

**KOMPARASI KUALITAS HIDUP DAN *ACTIVITY OF DAILY LIVING*
LANSIA YANG TINGGAL DI PANTI WERDHA DENGAN
LANSIA YANG TINGGAL DI RUMAH
DENGAN KELUARGA**

Bolung Cornelia¹, Lamonge, Annastasia², Lumintang, Cyntia³

Universitas Katolik De La Salle Manado

Email : bolunglavita8@gmail.com

Abstrak

Latar belakang : Penurunan yang terjadi pada usia lanjut menyebabkan kualitas hidup menurun dan berakibat aktivitas sehari-hari menjadi bergantung, meningkatnya angka kesakitan dan kematian pada lansia. Lingkungan tempat tinggal mempengaruhi kualitas hidup. Lingkungan merupakan salah satu faktor yang mempengaruhi pelayanan kesehatan bagi lansia termasuk dalam pemenuhan kualitas hidup dan *Activity Of Daily Living (ADL)* lansia.

Tujuan : Untuk mengetahui apakah ada perbedaan yang signifikan antara Kualitas hidup dan *Activity of Daily Living* lansia yang tinggal di panti werdha dengan lansia dengan keluarga di rumah.

Metode : Kuantitatif pendekatan komparasi. Penelitian ini dilakukan di panti werdha Senja Cerah dan kelurahan Paniki. Teknik sampel digunakan adalah total sampel. Lansia di panti yaitu 42 dan kelurahan paniki 42, total sampel adalah 84. Penelitian ini menggunakan uji t-tidak berpasangan dan Man Withney.

Hasil : Kualitas Hidup Lansia Yang Tinggal Dengan Keluarga Dirumah lebih baik dari yang Tinggal Dipanti werdha, nilai mean lansia dirumah 101,64 dengan nilai *p value* 0,000. *Activity of Daily Living* menunjukkan nilai mean lansia dipanti 40,50 dan lansia dirumah 44,50 dengan nilai *p value* 0,272 dimana nilai tersebut > 0,05 berarti bahwa tidak ada perbedaan secara signifikan antara *ADL* lansia yang tinggal dipanti werdha dengan *ADL* lansia yang tinggal dirumah dengan keluarga.

Kesimpulan : Ada perbedaan yang signifikan antara kualitas hidup lansia yang tinggal dipanti werdha dengan lansia yang tinggal dirumah dengan keluarga. Sedangkan untuk *Activity of Daily Living* tidak ada perbedaan secara signifikan antara *ADL* lansia dipanti werdha dengan lansia dirumah dengan keluarga.

Kata kunci : Kualitas Hidup, *Activity Of Daily Living*, Lansia.

COMPARISON OF QUALITY OF LIFE AND ACTIVITIES OF DAILY
LIVING OF ELDERLY PEOPLE LIVING IN NURSING HOMES
WITH ELDERLY PEOPLE LIVING AT HOME WITH FAMILIES

Bolung Cornelia¹, Lamonge, Annastasia², Lumintang, Cyntia³

Universitas Katolik De La Salle Manado

Email : bolunglavita8@gmail.com

Abstract

Background: The decline that occurs in old age causes quality of life to decline and results in daily activities becoming dependent, increasing morbidity and mortality rates in the elderly. The living environment affects quality of life. The environment is one of the factors that influence health services for the elderly including in fulfilling the quality of life and Activity Of Daily Living (ADL) of the elderly.

Objective: To determine if there was a significant difference between quality of life and activity of daily living of the elderly who lived in nursing homes with elderly who lived at home with the family.

Methods: Quantitative comparative approach. This research was conducted at Senja Cerah nursing home and Paniki subdistrict. The sample technique used was the total sample. The elderly in the nursing home were 42 and in the Paniki subdistrict were 42, the total sample were 84. This research used unpaired t-test and Mann Withney.

Results: The quality of life of the elderly who lived with their families at home was better than those who lived in nursing homes, the mean value of the elderly at home was 101.64 with a p-value of 0.000. Activity of Daily Living showed the mean value of the elderly in the nursing home 40.50 and the elderly at home 44.50 with a p-value of 0.272 where the value was > 0.05, meaning that there was no significant difference between the ADL of the elderly who lived in the nursing home and the ADL of the elderly who lived at home with the family.

Conclusion: There was a significant difference between the quality of life of the elderly who lived in nursing homes and the elderly who lived at home with their families. As for Activity of Daily Living, there was no significant difference between ADL for the elderly in nursing homes and the elderly at home with family.

Keywords: Quality of life, Activity of daily living, Elderly

UKDLSM