family support will influence the level of quality of life of the elderly. The aim of the research is to identify the relationship between family support and elderly compliance with attending posyandu for the elderly in Dahanrejo village, Kebomas district. The design of this research is a cross sectional study. The population was 116 respondents. Using probability sampling using the simple randomsampling method, 90 respondents were found. The research was carried out when attending posyandu for the elderly in Dahanrejo village, Kebomas District in June 2024. The research instrument used questionnaires and anamnesis with the results, almost all elderly people had family support as many as 52 people (98.1%) with family support being less disobedient in attending posyandu for the elderly , the majority of elderly people with good family support were quite obedient in attending the posyandu, namely 6 people (54.5%), and almost all elderly people with good family support were obedient in attending the elderly posyandu, namely 24 people (92.3%). In conclusion, most of the elderly in Dahan Rejo Village, Kebomas District have family support in the low category, most of the elderly are not obedient in attending the elderly posyandu and there is a relationship between family support and elderly compliance in attending the elderly's posyandu in Dahan Rejo Village, Kebomas District, so health services are able to add information, improve the quality of life of the elderly by providing education and counseling to the elderly during the routine posyandu examination program.

Keywords: Family Support, Elderly Compliance, Quality of Life for the Elderly