

ABSTRAK

HUBUNGAN MOBILITAS DENGAN RISIKO DEKUBITUS PADA LANSIA DI SAWAYAKA HIRAKATAKAN YURYO ROJIN HOMU KOTA OSAKA JEPANG

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Dekubitus merupakan salah satu masalah kesehatan yang sering terjadi pada lanjut usia, terutama pada individu yang mengalami keterbatasan mobilitas fisik. Penurunan kemampuan bergerak menyebabkan tekanan yang berlangsung lama pada jaringan sehingga meningkatkan risiko terjadinya dekubitus. Penelitian ini bertujuan untuk mengetahui hubungan mobilitas fisik dengan risiko dekubitus pada lanjut usia di Sawayaka Hirakatakan Yuryo Rojin Home Kota Osaka, Jepang. Desain penelitian menggunakan analitik korelasi dengan pendekatan cross sectional. Populasi penelitian adalah seluruh lanjut usia yang tinggal di Sawayaka Hirakatakan Yuryo Rojin Home sebanyak 135 orang. Teknik sampling menggunakan purposive sampling, sehingga jumlah sampel sebanyak 35 responden. Instrumen penelitian menggunakan *Banner Mobility Assessment Tool* (BMAT) untuk mengukur mobilitas fisik dan Skala Braden untuk mengukur risiko dekubitus. Analisis data menggunakan uji Spearman Rho. Hasil penelitian menunjukkan bahwa hampir setengah responden memiliki mobilitas fisik Level 3 yaitu sebanyak 10 orang (28,6%), sedangkan sebagian besar responden memiliki risiko dekubitus tinggi yaitu sebanyak 12 orang (34,3%). Hasil uji Spearman Rho diperoleh p value = 0,001 atau lebih kecil dari $\alpha = 0,05$, sehingga H_0 ditolak dan H_a diterima, yang berarti terdapat hubungan antara mobilitas fisik dengan risiko dekubitus pada lanjut usia di Sawayaka Hirakatakan Yuryo Rojin Home Kota Osaka, Jepang. Nilai koefisien korelasi sebesar 0,831 menunjukkan kekuatan hubungan dalam kategori kuat dengan arah hubungan negatif, yang berarti semakin baik mobilitas fisik lanjut usia maka semakin rendah risiko terjadinya dekubitus. Peningkatan mobilitas fisik melalui perubahan posisi secara teratur dan aktivitas sesuai kemampuan perlu dipertahankan sebagai bagian dari upaya pencegahan dekubitus pada lanjut usia.

Kata kunci: mobilitas fisik, risiko dekubitus, lanjut usia.

ABSTRACT

THE RELATIONSHIP BETWEEN PHYSICAL MOBILITY AND PRESSURE INJURY RISK AMONG OLDER ADULTS AT SAWAYAKA HIRAKATAKAN YURYO ROJIN HOME, OSAKA CITY, JAPAN

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Pressure injury is one of the most common health problems among older adults, particularly those with limited physical mobility. Reduced mobility results in prolonged pressure on body tissues, thereby increasing the risk of pressure injury development. This study aimed to determine the relationship between physical mobility and the risk of pressure injury among older adults at Sawayaka Hirakatakan Yuryo Rojin Home, Osaka City, Japan. This study employed an analytical correlational design with a cross-sectional approach. The population consisted of all older adults residing at Sawayaka Hirakatakan Yuryo Rojin Home, totaling 135 individuals. A purposive sampling technique was used, resulting in a sample of 35 respondents. Physical mobility was assessed using the Banner Mobility Assessment Tool (BMAT), while pressure injury risk was measured using the Braden Scale. Data were analyzed using the Spearman's Rank Correlation test. The results showed that nearly one-third of the respondents had Level 3 physical mobility (28.6%), while the majority had a high risk of pressure injury (34.3%). The Spearman's Rank Correlation test yielded a p -value = 0.001, which was lower than $\alpha = 0.05$, indicating that the null hypothesis (H_0) was rejected and the alternative hypothesis (H_a) was accepted. This finding demonstrates a significant relationship between physical mobility and the risk of pressure injury among older adults at Sawayaka Hirakatakan Yuryo Rojin Home, Osaka City, Japan. The correlation coefficient ($r = -0.831$) indicated a strong negative correlation, suggesting that better physical mobility was associated with a lower risk of pressure injury. Maintaining physical mobility through regular repositioning and appropriate physical activities according to individual abilities is essential as part of pressure injury prevention strategies in older adults.

Keywords: physical mobility, pressure injury risk, older adults