

Universitas Ngudi Waluyo Ungaran
Program Studi Keperawatan
Skripsi, Agustus 2020
Fitrin Aninda Rani (010116A037)

**Gambaran kemampuan *personal hygiene* pada lansia di Pada Lansia Di
Kelurahan Candirejo Kecamatan Ungaran Barat Kabupaten Semarang.**
(xv + 56 halaman + 3 tabel +7 gambar +9 lampiran)

ABSTRAK

Latar belakang : lansia adalah seseorang yang telah memasuki usia 60 tahun keatas. seiring meningkatnya usia sehingga terjadi perubahan dalam struktur dan fungsi sel, jaringan, serta sistem organ. Bila seseorang bertambah tua aktivitas kemampuan fisik dan mentalnya perlahan lahan pasti akan mengalami penurunan akibatnya akitivitas hidupnya akan terpengaruh yang pada akhirnya mengurangi kesigapan seseorang khususnya dalam melakukan kebutuhan aktifitas *personal hygiene*.

Tujuan : Mengetahui Gambaran Kemampuan *Personal Hygiene* Pada Lansia Di Kelurahan Candirejo Kecamatan Ungaran Barat Kabupaten Semarang.

Metode : penelitian ini adalah penelitian deskriptif ,dengan pendekatan *survey*,tehnik sampel menggunakan *total sampling*. Besar sampel sebanyak 15 responden. Instrument penelitian berupa lembar kuisisioner . Analisis data menggunakan distribusi frekuensi

Hasil : hasil penelitian didapatkan 13,3 % lansia cukup dalam kemampuan *personal hygiene*. dan 86,6% lansia baik dalam kemampuan *personal hygiene*.

Saran: diharapkan kepada pendamping lansia untuk memberi motivasi kepada lansia agar semakin meningkatkan kemampuan dalam menjaga *personal hygiene*.

Kata kunci : kemampuan, *personal hygiene*, lansia

Kepustakaan : 35 (2006-2017)

**Universitas Ngudi Waluyo
Nursing Faculty
Nursing Study Program
Final Project, August 2020
Fitrin Aninda Rani (010116A037)**

**The Descriptive Study of Personal Hygiene Ability in Elderly at Candirejo Village, West Ungaran, Semarang Regency
xv + 56 pages + 3 tables +7 pictures +9 attachments)**

ABSTRACT

Background: An elderly is someone who has reached 60 years old. As age increases, changes might happen in structure, cell function and organ system. When somebody gets older, the ability of physical and mental activity will decrease as well. As a result, his life activities will be affected and in the end, this condition reduces the alertness of a person, especially in carrying out the needs of personal hygiene activities.

Objective: Investigating personal hygiene ability in elderly at Candirejo Village, West Ungaran, Semarang Regency.

Method: This research was a descriptive study with a survey approach. The sample technique used total sampling. The samples were 15 respondents. The research instrument was a questioner sheet. Data analysis used frequency distribution.

Result: The result of the study found 13.3% of the elderly got sufficient level and 86.6% of the elderly got good level in ability of personal hygiene.

Suggestion: It is expected that the companions of elderly give motivation in order to further enhance the ability to maintain personal hygiene.

Keywords : ability, personal hygiene, elderly

Literature : 35(2006-2017)