

ABSTRAK

Peningkatan jumlah penduduk lanjut usia di Indonesia, termasuk di Kabupaten Badung, menuntut penguatan layanan kesehatan seperti Posyandu Lansia untuk mendukung kualitas hidup mereka. Namun, partisipasi lansia di wilayah kerja UPTD Puskesmas Mengwi II, masih rendah yaitu hanya 28,7%. Penelitian ini bertujuan untuk mengetahui gambaran faktor-faktor partisipasi lansia dalam kegiatan Posyandu di wilayah kerja UPTD Puskesmas Mengwi II.

Penelitian menggunakan pendekatan deskriptif observasional dengan desain cross-sectional. Sampel terdiri dari 50 lansia yang diambil secara total sampling. Data dikumpulkan melalui kuesioner dan observasi, dengan variabel meliputi dukungan keluarga, pengetahuan tentang manfaat Posyandu, peran kader, aksesibilitas, jarak ke lokasi Posyandu, dan motivasi diri. Analisis data menggunakan analisis univariat dengan tambahan tabulasi silang.

Hasil penelitian menunjukkan mayoritas lansia (56,0%) tergolong sangat aktif mengikuti Posyandu, diikuti cukup aktif (32,0%) dan tidak aktif (12,0%). Lansia dengan dukungan keluarga tinggi lebih banyak sangat aktif (56,0%), demikian pula pada peran kader tinggi (55,6%) dan motivasi tinggi (61,1%). Pengetahuan baik (59,1%) dan akses mudah ke Posyandu (57,1%) juga diikuti tingkat keaktifan yang lebih tinggi.

Dapat disimpulkan bahwa dukungan keluarga, peran kader, pengetahuan, aksesibilitas, dan motivasi diri merupakan faktor penting dalam meningkatkan partisipasi lansia di Posyandu. Disarankan untuk memperkuat peran kader melalui pelatihan, melibatkan keluarga dalam edukasi kesehatan, meningkatkan pengetahuan lansia, serta merancang program Posyandu yang lebih menarik untuk menumbuhkan motivasi dan keaktifan lansia.

Kata Kunci: Partisipasi Lansia, Posyandu Lansia, Dukungan Keluarga, Peran Kader, Motivasi Diri, Kabupaten Badung.

ABSTRACT

The increasing number of elderly people in Indonesia, including Badung Regency, necessitates the strengthening of healthcare services such as Posyandu Lansia to support their quality of life. However, the elderly's participation in the working area of UPTD Puskesmas Mengwi II remains low, at only 28.7%. This study aims to determine the factors influencing the participation of the elderly in Posyandu activities in the working area of UPTD Puskesmas Mengwi II.

The research used a descriptive observational approach with a cross-sectional design.. The sample consists of 50 elderly individuals selected through total sampling. Data was collected through questionnaires and observation, with variables including family support, knowledge of Posyandu benefits, cadre roles, accessibility, distance to the Posyandu location, and self-motivation. The data analysis used was univariate with additional cross-tabulation.

The research results indicated that the majority of the elderly (56.0%) are very active in attending Posyandu, followed by moderately active (32.0%) and inactive (12.0%). The elderly with high family support are more likely to be very active (56.0%), as are those with high cadre roles (55.6%) and high motivation (61.1%). Good knowledge (59.1%) and easy access to Posyandu (57.1%) are also associated with higher levels of activity.

It can be concluded that family support, the role of health cadres, knowledge, accessibility, and self-motivation are important factors in increasing the participation of the elderly in Posyandu. It is recommended to strengthen the role of health cadres through training, involve families in health education, increase the knowledge of the elderly, and design more attractive Posyandu programs to foster their motivation and activity.

Keywords: *Elderly Participation, Elderly Posyandu, Family Support, Cadre Role, Self-Motivation, Badung Regency.*