

ABSTRAK

MENDESAIN MODEL KEPERAWATAN LANSIA SEHAT DENGAN PENDEKATAN KELUARGA DI PUSKESMAS TAPANREJO KABUPATEN BANYUWANGI

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Pendahuluan: Kemunduran fisik lansia membutuhkan keluarga sebagai faktor pendukung dalam pemenuhan kesehatan fisik dan mental lansia. Ketidakadekuatan petugas kesehatan dalam memberikan sosialisasi kepada keluarga tentang perawatan lansia, sehingga menyebabkan pemberian perawatan lansia tidak optimal. Tujuan penelitian ini adalah mendesain model keperawatan lansia sehat dengan pendekatan keluarga di Kabupaten Banyuwangi. **Metode:** jenis penelitian *explanative observasional* dengan desain *cross sectional*. Populasi lansia dan keluarga yang berada di wilayah kerja puskesmas Tapanrejo yaitu 149 responden. Variabel independen dalam penelitian ini adalah Variabel *age related change* terdiri dari fisiologis, psikologis, sosial dan spiritual; variabel *additional risk factor* terdiri dari karakteristik responden, patologis dan pengobatan; Variabel dependen adalah tugas kesehatan keluarga terdiri dari kemampuan mengenal masalah, kemampuan mengambil keputusan, kemampuan merawat, kemampuan mempertahankan, memanfaatkan fasilitas pelayanan kesehatan. Pengumpulan data secara wawancara menggunakan kuesioner. Analisis data menggunakan SEM PLS. **Hasil:** Lansia sehat sebagian besar kategori kondisi sehat (62,4%). Terdapat *aged related change* terdiri dari fisiologis, psikologis, sosial, spiritual (p -values=0,047), *additional risk factor* terdiri dari karakteristik responden, patologis, pengobatan (p -values=0,000), tugas kesehatan keluarga (p -values=0,000). **Diskusi dan kesimpulan:** *Aged related changes*, *additional risk factor* dan pendekatan keluarga (tugas kesehatan keluarga) memberikan pengaruh pada lansia. Diperlukan model keperawatan lansia sehat dengan pendekatan keluarga untuk mengatasi masalah yang terjadi pada lansia.

Kata kunci : Lansia sehat, Pendekatan keluarga

ABSTRACT

DESIGN NURSING MODEL HEALTHY ELDERLY WITH FAMILY APPROACH IN TAPANREJO HEALTH CENTER OF BANYUWANGI DISTRICT

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Introduction: Physical deterioration of the elderly requires the family as a supporting factor in fulfilling the physical and mental health of the elderly. Inadequacy of health workers in providing socialization to families about care for the elderly, so that the provision of elderly care is not optimal. The purpose of this study was to design a nursing model of healthy elderly with a family approach in Banyuwangi Regency. **Method:** This research was a explanatory observational research with cross sectional design. The population of elderly and families in the working area of Tapanrejo Community Health Center is 149 respondents. The independent variables in this study were age related change variables consisting of physiological, psychological, social and spiritual; the additional risk factor variable consisted of respondent, pathological and treatment characteristics; The dependent variable was the family health task consisting of the ability to recognize problems, the ability to made decisions, the ability to care for, the ability to maintain, to utilize health care facilities. Collecting data by interview using a questionnaire. Data analysis used SEM PLS. **Results:** healthy elderly were mostly in the condition of healthy elderly (62.4%). There are aged related change consisting of physiological, psychological, social, spiritual (p-values = 0.047), additional risk factors consisting of respondents' characteristics, pathology, treatment (p-values = 0,000), family health tasks (p-values = 0,000). **Discussion and conclusions:** Aged related changes, additional risk factors and family approach (family health assignment) influences the elderly. Healthy elderly nursing model is needed with a family approach to overcome the problems that occur in the elderly.

Keywords: Healthy elderly, family approach