

**ABSTRACT**

**Efforts to Improve Elderly Health Services Based on Healthy Aging and Lifestyle Elderly in The Puskesmas Work Areas of Sidoarjo District**

The coverage of elderly health services in the working area of the Sidoarjo District Health Center in 2017 has not reached the target of 100% which is still reaching 60.31%. The low participation of the elderly in the utilization of elderly health services at the health center, one of which can be caused by the Lifestyle aspect and the not yet achieved Healthy Aging in the elderly. The purpose of this study is to prepare recommendations for the implementation of elderly health services using the Healthy Aging model based on lifestyle in Sidoarjo Regency. This research method is observational with cross-sectionoanal design. The population in this study is the elderly in the working area of 5 Sidoarjo District Health Centers which were chosen randomly. The sampling technique uses multistage random sampling to get 5 Puskesmas and Consequatif random sampling to get 396 elderly in the selected Puskesmas working area.

The results of the analysis showed that the characteristics of the elderly (age, sex, occupation, and recent education) did not have a significant effect on Lifestyle, whereas gender had a significant effect on Healthy Aging. Lifestyle has a significant effect on Healthy Aging. Lifestyle elderly in the form of physical activity habits, coffee drinking habits, sleep patterns, and self-care habits have a significant influence on Healthy Aging. Recommendations given to improve elderly health services are through expanding the reach of out-of-building health services, one of which is through the Posyandu Lansia. Posyandu Lansia is expected to be able to monitor lifestyle through activities that can improve Healthy Aging for the elderly.

Keywords: elderly, elderly health services, lifestyle, healthy aging

**ABSTRAK**

**Upaya Peningkatan Pelayanan Kesehatan Lansia Berdasarkan *Healthy Aging* Dan *Lifestyle* Lansia Di Wilayah Kerja Puskesmas Kabupaten Sidoarjo**

Cakupan pelayanan kesehatan lansia di wilayah kerja Puskesmas Kabupaten Sidoarjo pada tahun 2017 belum mencapai target 100% yakni masih mencapai sebesar 60,31%. Rendahnya partisipasi lansia terhadap pemanfaatan pelayanan kesehatan lansia di Puskesmas salah satunya dapat disebabkan oleh aspek *Lifestyle* dan belum tercapainya *Healthy Aging* pada lansia. Tujuan dari penelitian ini adalah menyusun rekomendasi penyelenggaraan pelayanan kesehatan lansia dengan model *Healthy Aging* berdasarkan *lifestyle* di Kabupaten Sidoarjo. Metode penelitian ini adalah observasional dengan rancang bangun *cross-sectional*. Populasi dalam penelitian ini lansia di wilayah kerja 5 Puskesmas Kabupaten Sidoarjo yang dipilih secara random. Teknik pengambilan sampel menggunakan *multistage random sampling* untuk mendapatkan 5 Puskesmas dan *Consequitif random sampling* untuk mendapatkan 396 lansia di wilayah kerja Puskesmas yang terpilih.

Hasil analisis menunjukkan bahwa karakteristik lansia (umur, jenis kelamin, pekerjaan, dan pendidikan terakhir) tidak memiliki pengaruh yang signifikan terhadap *Lifestyle*, sedangkan jenis kelamin memiliki pengaruh yang signifikan terhadap *Healthy Aging*. *Lifestyle* memiliki pengaruh yang signifikan terhadap *Healthy Aging*. *Lifestyle* lansia berupa kebiasaan aktifitas fisik, kebiasaan minum kopi, kebiasaan pola tidur, dan kebiasaan perawatan diri memiliki pengaruh signifikan terhadap *Healthy Aging*. Rekomendasi yang diberikan untuk meningkatkan pelayanan kesehatan lansia yaitu melalui perluasan jangkauan pelayanan kesehatan luar gedung, salah satunya melalui Posyandu Lansia. Posyandu Lansia diharapkan dapat melakukan pemantauan *lifestyle* melalui kegiatan yang dapat meningkatkan *Healthy Aging* pada lansia.

Kata kunci : lansia, pelayanan kesehatan lansia, *Lifestyle*, *Healthy Aging*