

**ABSTRAK**

**PENGARUH METODE ROLE PLAY TERHADAP SELF CARE  
MANAGEMENT RESIKO JATUH PADA LANSIA DI RW II  
KELURAHAN MANYAR SABRANGAN SURABAYA**

Penelitian *Pra Eksperimental* di RW II Kelurahan Manyar Sabrangan Surabaya

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Kejadian jatuh pada lansia dapat terjadi karena proses penuaan lansia. *Self care management* lansia sangat penting untuk mencegah kejadian jatuh di lingkungan rumah. Metode role play merupakan pendidikan kesehatan dengan belajar, melihat, mendengarkan dan mengerjakan sesuatu yang sudah direncanakan. Tujuan penelitian ini adalah untuk menjelaskan pengaruh metode *role play* terhadap peningkatan *self care management* resiko jatuh pada lansia di RW II Kelurahan Manyar Sabrangan Surabaya. Desain pada penelitian ini menggunakan desain pra eksperimen *one group pre-post test*. Populasi terjangkau dalam penelitian ini adalah lansia di RW 2 Kelurahan Manyar Sabrangan Surabaya. Sampel diperoleh dengan menggunakan *purposive* sampling sebanyak 15 lansia resiko jatuh. Variabel independen dalam penelitian ini adalah pendidikan kesehatan tentang *self care management* resiko jatuh menggunakan metode *role play*, sedangkan variabel dependen dalam penelitian ini *self care management* resiko jatuh. Pengumpulan data dilakukan dengan menggunakan kuesioner, kemudian dianalisis dengan menggunakan uji *Wilcoxon Signed Rank Test* dengan signifikan  $p \leq 0,05$ . Hasil uji statistik *Wilcoxon Signed Rank Test* menunjukkan peningkatan *self care management* signifikan dengan  $p=0,000$ . Dapat disimpulkan bahwa metode *role play* berpengaruh terhadap peningkatan *self care management* resiko jatuh pada lansia di RW 2 Kelurahan Manyar Sabrangan Surabaya. Oleh karena itu, disarankan kepada lansia dan perawat menggunakan kegiatan ini untuk meningkatkan *self care management* sehingga mencegah kejadian jatuh di lingkungan rumah.

Kata Kunci : lansia, *role play*, *self care management*, resiko jatuh

**ABSTRACT**

**THE EFFECT OF ROLE PLAY METHOD TO THE FALL RISK SELF CARE MANAGEMENT IN ELDERLY IN RW II KELURAHAN MANYAR SABRANGAN SURABAYA**

*Pre-Experimental research in RW II Manyar Sabrangan Surabaya*

**By: Yosephin Nova Eka Irianti**

The incidence of falls in the elderly might occur due to aging process. Self care management of elderly was essential to prevent the incidence of falls in the home environment. Role play is a method of health education by studying, seeing, listening and doing something that was already planned. The purpose of this study was to describe the influence of role play method to increase the self-care management of the risk of falling in the elderly in RW II Manyar Sabrangan Surabaya. Designs in this study using a one group pre-post test pre experimental design. Affordable population in this study was elderly in RW 2 Manyar Sabrangan Surabaya. Samples were obtained by using purposive sampling as many as 15 elderly with risk of falling. The independent variables were the health education about self care management of the risk of falling using role play, while the dependent variable in this study was self care management of the risk of falling. Data was collected using a questionnaire, and then analyzed using the Wilcoxon Signed Rank Test with  $p \text{ significant} \leq 0.05$ . Results of Wilcoxon Signed Rank Test statistical tests showed a significant increase in self-care management with  $p = 0.000$ . It could be concluded that the method of role play gave effect to the increased of self-care management of the risk of falling in the elderly in RW 2 Manyar Sabrangan Surabaya. Therefore, it was recommended to elderly and nurses to use these activities to improve self-care management to prevent the incidence of falls in the home environment.

Keywords: elderly, role play, self care management, the risk of falling