

ABSTRAK

HUBUNGAN GANGGUAN EMOSIONAL DENGAN TINGKAT KEAKTIFAN KUNJUNGAN POSYANDU LANSIA DI DUSUN KEMIRI

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Gangguan emosional pada lansia dapat memengaruhi motivasi, interaksi sosial, dan partisipasi dalam memanfaatkan pelayanan kesehatan, termasuk Posyandu Lansia. Penelitian ini bertujuan untuk mengetahui hubungan gangguan emosional dengan tingkat keaktifan kunjungan posyandu lansia di Dusun Kemiri, Desa Kemiri, Kecamatan Pacet, Kabupaten Mojokerto. Penelitian dilaksanakan pada bulan Juni 2026 menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 60 lansia yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan kuesioner gangguan emosional dan data kunjungan posyandu lansia. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Spearman Rank*. Hasil penelitian menunjukkan bahwa 23 lansia (38,3%) mengalami gangguan emosional ringan. Tingkat keaktifan kunjungan menunjukkan bahwa 23 lansia (38,3%) berada pada kategori kurang aktif. Hasil uji *Spearman Rank* menunjukkan $p\text{-value} = 0,000 < 0,05$ dengan koefisien korelasi $(r) = -0,895$, sehingga H_1 diterima dan H_0 ditolak. Terdapat hubungan yang signifikan antara gangguan emosional dengan tingkat keaktifan kunjungan Posyandu Lansia dengan arah hubungan negatif dan kekuatan korelasi sangat kuat. Semakin tinggi gangguan emosional yang dialami lansia, maka semakin rendah tingkat keaktifan kunjungan Posyandu Lansia. Hasil penelitian diharapkan menjadi masukan dalam meningkatkan perhatian terhadap kondisi emosional lansia.

Kata kunci: gangguan emosional, lansia, keaktifan kunjungan, Posyandu Lansia.

BINA SEHAT PPNI

ABSTRACT

THE RELATIONSHIP BETWEEN EMOTIONAL DISORDERS AND THE LEVEL OF ELDERLY POSYANDU VISIT PARTICIPATION IN KEMIRI HAMLET

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Emotional disturbances in the elderly can affect motivation, social interaction, and participation in utilizing health services, including Elderly Posyandu. This study aimed to determine the relationship between emotional disturbances and the level of elderly Posyandu visit participation in Kemiri Hamlet, Kemiri Village, Pacet District, Mojokerto Regency. The study was conducted in June 2026 using a correlational analytical design with a *cross-sectional* approach. The sample consisted of 60 elderly respondents selected using *purposive sampling*. Data were collected using an emotional disturbance questionnaire and elderly Posyandu visit records. Data analysis was performed using univariate and bivariate analyses with the *Spearman Rank* test. The results showed that 23 elderly respondents (38.3%) experienced mild emotional disturbances. The level of visit participation showed that 23 elderly respondents (38.3%) were categorized as less active. The results of the *Spearman Rank* test showed a *p-value* of $0.000 < 0.05$ with a correlation coefficient (*r*) of -0.895, indicating that H_1 was accepted and H_0 was rejected. There was a significant relationship between emotional disturbances and the level of elderly Posyandu visit participation, with a negative direction and a very strong correlation. The higher the level of emotional disturbances experienced by the elderly, the lower their level of participation in elderly Posyandu visits. The results of this study are expected to provide input for increasing attention to the emotional conditions of the elderly.

Keywords: emotional disturbances, elderly, visit participation, Elderly Posyandu