

KAJIAN KEAKTIFAN LANSIA DI POSYANDU LANSIA

Abstrak

Latar belakang: Lanjut usia (lansia) merupakan siklus kehidupan yang tidak dapat dihindari oleh setiap manusia. Pertambahan jumlah lanjut usia akan menimbulkan berbagai permasalahan kompleks bagi lansia, keluarga maupun masyarakat meliputi fisik, biologis, mental maupun sosial ekonomi. Seiring dengan permasalahan tersebut, akan mempengaruhi asupan makannya yang pada akhirnya dapat berpengaruh terhadap status gizi. Posyandu lansia adalah pos pelayanan terpadu untuk masyarakat lanjut usia di suatu wilayah tertentu yang sudah disepakati dan digerakkan oleh masyarakat, disana mereka bisa mendapatkan pelayanan kesehatan.

Tujuan: Diketahui keaktifan lansia di posyandu lansia, jenis pemeriksaan kesehatan di posyandu, literatur *review* kaitan pemeriksaan status gizi lansia dengan keaktifan lansia di posyandu.

Metode: Penelitian ini merupakan penelitian studi literature yaitu penelitian dengan cara mengumpulkan data dari jurnal, skripsi, atau tesis yang berkaitan dengan topik keaktifan lansia di posyandu lansia.

Hasil: Lansia yang aktif mengikuti kegiatan posyandu memiliki status gizi normal, karena lansia memanfaatkan posyandu dengan sering mengkonsultasikan keluhan penyakit pada bidan yang bertugas pada saat posyandu berlangsung. Terdapat perbedaan antara status gizi lansia yang mengikuti posyandu dengan lansia yang tidak mengikuti posyandu. Pada saat posyandu pengukuran berat badan yang dicatat setiap bulannya sehingga lansia lebih memahami kurang atau bertambahnya berat badan yang akan mempengaruhi status gizi lansia. Lansia dengan status gizi yang baik memiliki kualitas hidup yang lebih baik, status gizi berpengaruh terhadap kualitas hidup lansia meliputi kesehatan, problem atau penyakit yang disandang dan fungsi tubuh.

Kesimpulan: Lansia yang aktif mengikuti kegiatan posyandu memiliki status gizi normal. Terdapat perbedaan antara status gizi lansia yang mengikuti posyandu dengan lansia yang tidak mengikuti posyandu. Lansia dengan status gizi yang baik memiliki kualitas hidup yang lebih baik.

Kata Kunci: keaktifan, lansia, posyandu, status gizi

STUDY OF ACTIVITIES ELDERLY IN INTEGRATED HEALTHCARE CENTER OF ELDERLY

Abstract

Background: Elderly (elderly) is a life cycle that cannot be avoided by every human being. Increasing the number of elderly will cause various complex problems for the elderly, families and communities including physical, biological, mental and socioeconomic. Along with these problems, it will affect food intake which in turn can affect the nutritional status. The elderly integrated healthcare center is an integrated service post for the elderly in a certain area that has been agreed and driven by the community, where they can get health services.

Objective: To find out the activeness of the elderly in integrated healthcare center for the elderly, the type of health examination in the integrated healthcare center, literature review on the relationship between the examination of the nutritional status of the elderly and the activeness of the elderly in the integrated healthcare center.

Method: This research is a literature study research that is research by collecting data from journals, theses, or theses related to the topic of activeness of the elderly in the elderly integrated healthcare center.

Results: Elderly who actively participate in integrated healthcare center activities have normal nutritional status, because the elderly use the integrated healthcare center by frequently consulting disease complaints for midwives who are on duty at the time the integrated healthcare center takes place. There is a difference between the nutritional status of the elderly who attend the integrated healthcare center and the elderly who do not attend the integrated healthcare center. At the time of the integrated health measurement post integrated healthcare center every month so that the elderly better understand less or gain weight which will affect the nutritional status of the elderly. Elderly with a good nutritional status has a better quality of life, nutritional status affects the quality of life of the elderly including health, problems or diseases carried and bodily functions.

Conclusion: Elderly who actively participate in integrated healthcare center activities have normal nutritional status. There is a difference between the nutritional status of the elderly who attend the integrated healthcare center and the elderly who do not attend the integrated healthcare center. Elderly with good nutritional status have a better quality of life.

Keywords: activeness, elderly, integrated healthcare center, nutritional status.