

HUBUNGAN TINGKAT KEMANDIRIAN DENGAN RISIKO JATUH PADA LANSIA DI DESA BRINGSANG KECAMATAN GILIGENTING KABUPATEN SUMENEP

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ABSTRAK

Sering kali akibat jatuh yang dialaminya berdampak pada psikologis dan sosiologis serta emosional pada lansia. Lansia yang jatuh sering mengalami keterbatasan dalam beraktivitas sehari-hari, kelemahan otot, ketidakmampuan, dan risiko jatuh lebih lanjut. Tujuan dari penelitian ini adalah untuk mengetahui hubungan tingkat kemandirian dengan resiko jatuh pada lansia di Desa Bringsang Kecamatan Giligenting. Desain penelitian ini merupakan penelitian korelasi atau korelasional dengan jenis penelitian kuantitatif deskriptif. Jumlah populasinya 180 orang dengan jumlah sampel 43 orang. Variabel independen penelitian adalah tingkat kemandirian lansia sedangkan variabel dependen penelitian adalah resiko jatuh pada lansia. Teknik analisis data menggunakan Uji Validitas, Uji Reliabilitas, dan Uji Korelasi Rank Spearman. Berdasarkan hasil penelitian dan pembahasan dapat disimpulkan bahwa tingkat kemandirian lansia di Desa Bringsang Kecamatan Giligenting masuk dalam kategori ketergantungan berat dengan persentase 37%. Sehingga secara mayoritas masyarakat lansia yang ada di Desa Bringsang Kecamatan Giligenting tidak dapat melakukan aktifitas dan rutinitas sehari-harinya tanpa bantuan orang lain. Sedangkan kemungkinan terjadinya resiko jatuh pada lansia di Desa Bringsang Kecamatan Giligenting masuk dalam kategori beresiko sedang dan beresiko tinggi dimana keduanya memiliki persentase yang sama yaitu 49%. Sedangkan sisanya hanya 2 % masuk dalam kategori tidak beresiko jatuh. Berdasarkan hasil uji korelasi rank spearman diketahui nilai koefisien korelasi sebesar 0,912** yang artinya terdapat hubungan (korelasi) antara variabel tingkat kemandirian dengan resiko jatuh pada lansia di Desa Bringsang Kecamatan Giligenting sebesar 0,912 atau sangat kuat. Tanda bintang (**) artinya korelasi bernilai signifikan pada angka signifikansi sebesar 0,000. Sehingga dapat disimpulkan bahwa hipotesis yang diajukan (H_1) dapat diterima yang artinya terdapat hubungan sangat kuat antara tingkat kemandirian lansia dalam melakukan aktifitas sehari-hari dengan resiko jatuh pada lansia di Desa Bringsang Kecamatan Genting Kabupaten Sumenep.

Kata Kunci : Tingkat Kemandiran, Resiko Jatuh, Lansia, Korelasi Spearman

THE RELATIONSHIP OF THE LEVEL OF INDEPENDENCE WITH THE RISK OF FALL IN ELDERLY IN BRINGSANG VILLAGE GILIGENTING DISTRICT

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ABSTRACT

*Often due to the fell they experience psychological and sociological and emotional impact on the elderly. Fell elderly often experience limitations in their daily activities, muscle weakness, disability, and risk of further fell. The purpose of this studied to determine the relationship of the level of independence with the risk of fell in the elderly in Bringsang Village, Giligenting District. The design of this studied correlation or correlational research with descriptive quantitative research. The population 180 people with a sample of 43 people. The independent variable of the studied the level of independence of the elderly while the dependent variable of the studied the risk of falling on the elderly. Data analysis techniques used Validity Test, Reliability Test, and Spearman Rank Correlation Test. Based on the results of research and discussion, it can be concluded that the level of independence of the elderly in Bringsang Village, Giligenting District is included in the category of heavy dependence with a percentage of 37%. So that the majority of the elderly community in Bringsang Village, Giligenting District, cannot Did their daily activitied and routined with out the helped of others. While the possibility of the risk of fell in the elderly in Bringsang Village, Giligenting District included in the category of moderate risk and high risk where both have the same percentage of 49%. While the rest, only 2% falls into the category not at risk of fell. Based on the Spearman rank correlation test it known that the correlation coefficient valueis 0.912 ** which means there is a relationship (correlation) between the variable level of independence with the risk of Fell in the elderly in Bringsang Village Giligenting District of 0.912 or very strong. An asterisk (**) means that the correlation significant at a significance level of 0.000. So it can be concluded that the hypotheresis proposed (Ha) can be accepted, which means there a very strong relationship between the level of independence of the elderly in carried out daily activitied with the risk of fell on the elderly in BringsangVillage, Genting District, Sumenep Regency.*

Keywords : *Independence, Fell Risk, Elderly, SpearmanCorrelation*