

HUBUNGAN TINGKAT DIMENSIA DENGAN KEMAMPUAN PEMENUHAN *ACTIVITY OF DAILY LIVING* PADA LANSIA DI PANTI JOMPO IKEBE YOKOHAMA

The Relationship between Dimensional Level and Ability to Fulfill Activity of Daily Living in the Elderly at the IKEBE Yokohama Nursing Home

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ABSTRAK

Latar Belakang: Demensia dapat mempengaruhi kemampuan aktivitas sehari-hari karena dipengaruhi kumpulan gejala yang ada seperti penurunan fungsi kognitif, perubahan mood, dan tingkah laku. Penyandang demensia selain mengalami kelemahan kognisi secara bertahap, juga akan mengalami kemunduran aktivitas sehari-hari (*Activity Of Daily Living/ADL*).

Tujuan: Untuk mengetahui hubungan tingkat demensia dengan kemampuan pemenuhan *activity of daily living* pada lansia di Panti Jompo IKEBE Yokohama.

Metode: Jenis desain dalam penelitian ini adalah deskriptif korelatif dengan pendekatan *cross sectional*. Populasi penelitian ini adalah lansia di Panti Jompo IKEBE Yokohama dengan jumlah sampel 50 responden diambil menggunakan tehnik total sampling. Alat ukur untuk variabel demensia menggunakan SPMSQ dan variabel ADL menggunakan Indeks Kartz dan uji bivariat menggunakan uji *chi square*

Hasil dan Simpulan: Lansia di panti jompo IKEBE Yokohama mempunyai tingkat demensia sebagian besar kategori berat (36,0%). Lansia di panti jompo IKEBE Yokohama melakukan kemampuan pemenuhan *activity of daily living* sebagian besar kategori dibantu (64,0%). Ada hubungan yang bermakna tingkat demensia dengan kemampuan pemenuhan *activity of daily living* di panti jompo IKEBE Yokohama, didapatkan *p value* sebesar 0,000 ($\alpha = 0,05$).

Saran: Diharapkan penelitian ini dapat dijadikan acuan perawat agar mempertahankan atau mengoptimalkan kemampuan lansia dalam melakukan *Activity Of Daily Living (ADL)* dengan tetap menjaga ketajaman daya ingat dengan cara terapi melakukan senam otak serta mengoptimalkan fungsi otak untuk menurunkan resiko terjadinya demensia

Kata Kunci : Lansia, Demensia, *Activity Of Daily Living (ADL)*

Kepustakaan : 44 (2009-2018)

ABSTRACT

Background: Dementia can affect the ability to carry out daily activities because it is influenced by a collection of existing symptoms such as decreased cognitive function, changes in mood, and behavior. In addition to experiencing cognitive weakness gradually, people with dementia will also experience a decline in daily activities (*Activity Of Daily Living/ADL*).

Objective: To determine the relationship between the level of dimensions and the ability to fulfill daily living activities in the elderly at the IKEBE Yokohama Nursing Home.

Method: The type of design in this study is descriptive correlative with a cross sectional approach. The population of this study were the elderly at the IKEBE Yokohama Nursing Home with a total sample of 50 respondents taken using the total sampling technique. Measuring tool for dementia variable using SPMSQ and ADL variable using Kartz Index and bivariate test using chi square test

Results and Conclusions: The elderly in the IKEBE Yokohama nursing home have the most weight category dimensions (36.0%). The elderly in the IKEBE Yokohama nursing home have the ability to fulfill daily life activities, most of them are assisted (64.0%). There is a significant relationship between the dimension level and the ability to fulfill daily living activities at the IKEBE Yokohama nursing home, with a *p value* of 0.000 ($\alpha = 0.05$).

Suggestion: It is hoped that this research can be used as a reference for nurses to maintain or optimize the ability of the elderly in carrying out *Activities Of Daily Living (ADL)* while maintaining sharp memory by doing therapeutic brain exercises and optimizing brain function to reduce the risk of dementia

Keywords : Elderly, Dementia, *Activity Of Daily Living (ADL)*

Literature : 44 (2009-2018)