

ABSTRAK

HUBUNGAN GAYA HIDUP DAN DUKUNGAN KELUARGA TERHADAP SELF CARE PADA LANSIA YANG MENGALAMI NYERI PERSENDIAN

Rizkia Nurul Azizah¹, Nuriya², Annas Sumeru³

Latar Belakang: *Self-care* merupakan kemampuan individu melakukan aktivitas diri untuk mempertahankan hidup. Faktor memengaruhi salah satunya gaya hidup tidak sehat dan dukungan keluarga. Gaya hidup dan dukungan keluarga tidak diterapkan dengan baik, akan membawa dampak buruk terhadap *selfcare* seseorang yang memengaruhi kesehatannya. Tujuannya untuk mengetahui hubungan gaya hidup dan dukungan keluarga terhadap *self-care* pada lansia dengan nyeri persendian.

Metode : Penelitian menggunakan analitik korelasi pendekatan *cross sectional* dengan teknik simpel random sampling. Jumlah responden sebanyak 87 lansia. Instrumen penelitian menggunakan kuesioner. Analisis gaya hidup menggunakan uji korelasi *Chi Square*, analisis dukungan keluarga menggunakan uji *Fisher*.

Hasil : Hasil Karakteristik responden usia lansia rata-rata 63 tahun, status perkawinan mayoritas menikah, pendidikan terakhir sekolah dasar, dan mayoritas tidak bekerja. Hasil analisis gaya hidup mayoritas tidak sehat sebesar 50 (57%) dan dukungan keluarga mayoritas mendukung sebesar 80 (92%), *self-care* kurang sebesar 60 (69%). Uji korelasi menunjukkan adanya hubungan signifikan gaya hidup dengan *selfcare* pada lansia dengan nyeri persendian dengan $p=0,019$, adanya hubungan yang signifikan dukungan keluarga dengan *self-care* pada lansia dengan nyeri persendian dengan $p=0,000$.

Kesimpulan : Terdapat hubungan signifikan antara gaya hidup dan dukungan keluarga terhadap *self-care* pada lansia dengan nyeri persendian.

Kata Kunci : Dukungan keluarga, gaya hidup, *self-care*

¹ Mahasiswa Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

² Dosen Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

³ Dosen Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

ABSTRACT

THE RELATIONSHIP BETWEEN LIFESTYLE AND FAMILY SUPPORT TO SELF CARE IN ELDERLY WITH JOINT PAIN

Rizkia Nurul Azizah¹, Nuriya², Annas Sumeru³

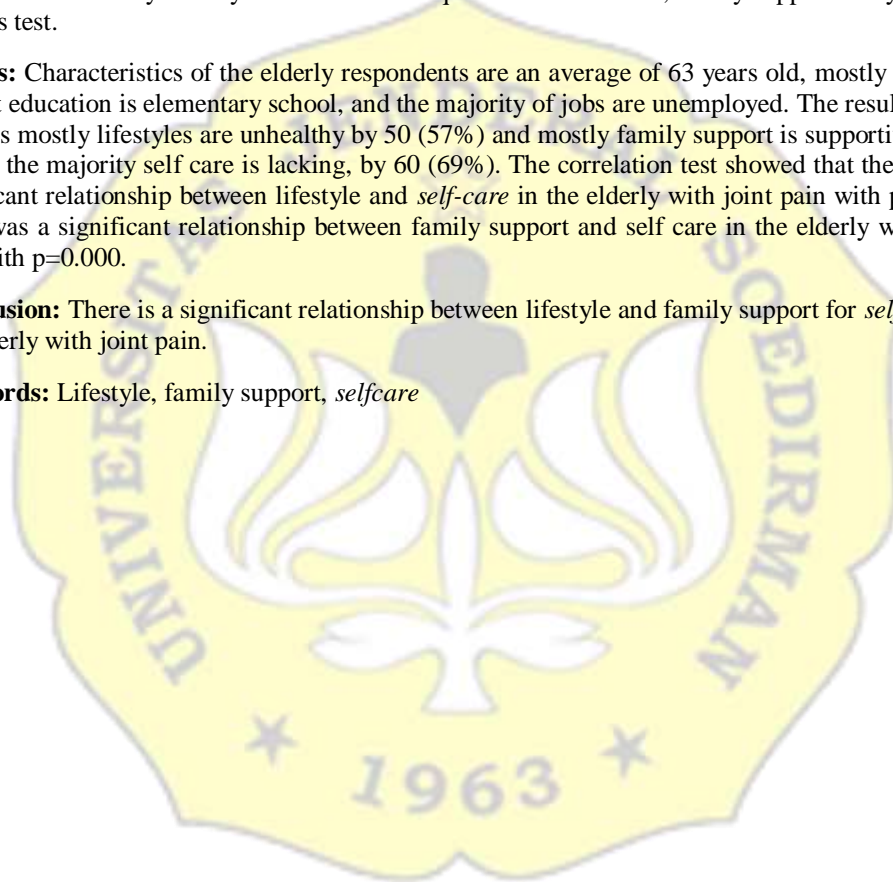
Background: *Self-care* is an individual's ability to carry out self-activities to maintain life. One of the influencing factors is an unhealthy lifestyle and family support. Lifestyle and family support are not implemented properly, will have a negative impact on a person's self-care that affects his health. The aim is to determine the relationship between lifestyle and family support for *self-care* in the elderly with joint pain..

Methods: The study used a cross-sectional correlation analytic approach with a simple random sampling technique. The number of respondents was 87 elderly. The research instrument used a questionnaire. Lifestyle analysis used the Chi Square correlation test, family support analysis used Fisher's test.

Results: Characteristics of the elderly respondents are an average of 63 years old, mostly married, the last education is elementary school, and the majority of jobs are unemployed. The results of the analysis mostly lifestyles are unhealthy by 50 (57%) and mostly family support is supportive by 80 (92%), the majority self care is lacking, by 60 (69%). The correlation test showed that there was a significant relationship between lifestyle and *self-care* in the elderly with joint pain with $p=0.019$, there was a significant relationship between family support and self care in the elderly with joint pain with $p=0.000$.

Conclusion: There is a significant relationship between lifestyle and family support for *self-care* in the elderly with joint pain.

Keywords: Lifestyle, family support, *selfcare*



¹ Nursing Student, Faculty of Health Sciences, Jenderal Soedirman University

² Nursing Department, Faculty of Health Sciences, Jenderal Soedirman University

³ Nursing Department, Faculty of Health Sciences, Jenderal Soedirman University