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**“THE EFFECT OF HEALTH EDUCATION ABOUT SELF CARE
TOWARD THE INDEPENDENT OF ELDERLY IN PANTI SOSIAL
TRESNA WERDHA BUDI MULIA 2 CENGKARENG 2017”**

xiv+7 chapter+91 page+2 scheme+15 attachment

ABSTRACT

Health is the most valuable asset in the world. One of the capital to be healthy is able to perform self-care / personal hygiene independently. Decrease in body function that occurs in the elderly can cause the elderly inability to meet self-care. Therefore, to achieve good health status in elderly, need to increase its functional independence in the aspect of self care. This study aims to identify the effect of health education about self-care toward independent of elderly in Panti Sosial Tresna Werdha Budi Mulia 2 Cengkareng 2017. The sample used is elderly living in Tresna Werdha Budi Mulia 2 Cengkareng Social Institution of West Jakarta with the number of respondents as many as 37 elderly. The method used is pre experiment *with one group pre-post test design* approach. The statistic test used is *Wilcoxon Signed Rank Test*, based on the result of the research that got the result of p-value (Asymp Sig. 2-Tailed) 0,00 where less than the critical limit of the research is 0,05 meaning there is influence of health education to Independence of elderly in Panti Sosial Tresna Werdha Budi Mulia 2 Cengkareng 2017. It is suggested to the organizer / management of the orphanage to maintain the elderly who can be independent and improve back elderly who have not independently by giving counseling about self care periodically and train elderly to be independent in self care.

Keywords : Self-care, elderly independent

Literature : 36 (2007-2016)