

ABSTRAK

**ANALISIS FAKTOR YANG BERHUBUNGAN DENGAN PERAWATAN DIRI
(SELF CARE) LANSIA YANG TINGGAL DI PANTI WERDHA DI
SURABAYA**

Penelitian Cross Sectional

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Pendahuluan: Lansia cenderung mengalami penurunan perawatan diri (Self care) karena terdapat penurunan kesehatan fisik dan psikis berpengaruh terhadap perawatan dirinya. Beberapa faktor perlu dikaji yaitu usia, jenis kelamin, status kesehatan dan kemampuan perawatan diri (self care agency). Tujuan penelitian ini untuk menjelaskan hubungan usia, jenis kelamin, status kesehatan dan kemampuan perawatan diri (self care agency) dengan perawatan diri (self care) lansia di Panti Werdha Surabaya. **Metode:** Desain penelitian ini menggunakan penelitian kuantitatif deskripsi korelatif dengan pendekatan cross-sectional. Populasi penelitian ini adalah lansia di Panti Werdha Surabaya sebanyak 103 responden didapat dengan cara cluster random sampling. Kriteria inklusi adalah tidak memiliki masalah kognitif berat. Data diperoleh dengan cara membacakan kuesioner self care dan exercise self care agency scale yang telah diuji validitas dan reabilitas. Uji statistik menggunakan Spearman's rho test dan regression. **Hasil:** Hasil penelitian yang didapatkan adanya hubungan signifikan antara jenis kelamin ($p=0,041$, $r=-0,202$), status kesehatan ($p=0,000$, $r=0,837$), dan kemampuan perawatan diri (self agency) ($p=0,000$, $r=0,682$) dengan perawatan diri (self care) dan tidak ada hubungan dengan usia ($p=0,468$, $r=-0,072$). **Diskusi:** Terdapat tiga faktor yang behubungan dengan perawatan diri (self care) yaitu jenis kelamin, status kesehatan dan kemampuan perawatan diri (self care agency). Status kesehatan memiliki hubungan yang mendominasi dengan perawatan diri (self care).

Kata kunci: self care, self care agency, faktor, status kesehatan, lansia.

ABSTRACT

**ANALYSIS OF FACTORS RELATED TO SELF CARE ELDERLY LIVED
AT NURSING HOME IN SURABAYA
Cross-Sectional Study**

By: Sagita Wulan Sari

Introduction: Elderly tend to decreased their self-care because decline of physical health and psychic influential affect the self-care itself. Some factors that need to be studied are age, gender, health status and self-care agency. The purpose of this study was to explain the relationship of age, gender, health status and self-care agency with the self-care elderly lived at Nursing Home in Surabaya. **Method:** This study used quantitative research with a correlative description and a cross-sectional approach. The population in this study were older people at Nursing Home in surabaya. The number of samples were 103 respondent samples by cluster ramdom sampling. The inclusion criteria are the elderly do not have heavy cognitive trouble. Data collected using reading to elderly method with self-care and exercise self-care agency scales questionnaires that had been tested for validity and reliability. Test statistics using the Spearmans rho test analysis and regression. **Results:** The results of the study found a significant correlation between gender ($p = 0041$, $r = -0202$), health status ($p = 0000$, $r = 0837$), and self-care agency ($p = 0000$, $r = 0682$) with self-care and no relationship with age ($P = 0468$, $r = -0072$). **Discussion:** Three factors are a correlation between self-care namely gender, health status, and self-care agency. Health status is one of the dominating factors correlated with self-care.

Keywords: self-care, self-care agency, factor, health status, elderly