

BOOKLET SEBAGAI MEDIA PEMBELAJARAN PADA LANSIA

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ABSTRAK

Latar Belakang: Posyandu lansia sebagai salah satu bentuk Upaya Kesehatan Berbasis Masyarakat (UKBM) merupakan program untuk meningkatkan status kesehatan lansia. Upaya pelaksanaan posyandu lansia sering memenuhi kendala dalam pelaksanaannya seperti pengetahuan lansia dan masih kurangnya dukungan keluarga. Pemilihan media yang tepat dalam pendidikan lansia tentang posyandu menjadi krusial. Booklet memiliki beberapa kelebihan sebagai media pembelajaran.

Tujuan: Menghasilkan booklet yang layak sebagai media pembelajaran dalam meningkatkan pengetahuan, persepsi dan sikap lansia terhadap pemanfaatan posyandu lansia

Metode: Penelitian ini menggunakan pendekatan meta analisa dengan merangkum berbagai hasil penelitian secara kuantitatif. Artikel yang dianalisis berjumlah 6 dengan 5 jurnal nasional dan 1 jurnal internasional.

Hasil: Jurnal pertama menyimpulkan ada pengaruh pendidikan kesehatan menggunakan booklet terhadap pemahaman pasien hipertensi di Puskesmas Kecamatan Pasar Minggu. Jurnal kedua menyimpulkan Terdapat perbedaan tingkat pengetahuan dan asupan kalsium sebelum dan sesudah diberikan edukasi gizi, dan tidak terdapat perbedaan yang signifikan pada aktivitas fisik sebelum dan sesudah diberikan edukasi gizi. Jurnal ketiga menyimpulkan Terdapat penurunan jumlah pasien dengan kadar glukosa darah setelah mendapatkan edukasi. Jurnal keempat menyimpulkan bahwa ada pengaruh pemberian booklet terhadap persepsi responden dalam mendukung lansia memanfaatkan posyandu lansia. Dan tidak ada pengaruh pemberian booklet terhadap sikap responden dalam mendukung lansia dalam memanfaatkan posyandu lansia. Jurnal kelima menyimpulkan Terdapat perbedaan tingkat pengetahuan dan kepatuhan responden sebelum dan sesudah diberikan booklet. Jurnal keenam menimbulkan booklet yang disusun dapat dipakai sebagai media pendidikan pada lansia. Menurut lansia booklet ini komprehensif, menarik, jelas dan obyektif.

Saran: Diharapkan pemahaman lansia meningkat melalui media pembelajaran booklet.

Kata Kunci: Booklet, pengetahuan, lansia

BOOKLETS AS A LEARNING MEDIA FOR THE ELDERLY

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ABSTRACT

Background: Posyandu for the elderly as a form of Community-Based Health Efforts (UKBM) is a program to improve the health status of the elderly. Efforts to implement the posyandu for the elderly often meet obstacles in its implementation such as knowledge of the elderly and the lack of family support. One form of education for the elderly is by using booklets as learning media for the elderly so that the elderly have an understanding of posyandu for the elderly.

Objective: to produce appropriate booklets as learning media with a meta-analysis approach to determine the effectiveness of booklets in increasing the knowledge, perceptions and attitudes of the elderly towards the use of posyandu for the elderly.

Method: This study uses a meta-analysis approach by summarizing various research results quantitatively. There were 6 articles analyzed with 5 national journals and 1 international journal.

Results: The first journal concluded that there was an effect of health education using booklets on the understanding of hypertension patients at the Pasar Minggu District Health Center. The second journal concluded that there were differences in the level of knowledge and calcium intake before and after being given nutrition education, and there was no significant difference in physical activity before and after being given nutrition education. The third journal concluded that there was a decrease in the number of patients with blood glucose levels after receiving education. The fourth journal concluded that there was an effect of giving booklets on respondents' perceptions of supporting the elderly in using the elderly posyandu. And there is no effect of giving booklets to respondents' attitudes in supporting the elderly in utilizing the posyandu for the elderly. The fifth journal concludes that there are differences in the level of knowledge and compliance of respondents before and after being given a booklet. The sixth journal concluded that the compiled booklets could be used as educational media for the elderly. According to the elderly, this booklet is comprehensive, interesting, clear and objective.

Suggestion: it is hoped that the elderly's understanding will improve through booklet learning media.

Keywords: booklet, knowlage, elderly