

ABSTRACT

Bathroom was major personal hygiene facilities for elderly in Hargo Dedali Nursing Home Surabaya. According to the observation and indepth interview with daily manager indicated that elderly bathroom design need to considering the ergonomic factor for elderly to minimize the event of falling. The purpose of this study was to describe suitability of bathroom facilities ergonomic according anthropometry and sustainability of elderly cardiovascular factors in Hargo Dedali Nursing Home.

This research was an observational research that conducted using a cross sectional design and descriptive analysis. Observations and measurements were taken at Hargo Dedali Nursing Home. Variables were personal hygiene facilities, physiology, and elderly anthropometry. This research used are primary data based on observations and interviews and secondary data drawn from the Nursing Home.

The result showed that elderly bathroom ergonomic design in Hargo Dedali Nursing Home are height of closet $42,52 \pm 2,609$ cm; height of bathing tub $68,65 \pm 6,492$ cm; height of water cock $90,09 \pm 6,067$ cm; volume of water dipper 1000 ml; height of hand rail $80,09 \pm 6,067$ cm; diameter of handful $4,6 \pm 0,2$ cm at persentile 5; slope of floor $\geq 4^0$ with rough floor texture; lenght of doorleaf with handle 16 cm; lighting during the day and night lighting for more than 100 lux.

The conclusion is that not all bathroom facilities at PW. Hargo Dedali ergonomic bathroom eligible elderly. Advice that can be given is the period of development and improvement of the bathroom the coming need adjustment dimension (size) with ergonomic values obtained and the necessary uniformity in design is not only space but also uniformity in size according to the physiological and elderly anthropometric who can access to bathroom independently. Further advice can be given for subsequent research is ergonomic design bathroom elderly based on psychological factors.

Keyword : ergonomics, bathroom, elderly