

ABSTRAK

Hubungan *Self Efficacy* Dan Dukungan Keluarga Dengan Kepatuhan Kunjungan Lansia Di Posyandu Lansia Di Posyandu Lansia Kebraon Surabaya

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Pendahuluan: Pemanfaatan pos pelayanan terpadu jauh di bawah target pemerintah dapat mengakibatkan pemantauan kesehatan yang tidak memadai dan menyebabkan masalah kesehatan lansia berkelanjutan. Tujuan penelitian ini adalah menganalisis hubungan antara dukungan keluarga dan *self efficacy* dengan kepatuhan kunjungan lansia di pos pelayanan terpadu lansia Kebraon.

Metode: Desain penelitian ini analisis korelasional dengan pendekatan *cross-sectional*. Sampel dalam penelitian adalah 109 lansia di pos pelayanan terpadu lansia Kebraon Surabaya. Variabel independen dalam penelitian ini adalah *self efficacy* dan dukungan keluarga sedangkan variabel dependennya adalah kepatuhan kunjungan ke pos pelayanan terpadu. Instrumen yang digunakan adalah kuesioner *self efficacy*, dukungan keluarga dan lembar ceklist kepatuhan kunjungan pos pelayanan terpadu. Uji statistik menggunakan uji *spearman rank* ($\alpha < 0,05$).

Hasil dan Analisis: Hasil penelitian menunjukkan sebagian besar lansia patuh ke posyandu lansia atau 64.2%. Sebagian besar lansia memiliki *self efficacy* tinggi atau 78.9% dan hampir seluruhnya lansia memiliki dukungan keluarga yang baik atau 88.1%. Analisis menunjukkan ada hubungan *self efficacy* dengan kepatuhan kunjungan lansia ke posyandu ($p \text{ value} = 0.000$; $r=0.599$) dan dukungan keluarga dengan kepatuhan kunjungan lansia ke posyandu ($p \text{ value} = 0.028$; $r=0.211$). Nilai r positif pada *self efficacy* dan kepatuhan kunjungan lansia memiliki hubungan positif, searah dan kuat. Sedangkan nilai r positif pada dukungan keluarga dan kepatuhan kunjungan lansia memiliki hubungan positif, searah dan sangat lemah.

Kesimpulan: Meningkatkan *self efficacy* dan dukungan keluarga dapat meningkatkan kepatuhan kunjungan ke posyandu lansia. Hubungan yang lemah pada dukungan keluarga dapat ditingkatkan dengan membangun motivasi dan dengan tetap mengoptimalkan dukungan keluarga yang telah baik.

Kata kunci: *Self efficacy*, dukungan keluarga, lansia, posyandu lansia

ABSTRACT

Relationship Between Family Support And Self-Efficacy With Compliance With Elderly Visits At The Kebraon Elderly Integrated Service Post Surabaya

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Introduction: The utilization of integrated service posts far below the government's target can result in inadequate health monitoring and cause ongoing elderly health problems. The purpose of this study was to analyze the relationship between family support and self-efficacy with compliance with elderly visits at the Kebraon elderly integrated service post.

Method: The design of this study was a correlational analysis with a cross-sectional approach. The sample in the study was 109 elderly at the Kebraon Surabaya elderly integrated service post. The independent variables in this study were self-efficacy and family support while the dependent variable was compliance with visits to the integrated service post. The instruments used were self-efficacy questionnaires, family support and integrated service post visit compliance checklists. Statistical tests used the Spearman rank test ($\alpha < 0.05$).

Results and Analysis: The results showed that most elderly people were compliant with the elderly posyandu or 64.2%. Most elderly people had high self-efficacy or 78.9% and almost all elderly people had good family support or 88.1%. The analysis shows that there is a relationship between self-efficacy and compliance in elderly visits to the integrated health post (p value = 0.000; $r = 0.599$) and family support with compliance in elderly visits to the integrated health post (p value = 0.028; $r = 0.211$). Positive r values on self-efficacy and compliance in elderly visits have a positive, unidirectional and strong relationship. While positive r values on family support and compliance in elderly visits have a positive, unidirectional and very weak relationship.

Conclusion: Increasing self-efficacy and family support can increase compliance in elderly visits to the integrated health post. This can be done by continuing to optimize good family support.

Keywords: Self-efficacy, family support, elderly, elderly integrated health post