

ABSTRAK

Irmawati Nur. 2015. Pengaruh Peran Keluarga Dalam Pemenuhan *Activities Daily Living* Terhadap Kualitas Hidup Lansia di Desa Raharja Kecamatan Wonosari Kabupaten Boalemo. Skripsi, Program Studi Ilmu Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I **Dra.Hj Rany Hiola,M.Kes** dan Pembimbing II **Ns. Rhein R.Djunaid, S.kep.,M.kes.**

Kualitas hidup adalah kesehatan manusia seutuhnya dalam empat aspek yang saling berhubungan yaitu fisik, mental, sosial, dan spiritual. Kualitas hidup lansia merupakan suatu komponen yang kompleks dimana mencakup tentang usia harapan hidup, kepuasan dalam kehidupan, kesehatan psikis dan mental, fungsi fisik, dukungan sosial dan lingkungan.

Tujuan penelitian ini untuk mengetahui pengaruh peran keluarga dalam pemenuhan *activities daily living* terhadap kualitas hidup lansia di Desa Raharja Kecamatan Wonosari Kabupaten Boalemo. Desain penelitian menggunakan observasional analitik dengan pendekatan *cross sectional*. Populasi dengan jumlah responden 78 lansia, besar sampel sebanyak 35 responden dengan menggunakan kuesioner sebagai instrument penelitian.

Hasil penelitian dengan uji *Chi Square* didapatkan hasil dari analisis univariat peran keluarga baik 15 (42,9%) responden, kurang baik 20 (57,1%) responden, dan kualitas hidup lansia yang baik 14 (40,0%), kurang baik 21 (60,0%) sedangkan analisis bivariat adalah *p-value* 0,000 dengan signifikan lebih kecil dari pada ($\alpha = 0,05$). Artinya ada pengaruh peran keluarga dalam pemenuhan *activities daily living* terhadap kualitas hidup lansia di Desa Raharja Kecamatan Wonosari Kabupaten Boalemo.

Bagi keluarga khususnya keluarga lansia diharapkan lebih proaktif dalam memperhatikan segala kebutuhan lansia terkait dengan kebutuhan *activities daily living*.

Kata Kunci : Lansia, Kualitas Hidup, Activities Daily Living
Daftar Pustaka : 29 (2002 – 2013)

ABSTRACT

Irmawati Nur. 2015. The Influence of Family Role in Compliance the Activities Daily Living to the Quality Life of Elderly in the Village of Raharja, Sub-District of Wonosari, District of Boalemo. Skripsi. Study Program of Nursing, Faculty of Health Sciences and Sports, State University of Gorontalo. Principal supervisor was Dra. Hj. Rany Hiola, M.Kes, and co-supervisor was Ns. Rhein R. Djunaid, S.Kep., M.Kes.

The quality of life is the whole human health in four aspects that related each other; physical, mental, social, and spiritual. The quality of elderly life is one of the complex components that covering hope of life, satisfaction, psychological, physical function, social support and environment.

The aim of this research was to investigate the influence of family role in compliance the Activities Daily Living to the quality life of elderly in the village of Raharja, Sub-district of Wonosari, district of Boalemo. The design of this research was analytical observational with cross sectional approach. The population of this research is 78 respondents and the samples were 35 respondents of elderly age. This research used questionnaire as the research instrument.

The result of the research with Chi-Square test found that from univariat analysis of the family role with good category was 15 or 42,9% respondents, and less good category was 20 or 57,1% respondents. The quality life of elderly with good category was 14 or 40,0%, and less good category was 21 or 60,0%. Bivariate analysis gained the p value as 0,000 with the significance that smaller than $\alpha = 0,05$. It means that there is an influence of family role in compliance the Activities Daily Living to the quality life of elderly in the village of Raharja, sub-district of Wonosari, district of Boalemo.

To the family of the elderly is expected to be more proactive in giving attention to all needs of the elderly that related to the Activities Daily Living.

Keywords; *Elderly Age, Quality of Life, the Activities Daily Living.*

Bibliography; 29 (2002 – 2013)

