

## Intisari

### **Pengaruh Pendidikan Kesehatan Tentang Perawatan Lansia terhadap Defisit Perawatan Diri di Desa Watuagung Kecamatan Tuntang Kabupaten Semarang**

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**Latar Belakang:** Peningkatan usia lansia akan berpengaruh pada berbagai aspek kehidupan lansia terutama segi kesehatan. Lansia akan mengalami penurunan kemampuan dalam melakukan perawatan diri secara mandiri (defisit perawatan diri). Salah satu upaya untuk meningkatkan kemampuan lansia dalam perawatan diri adalah dengan memberikan pendidikan kesehatan tentang perawatan lansia agar lansia mampu melakukan perawatan diri dengan baik secara mandiri.

**Tujuan:** Mengetahui pengaruh pendidikan kesehatan tentang perawatan lansia terhadap defisit perawatan diri di Desa Watuagung Kecamatan Tuntang Kabupaten Semarang

**Metode:** Jenis penelitian yang digunakan adalah penelitian kuantitatif. Desain penelitian ini menggunakan *quasi eksperiment*. Sampel penelitian sebanyak 71 lansia Desa Watuagung Kecamatan Tuntang Kabupaten Semarang. Teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen penelitian menggunakan checklist perawatan diri dengan indeks Katz, dan pendidikan kesehatan dengan SAP. Analisis data menggunakan uji *Wilcoxon*.

**Hasil:** Sebanyak 38 orang responden (53,5%) sebelum diberikan pendidikan kesehatan mengalami defisit perawatan diri kategori tidak mandiri, 33 orang (46,5%) kategori mandiri. Sesudah diberikan pendidikan kesehatan 50 orang (81,7%) dalam perawatan diri kategori mandiri dan 21 orang (29,6%) kategori tidak mandiri. Hasil uji *Wilcoxon* diperoleh nilai *p-value* = 0,000.

**Kesimpulan :** Ada pengaruh pendidikan kesehatan tentang perawatan lansia terhadap defisit perawatan diri di Desa Watuagung Kecamatan Tuntang Kabupaten Semarang

**Kata kunci :** pendidikan kesehatan, defisit perawatan diri, lansia

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## ABSTRACT

### THE EFFECTS OF HEALTH EDUCATION ON ELDERLY CARE TOWARD SELF-CARE DEFICITS IN WATUAGUNG DISTRICT OF TUNTANG AT SEMARANG REGENCY

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**Background:** the Increasing age will affect the various aspects of elderly life, especially in terms of health. The elderly will decrease in their ability to perform self-care deficit. One effort to improve the ability of the elderly in self-care is to provide health education so that the elderly can perform self-care properly.

**Objective:** To determine the effect of health education on elderly care toward self-care deficits in Watuagung District of Tuntang at Semarang Regency

**Method:** The research belongs to quantitative research. The research design used a quasi-experiment. The research sample was 71 elderly Watuagung District of Tuntang at Semarang Regency. The sampling technique used purposive sampling. The research instrument used a self-care checklist with the Katz index and health education with SAP. Data analysis implemented the Wilcoxon test.

**Results:** there were 38 respondents (53.5%) experienced a deficit of self-care of the dependent category before being given health education while 33 people (46.5%) were independent category. There are 50 people (81.7%) belongs to self-care the independent category and 21 people (29.6%) the category is dependent after being given health education. Wilcoxon test results obtained p-value = 0.000.

**Conclusion:** There is an effect of health education on elderly care towards self-care deficit in Watuagung District of Tuntang at Semarang Regency

**Keywords:** Health Education, Self Care Deficit, Elderly

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PUSAT PELAYANAN DAN  
PENGEMBANGAN BAHASA