

**ABSTRAK**  
**PENGARUH PEMBERDAYAAN KELUARGA TERHADAP**  
***SELF EFFICACY* DAN KUALITAS HIDUP LANSIA**  
**DI PUSKESMAS OBOBO KUPANG**

Penelitian *Quasy Experimental* di Puskesmas Oebobo Kota Kupang Nusa Tenggara Timur

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**Pendahuluan:** Pemberdayaan diperlukan dalam mengatasi masalah ketergantungan pada lansia akibat adanya penurunan fungsi tubuh, kelemahan fisik dan penyakit degeneratif sehingga mempengaruhi kualitas hidup dan *self efficacy* lansia. Tujuan penelitian ini adalah menganalisis pengaruh pemberdayaan keluarga terhadap *self efficacy* dan kualitas hidup lansia di puskesmas Oebobo.

**Metode:** Rancangan penelitian ini adalah penelitian *Quasy Experimental* dengan menggunakan data kuantitatif. Sampel sejumlah 39 responden yang berkunjung di Puskesmas Oebobo Kota Kupang Nusa Tenggara Timur dan didapatkan dengan menggunakan teknik *purposive sampling*. Data diperoleh dari kuesioner GSES (*General self efficacy scale*), kuesioner dengan pertanyaan pilihan (*WHOQOL – BREF*) kemudian dianalisis dengan uji statistic *wilcoxon test*, dan *mann-whitney*. **Hasil:** Hasil uji *wilcoxon signed rank test* pada kelompok perlakuan dan kontrol  $p = 0,034$  atau  $p \leq 0,05$  yang artinya ada pengaruh pemberdayaan keluarga terhadap kualitas hidup lansia sebelum dan sesudah intervensi. Uji *mann whitney* nilai post-test kelompok perlakuan dan kelompok kontrol didapatkan nilai  $p = 0,000$  atau  $p \leq 0,05$  yang artinya terdapat perbedaan yang bermakna antara nilai post-test kecemasan kelompok perlakuan dibandingkan kelompok kontrol.

**Kesimpulan :** Pemberdayaan keluarga memberikan pengaruh terhadap *self efficacy* dan kualitas hidup pada lansia.

**Kata kunci :** Pemberdayaan keluarga, *self efficacy*, kualitas hidup, lansia

**ABSTRACT**

**THE EFFECT OF FAMILY EMPOWERMENT AGAINST  
SELF EFFICACY AND QUALITY OF ELDERLY LIFE  
IN PUSKESMAS OEBOBO KUPANG**

Quasy Experimental Research in Oebobo Health Center, Kupang City, East Nusa Tenggara

**By: Marice Oktavia Hutagalung**

**Preliminary:** Empowerment is needed in overcoming the problem of dependency on the elderly due to decreased bodily functions, physical weakness and degenerative diseases so as to affect the quality of life and self-efficacy of the elderly. The purpose of this study was to analyze the effect of family empowerment on self-efficacy and quality of life of the elderly at the Oebobo health care center. **Method:** The design of this study was a Quasy Experimental study using quantitative data. A sample of 39 respondents who visited the Oebobo Community Health Center in Kupang, East Nusa Tenggara and were obtained using a purposive sampling technique. Data obtained from the GSES (General self efficacy scale) questionnaire, questionnaire with selected questions (WHOQOL - BREF) then analyzed with Wilcoxon test statistical test, and mann-whitney. **Results:** Wilcoxon signed rank test test results in the treatment and control groups  $p = 0.034$  or  $p \leq 0.05$  which means that there is an influence of family empowerment on the quality of life of the elderly before and after the intervention. The mann whitney test of the treatment group and the control group post-test values obtained  $p = 0,000$  or  $p \leq 0.05$ , which means that there is a significant difference between the post-test scores of the treatment group versus the control group. **Conclusion:** the influence of family empowerment has an influence on self efficacy and quality of life before and after the intervention.

**Keywords:** family empowerment, self efficacy, quality of life, elderly