

**PROGRAM STUDI KESEHATAN MASYARAKAT FAKULTAS ILMU-
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**“FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KUALITAS
FISIK LANSIA DI PUSKESMAS KELURAHAN JELAMBAR II
JAKARTA BARAT TAHUN 2018”**

ABSTRAK

Lanjut usia berkualitas adalah masa tua yang tetap sehat secara fisik, sosial dan mental sehingga dapat tetap sejahtera sepanjang hidup dan berpartisipasi dalam rangka meningkatkan kualitas hidup sebagai anggota masyarakat. Data cakupan kesakitan lansia di Puskesmas Kelurahan Jelambar II tahun 2018 sebanyak 2774 lansia (17,8%) dari total lansia 5824 (17%). Penelitian ini bertujuan untuk mengetahui faktor yang berhubungan dengan kualitas fisik lansia di Puskesmas kelurahan Jelambar II Jakarta Barat tahun 2018. Penelitian ini menggunakan desain penelitian deskriptif observasional dengan pendekatan *cross sectional* melalui wawancara menggunakan kuisioner kepada 40 orang responden. Variabel umu, jenis kelamin, pengetahuan, sikap, perilaku, dengan kualitas fisik lansia dianalisa dengan *chi square*. Hasil penelitian didapatkan kualitas fisik lansia kategorik buruk yaitu 60,0% dengan proporsi umur lansia (77,5%), jenis kelamin perempuan (57,5%), pengetahuan (55,0%), sikap (50,0%), perilaku (55,0%). Hasil penelitian menunjukkan ada hubungan antara sikap ($p=0,024$). Penigkatan kualitas fisik lansia maka perlu ditingkatkan penyuluhan dan informasi tentang kesehatan pada lansia saat posyandu dilaksanakan.

Kata kunci : kualitas fisik , umur, jenis kelamin, pengetahuan, sikap, perilaku
xi+75 halaman; 2 gambar; 16 tabel

Pustaka : 40 (2010-2017)

**PUBLIC HEALTH STUDY PROGRAM FACULTY OF HEALTH
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**FACTORS RELATED TO THE PHYSICAL QUALITY OF ELDERLY IN
KELURAHAN JELAMBAR II PUSKESMAS JAKARTA BARAT IN 2018**

ABSTRACT

Quality of life among elderly people is very important, healthy people means those who have healthy physically, mentally, socially. Morbidity of elderly people in Jelambar Puskesmas II in 2018 as many as 2774 elderly (17.8%) of the total 5824 elderly (17%). This study aims to determine the factors related to the physical quality of the elderly in the community health center Jelambar II Jakarta Barat in 2018. This study used an observational descriptive research design with cross-sectional approach through interviews using questionnaires to 40 respondents. The variables are age, gender, knowledge, attitude, and behavior. They were analyzed by univariate and bivariate analysis. The data was counted by chi-square using SPSS . The results showed that the physical of respondents are poor or 60.0% from 40 respondents. The proportion of 60-69 age is 77.5% (n=31) consist of female 57.5% and male 42.5%. The proportion of variables were knowledge (55.0%), attitude (50.0%) and behavior (55.0%). The results showed that there was a relationship between attitude variables ($p = 0.024$). To improve the physical quality of the elderly need counseling and health education for the elderly in Posyandu

Keywords: physical quality, age, gender, knowledge, attitude, behavior
xi + 75 pages; 2 pictures; 16 tables
Library: 40 (2010-2017)