

ABSTRAK

Di Indonesia angka penduduk lansia terus mengalami kenaikan, sehingga sudah memasuki *ageing population*, hal ini menyebabkan rasio ketergantungan lansia terus meningkat, salah satu dampak yang terjadi yaitu tingkat kemandirian lansia terhadap pemenuhan aktifitas sehari-hari. Faktor yang dapat mempengaruhi kemandirian lansia dalam pemenuhan aktifitas sehari-hari yaitu usia, kesehatan, dan dukungan sosial. Tujuan penelitian ini untuk mengetahui faktor-faktor yang mempengaruhi tingkat kemandirian pada lansia dalam pemenuhan aktifitas sehari-hari (*Activity Of Daily Living*) melalui studi *literature review*.

Metode penelitian ini menggunakan *literature review*, data diperoleh dari google scholar dan Pubmed. Populasi sebanyak 408 jurnal, sampel sebanyak 5 jurnal. Kriteria penelitian menggunakan kriteria inklusi dan eksklusi. Pencarian literature menggunakan PICOT, dengan strategi penelitian menggunakan *boolean operators* OR dan AND dengan *keyword* penelitian adalah “faktor-faktor kemandirian”, “tingkat kemandirian ADL”, “lansia”, dalam bahasa inggris yaitu “*independence factor*”, “*independence ADL*”, “*elderly*”, dan citation menggunakan *APA style*. Evaluasi kelayakan data menggunakan JBI *cross sectional*, penyajian data berupa Prisma Flow.

Hasil penelitian berdasarkan hasil dari 5 jurnal penelitian diperoleh usia sebagian besar yang berusia 70 tahun keatas. Hasil penelitian-penelitian diperoleh adanya hubungan antara usia lansia dengan kemandirian, Hasil penelitian paling tinggi menunjukkan kondisi kesehatan lansia memiliki kondisi sehat, hasil penelitian menunjukkan adanya hubungan antara kondisi kesehatan dengan kemandirian lansia. Hasil penelitian sebagian besar responden mendapat dukungan keluarga dan hasil penelitian diperoleh adanya hubungan antara dukungan sosial keluarga dengan tingkat kemandirian lansia dalam aktifitas sehari-hari.

Diharapkan hasil penelitian agar perawat dapat mengaplikasikan asuhan keperawatan terhadap kemandirian lansia salah satunya memberikan penyuluhan kepada keluarga yang memiliki lansia sehingga keluarga dapat memberikan dukungan keluarga yang sangat dibutuhkan oleh lansia dalam menunjang kemandirian dalam pemenuhan kebutuhan sehari-harinya.

Kata Kunci : Faktor-Faktor Kemandirian, Tingkat Kemandirian ADL, Lansia
Kepustakaan : 12 buku (2014-2018)
11 jurnal (2014-2021)
4 website (2016-2019)

ABSTRACT

In Indonesia the number of elderly population continues to increase, so it has entered the ageing population, this causes the ratio of elderly dependence will continue to increase, one of the impacts that occurs is the level of independence of the elderly to the fulfillment of daily activities. Many factors that can affect the independence of the elderly in the fulfillment of daily activities include age, health, and social support. The purpose of this study is to find out the factors that affect the level of independence in the elderly in the fulfillment of daily activities (Activity Of Daily Living) through literature review studies.

This research method uses literature review, data obtained from google scholar and Pubmed. The population is 408 journals, a sample of 7 journals. Research criteria use inclusion and exclusion criteria. Literature search using PICOT, with research strategy using boolean operators OR and AND with research keywords are "self-reliance factors", "ADL independence level", "elderly", in English namely "independence factor", "independence ADL", "elderly, and citation using APA style. Evaluation of data feasibility using cross sectional JBI, presentation of data in the form of Prisma Flow.

The results of the study based on results from 5 research journals obtained the age of most who were aged 70 years and above. The results of studies obtained a relationship between the age of the elderly and independence, the highest results of research showed the health condition of the elderly has a healthy condition, the results of the study showed a relationship between health conditions and the independence of the elderly. The results of the study most of the respondents received family support and the results of the study found a relationship between family social support and the level of independence of the elderly in daily activities.

It is expected that the results of the study so that nurses can apply nursing care to the independence of the elderly, one of which is to provide counseling to families who have elderly so that the family can provide family support that is needed by l ...

Keywords : Independence Factor, Independence ADL, Elderly.
Libraries : 14 book (2014-2018)
11 journal (2014-2021)
4 website (2016-2019)