

ABSTRAK

GAMBARAN KEPATUHAN LANSIA DALAM PEMERIKSAAN KESEHATAN RUTIN DI POSYANDU LANSIA MAWAR DESA SUNGI KULON KECAMATAN POHJENTREK KABUPATEN PASURUAN

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Proses penuaan (aging process) pada lansia memicu penurunan fungsi biologis yang meningkatkan kerentanan terhadap penyakit degeneratif. Pemeriksaan kesehatan berkala di Posyandu Lansia sangat penting untuk deteksi dini penyakit dan pencegahan komplikasi, namun tingkat kepatuhan lansia masih bervariasi. Penelitian ini bertujuan mengetahui gambaran kepatuhan lansia dalam melakukan pemeriksaan kesehatan rutin di Posyandu Lansia Mawar Desa Sungi Kulon Kecamatan Pohjentrek Kabupaten Pasuruan.

Penelitian kuantitatif deskriptif ini menggunakan pendekatan cross-sectional. Populasi penelitian mencakup seluruh lansia terdaftar di Posyandu Lansia Mawar sebanyak 55 orang. Teknik total sampling digunakan sehingga seluruh populasi diambil sebagai sampel (55 responden). Data dikumpulkan menggunakan kuesioner terstruktur berbasis skala Likert dan dianalisis secara deskriptif univariat berupa distribusi frekuensi serta persentase.

Hasil penelitian menunjukkan mayoritas responden berada dalam kategori patuh, yaitu sebanyak 42 lansia (76,37%). Sebanyak 13 lansia (23,63%) berada dalam kategori cukup patuh, dan tidak ditemukan responden pada kategori tidak patuh (0,0%).

Tingginya persentase kepatuhan mencerminkan tingginya kesadaran lansia serta penerimaan yang baik terhadap pelayanan Posyandu Lansia. Adanya responden pada kategori cukup patuh mengindikasikan perlunya penguatan edukasi dan pendampingan yang berkelanjutan oleh kader serta tenaga kesehatan.

Kepatuhan lansia dalam melakukan pemeriksaan kesehatan rutin di Posyandu Lansia Mawar tergolong sangat baik. Lansia diharapkan terus mempertahankan keteraturan pemeriksaan kesehatan sebagai upaya memantau kondisi fisik dan menjaga kualitas hidup di usia lanjut.

Kata Kunci : Kepatuhan Lansia, Pemeriksaan Kesehatan Rutin, Posyandu Lansia

ABSTRACT

OVERVIEW OF ELDERLY COMPLIANCE WITH ROUTINE HEALTH EXAMINATIONS AT MAWAR ELDERLY HEALTH POST, SUNGI KULON VILLAGE, POHJENTREK DISTRICT, PASURUAN REGENCY

By: Reka Permata Lestari

The aging process in the elderly triggers a decline in biological functions, increasing susceptibility to degenerative diseases. Routine health checks at the Elderly Health Post (Posyandu Lansia) are essential for early disease detection and complication prevention, yet compliance levels still vary. This study aims to determine elderly compliance with routine health examinations at Mawar Posyandu Lansia, Sungi Kulon Village, Pohjentrek District, Pasuruan Regency.

This quantitative descriptive research utilized a cross-sectional approach. The population included all 55 registered elderly residents at Mawar Posyandu Lansia. Total sampling was applied, selecting the entire population as respondents (55 people). Data were collected using a structured Likert-scale questionnaire and univariately analyzed using frequency distributions and percentages.

Results showed that the majority of respondents fell into the compliant category, totaling 42 elderly individuals (76.37%). Meanwhile, 13 individuals (23.63%) were in the moderately compliant category, and no respondents were non-compliant (0.0%).

The high compliance percentage reflects strong health awareness and positive acceptance of Posyandu Lansia services. The presence of moderately compliant respondents indicates the need for enhanced ongoing education and support by healthcare cadres and personnel.

Elderly compliance with routine health examinations at Mawar Posyandu Lansia is classified as very good. Seniors are expected to maintain regular health visits to monitor physical condition and sustain quality of life.

Keywords: *Elderly Compliance, Routine Health Examination, Posyandu Lansia.*