HUBUNGAN DUKUNGAN KELUARGA DENGAN KUALITAS HIDUP LANSIA PENDERITA *OSTEOARTHRITIS* DI POLIKLINIK ORTHOPEDI RSUD MAJALAYA

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ABSTRAK

Osteoarthritis merupakan penyakit sendi degenaratif pada lansia yang mampu menurunkan kemampuan mandiri dalam tugas keseharian sehingga mengurangi kualitas hidup. Dukungan dari keluarga merupakan faktor kunci penting dalam proses mewujudkan kesejahteraan hidup lansia. Keluarga yang mampu beradaptasi dengan kebutuhan lansia, menjalin kerja sama dalam pengambilan keputusan, menunjukkan kasih sayang, serta menyelesaikan masalah dengan baik akan menciptakan lingkungan yang mendukung kualitas hidup lansia. Penelitian ini bertujuan untuk menganalisa hubungan dukungan keluarga dan kualitas hidup lansia penderita *osteoarthritis.* Jenis penelitian yang digunakan adalah deskriptif kuantitatif korelasional. Teknik sampel menggunakan *acidental sampling* terhadap 58 responden. Alat ukur yang digunakan adalah *APGAR Family* dan *WHO Quality of life – OLD (WHOQol-OLD)*. Analisa univariat menggunakan uji *prosentase* dan analisa bivariat menggunakan uji *spearman rank*. Hasil penelitian didapatkan dukungan keluarga baik (51.7%), cukup (32.5%) dan buruk (15.5%. Kualitas hidup baik (53.4%), cukup (34.5%) dan buruk (12.1%). Korelasi kedua variabel didapatkan nilai *p-value* = 0,000. Hasil penelitian membuktikan adanya proses dinamis antara lingkungan keluarga yang sehat dan persepsi kualitas hidup yang baik. Keluarga membentuk mekanisme koping adaptif, yang memungkinkan lansia menghadapi proses penuaan dan penyakit secara lebih tenang serta penuh penerimaan. Peneliti berharap perawat meningkatkan peran melalui komunikasi terapeutik dan pemberian informasi yang tepat agar dukungan keluarga dapat optimal, sehingga kualitas hidup lansia meningkat secara berkelanjutan.

Kata kunci: Dukungan Keluarga; Kualitas Hidup; Lansia; *Osteoartrithis*

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND QUALITY OF LIFE IN ELDERLY OSTEOARTHRITIS PATIENTS IN THE ORTHOPEDIC POLYCLINIC RSUD MAJALAYA

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ABSTRACT

Osteoarthritis is a degenerative joint disease in the elderly that can reduce the ability to be independent in daily tasks, thus reducing the quality of life. Family support is an important key factor in the process of achieving the well-being of the elderly. Families who are able to adapt to the needs of the elderly, establish cooperation in decision-making, show affection, and resolve problems well will create an environment that supports the quality of life of the elderly. This study aims to analyze the relationship between family support and the quality of life of elderly people with osteoarthritis. The type of research used is descriptive quantitative correlation. The sample technique used acidental sampling on 58 respondents. The measurement tools used were APGAR Family and WHO Quality of life – OLD (WHOQol-OLD). Univariate analysis used the percentage test and bivariate analysis used the Spearman rank test. The results of the study obtained good family support (51.7%), sufficient (32.5%) and poor (15.5%). Quality of life was good (53.4%), sufficient (34.5%) and poor (12.1%). The correlation between the two variables obtained a p-value = 0.000. The results of the study prove that there is a dynamic process between a healthy family environment and the perception of good quality of life. The family forms an adaptive coping mechanism, which allows the elderly to face the aging and disease process more calmly and with full acceptance. Researchers hope that nurses will increase their role through therapeutic communication and providing appropriate information so that family support can be optimal, so that the quality of life of the elderly increases sustainably.

***Keywords**: Elderly; Family Support; Quality of Life; Osteoartrithis*