

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
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Gambaran Tingkat Kemandirian, Status gizi dan Kualitas Hidup lansia di posyandu lansia Kelurahan Kotabumi Tengah, Kabupaten Lampung Utara Tahun 2024

XIV + 75 Halaman + 10 Tabel + 9 Lampiran

**ABSTRAK**

Permasalahan gizi yang sering dialami oleh lansia selain masalah kekurangan gizi, Adalah masalah-masalah seperti Kemandirian, Dan Kualitas hidup, Yang dapat timbul karena perubahan-perubahan kumulatif, proses daya tahan tubuh yang menurun dalam menghadapi rangsangan dari dalam tubuh dan luar tubuh Saat ini, Tujuan dari penelitian ini adalah untuk mengetahui gambaran Tingkat kemandirian, Status gizi, Dan Kualitas hidup pada lansia di Posyandu Lansia Kelurahan Kotabumi Tengah, Kotabumi, Kabupaten Lampung Utara.

Lokasi penelitian Di Posyandu Lansia Kelurahan Kotabumi Tengah, Kotabumi, Lampung Utara Tahun 2024 dengan jumlah populasi sebanyak 40 orang. Variabel yang digunakan adalah karakteristik (Jenis kelamin, Usia, Pendidikan, Pekerjaan), Tingkat kemandirian, Status gizi, Dan Kualitas hidup. Pengumpulan data pada penelitian ini menggunakan kuesioner berupa pertanyaan untuk mengetahui Tingkat Kemandirian, Status gizi, karakteristik peserta lansia, Dan Kualitas Hidup. Analisis data menggunakan analisis univariat.

Hasil penelitian diperoleh sebanyak 95.0% lansia mandiri dalam melakukan aktifitas sehari-hari, 5.0% Tergantung ringan dalam melakukan aktifitas sehari-hari, dan status gizi sebanyak 60.0% normal, Sangat gemuk 17.5%, Gemuk 12.5%, Sangat kurus 5.0%, Kurus 5.0% menurut IMT, dan kualitas hidup terbagi menjadi 4 domain yaitu domain kesehatan fisik, psikologis, hubungan sosial, dan lingkungan, pada penelitian ini, ke empat domain tersebut rata-rata lansia merasa cukup atas ke-empat domain tersebut.

Posyandu lansia diharapkan dapat meningkatkan pelaksanaan program-program kesehatan lansia guna meningkatkan status gizi lansia, mengidentifikasi masalah kemandirian lansia, dan kualitas hidup lansia, dan juga melakukan kunjungan rutin ke keluarga lansia untuk memberikan dukungan kepada keluarga dalam memotivasi dan membantu dalam meningkatkan kemandirian, status gizi, dan kualitas hidup lansia.

Kata Kunci : Tingkat Kemandirian, Status Gizi, Dan Kualitas Hidup lansia.

Daftar Bacaan : 46 (2009-2023).

**TANJUNGPURBA HEALTH POLYTECHNIC**  
**DEPARTMENT OF NUTRITION**  
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An overview of the level of independence, nutritional status and quality of life of the elderly in the elderly posyandu Kotabumi Tengah Village, North Lampung Regency in 2024

XIV + 75 Pages + 10 Tables + 9 Attachments

**ABSTRACT**

Nutritional problems that are often experienced by the elderly in addition to malnutrition problems, are problems such as independence, and quality of life, which can arise due to cumulative changes, the process of decreased endurance in the face of stimuli from inside the body and outside the body. At present, the purpose of this study was to determine the description of the level of independence, nutritional status, and quality of life in the elderly at Posyandu Lansia Kotabumi Tengah Village, Kotabumi, North Lampung Regency.

The research location was at the Posyandu Lansia Kotabumi Tengah Village, North Lampung regency in 2024 with a population of 40 people. The variables used were characteristics (gender, age, education, occupation), level of independence, nutritional status, and quality of life. Data collection in this study used a questionnaire in the form of questions to determine the level of independence, nutritional status, characteristics of elderly participants, and quality of life. Data analysis using univariate analysis.

The results of the study obtained as many as 95.0% of the elderly were independent in carrying out daily activities, 5.0% were lightly dependent in carrying out daily activities, and nutritional status as much as 60.0% normal, Very fat 17.5%, Fat 12.5%, Very thin 5.0%, Skinny 5.0% according to IMT/BMI, and quality of life is divided into 4 domains, namely the domains of physical health, psychological, social relationships, and the environment, in this study, the four domains the average elderly felt sufficient for their health.

The elderly Posyandu is expected to improve the implementation of elderly health programmes to improve the nutritional status of the elderly, identify problems of elderly independence, and the quality of life of the elderly, and also make regular visits to the elderly family to provide support to the family in motivating and assisting in improving the independence, nutritional status, and quality of life of the elderly.

Keywords : Level of independence, nutritional status, and quality of life of the elderly.

Reference :46 (2009-2023).