



ABSTRACT

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The Effect of Papaya Leaves Boiled Water For Constipation in The Elderly in Social Institutions Tresna Werdha Budi Mulia 02 Cengkareng

7 chapters, 82 pages, 8 tables, 3 images, 3 schemes, 6 attachment.

Background: Constipation is a decrease in the frequency of bowel movements accompanied by an extension of time and trouble movement of feces. Constipation in the elderly due to a decrease in the anatomical and physiological functions in the gastrointestinal system. Consume enough fiber can facilitate the process of defecation contained in papaya leaves. Papaya contains papain enzyme, proteolytic enzymes and high crude fiber that can be launched defecation.

Objectives: This study aimed to analyze the effect of papaya leaves boiled water for constipation in the elderly in social institutions Tresna Werdha Budi Mulia 02 Cengkareng.

Research methods: The sample used is the elderly in nursing Tresna 02 Cengkareng. Elderly nobility were 39 elderly people with non-probability sampling techniques and types of purposive sampling. The method used is a quasi-experimental, pre-test, post-test without control group.

Research: The majority of respondents were aged 60-70 years (79.5%), female gender (66.7%). The statistical test paired t-test value constipation before giving water boiled papaya average value (mean) of 7.95 and after the water decoction of leaves of papaya value - average (mean) of 5.74 with $p = 0.001$ ($p < 0.05$).

Conclusion: Papaya leaves boiled water efficacious to reduce the incidence of constipation in the elderly in social institutions Tresna Werdha Budi Mulya 02 Cengkareng. Suggestions for nursing services can be implemented with the provision of health information in the form of education on the issue of constipation in the elderly and help reduce constipation by giving papaya leaves boiled water.

Key words: fiber, water decoction of leaves of papaya, constipation elderly

Bibliography: 53 (2001-2014)