

Abstract

The elderly population is at high risk of experiencing hypertension, high blood sugar, and high cholesterol. Therefore, the Government provides healthcare services to control these conditions through elderly integrated health posts (Posyandu Lansia). The results of a preliminary study at Elderly Integrated Health Post X showed that only 14% regularly visited every month. This research aims to describe the activity level of the elderly in the activities of Elderly Integrated Health Post X in 2022. This study used a cross-sectional research design from January to December 2022. Ninety older adults were included in the study and selected using a total sampling technique. This research used secondary data, namely the records of elderly integrated health post-visits. The variables studied were elderly activity, neighbourhood association (RT), gender, and age. The results showed the highest proportion of inactive elderly individuals (85.6%). Inactive elderly individuals visited the elderly integrated health post residing in RT 5 (100.0%), RT 1 (92%), RT 2 (83.3%), RT 4 (83.3%), and RT 3 (73.9%). Among male elderly individuals, the highest proportion was inactive in visiting the elderly integrated health post (86.5%), and among female elderly individuals (84.9%). Among elderly individuals aged 70 or above, the highest proportion was inactive in visiting the elderly integrated health post, with 48 (87.3%), and among those aged 60-69 years (82.9%). This research concludes that the highest proportion of elderly individuals are inactive in the activities of the elderly integrated health post. Therefore, there is a need for emphasis by cadres on the elderly regarding the activities of the elderly integrated health post, such as informing all registered elderly individuals at the elderly integrated health post that they can still participate in the activities without having to undergo basic health checks.

Keyword : Elderly activity, neighborhood association (RT), gender, age

Abstrak

Kelompok lanjut usia berisiko tinggi mengalami hipertensi, gula darah tinggi, dan kolesterol. Oleh karena itu, Pemerintah menyediakan pelayanan kesehatan untuk mengontrol kondisi-kondisi tersebut melalui Posyandu Lansia. Hasil studi pendahuluan di Posyandu Lansia X menunjukkan hanya 14% yang rutin berkunjung setiap bulannya. Penelitian ini bertujuan untuk mengetahui gambaran keaktifan lansia dalam kegiatan posyandu lansia x tahun 2022. Penelitian ini menggunakan desain penelitian *cross-sectional* dan dilakukan pada bulan Januari-Desember 2022. Sebanyak 90 lansia diikutkan dalam penelitian dan dipilih dengan teknik *total sampling*. Penelitian ini menggunakan data sekunder yaitu catatan data kunjungan posyandu lansia. Variabel yang diteliti yaitu keaktifan lansia, rukun warga yang (RT), jenis kelamin dan usia. Hasil penelitian menunjukkan proporsi tertinggi pada lansia yang tidak aktif (85,6%). Lansia yang tidak aktif berkunjung ke Posyandu Lansia bertempat tinggal di RT 5 (100,0%), RT 1 (92%), RT 2 (83,3%), RT 4 (83,3%), dan RT 3 (73,9%), pada lansia laki-laki proporsi tertinggi yaitu tidak aktif berkunjung ke posyandu lansia (86,5%) dan lansia perempuan (84,9%), pada lanjut usia berisiko ≥ 70 proporsi tertinggi yaitu tidak aktif berkunjung ke Posyandu Lansia 48 (87,3%) dan pada lanjut usia 60 – 69 tahun (82,9%). Kesimpulan dalam penelitian ini adalah proporsi tertinggi adalah lansia yang tidak aktif dalam kegiatan Posyandu Lansia. Oleh karena itu diperlukan adanya penekanan kader terhadap lansia terkait kegiatan Posyandu Lansia seperti memberitahu keseluruhan lansia yang terdaftar di Posyandu Lansia, bahwa lansia bisa tetap mengikuti kegiatan Posyandu Lansia tanpa harus melakukan pengecekan kesehatan dasar.

Kata Kunci: Keaktifan lansia, rukun tetangga, jenis kelamin, usia, posyandu lansia