

ABSTRAK



SKRIPSI, Agustus 2022

Devi Soleha

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

HUBUNGAN ANTARA RISIKO JATUH DENGAN *ACTIVITY DAILY LIVING* PADA LANJUT USIA

Terdiri dari VI Bab, 69 Halaman, 10 tabel, 3 skema, 7 Lampiran

Tujuan: Untuk membuktikan adanya hubungan antara risiko jatuh dengan *Activity Daily Living* (ADL) pada lanjut usia. **Metode:** Penelitian ini bersifat deskriptif kuantitatif dengan desain *cross-sectional*. Sampel dipilih menggunakan teknik *purposive sampling* di Panti Werdha Wisma Mulia, Jakarta Barat. Total sampel sebanyak 30 lansia dan pada tiap sampel diperoleh data risiko jatuh yang diukur dengan *Morse Fall Scale* (MFS) dan ADL yang diukur dengan *Indeks Katz*. **Hasil:** jenis kelamin paling banyak pada sampel adalah perempuan (66,7%) dengan usia rata-rata sebesar 77 tahun. Selanjutnya nilai mean \pm SD pada pengukuran risiko jatuh diperoleh sebesar 40,67 \pm 18,83 dan nilai ADL sebesar 3,77 \pm 1,612. Uji hipotesis dengan uji *Fisher* menunjukkan terdapat hubungan yang signifikan antara risiko jatuh dengan ADL pada lansia ($p=0,007$) yang mana pada risiko jatuh dan *Activity Daily Living*. **Kesimpulan:** terdapat hubungan signifikan antara risiko jatuh dengan ADL pada lanjut usia.

Kata kunci :

Risiko Jatuh, *Activity Daily Living*, *Morse Fall Scale*, *Indeks Katz*

ABSTRACT



ESSAY, August 2022

Devi Soleha

Physiotherapy Study Program

Faculty of Physiotherapy

Esa Unggul University

RELATIONSHIP BETWEEN THE RISK OF FALL WITH ACTIVITY DAILY LIVING IN THE ELDERLY

Consist of VI Chapter, 69 page, 10 table, 3 scheme, 7 attachment

Objective: To prove the relationship between fall risk and Activity Daily Living (ADL) in the elderly. Methods: This research is descriptive quantitative with a cross-sectional design. The sample was selected using a purposive sampling technique at the Wisma Mulia Nursing Home, West Jakarta. The total sample was 30 elderly and each sample obtained data on the risk of falling as measured by the Morse Fall Scale (MFS) and ADL as measured by the Katz Index. Results: the most gender in the sample was female (66.7%) with an average age of 77 years. Furthermore, the mean \pm SD in the fall risk measurement was obtained at 40.67 ± 18.83 and the ADL value of 3.77 ± 1.612 . Hypothesis testing with Fisher's test showed that there was a significant relationship between the risk of falling and ADL in the elderly ($p = 0.007$) which was the risk of falling and Activity Daily Living. Conclusion: there is a significant relationship between the risk of falling with ADL in the elderly.

Key words :

Fall Risk, Activity Daily Living, Morse Fall Scale, Katz Index