

# Faktor-faktor yang berhubungan dengan mobilitas fungsional dan kualitas hidup pada populasi usia lanjut dengan rasa takut jatuh = Factors that affect functional mobility and quality of life in elderly population with fear of falling

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## Abstrak

[<b>ABSTRAK</b><br>

LATAR BELAKANG. Rasa takut jatuh merupakan gejala psikologis yang umum terjadi pada usia lanjut. Faktor-faktor yang berkontribusi terhadap rasa takut jatuh merupakan multifaktorial antara lain kecemasan, depresi, aktivitas dasar sehari-hari dan penyakit kronis yang dimiliki. Rasa takut jatuh yang menimbulkan efek negatif akan menyebabkan menurunnya mobilitas fungsional dan kualitas hidup. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan mobilitas fungsional dan kualitas hidup pada populasi usia lanjut dengan rasa takut jatuh serta faktor mana yang paling mempengaruhi.

METODE. Disain observasional potong lintang. Penelitian dilakukan terhadap 108 usia lanjut yang didapat secara konsekutif. Analisis bivariat dengan uji Chi-Square dan analisis multivariat dengan regresi logistik. Penilaian rasa takut jatuh dengan kuesioner Falls Efficacy Scale-International (FES-I), tingkat kognisi dengan kuesioner Mini Mental State Examination (MMSE), rasa depresi dengan kuesioner Geriatric Depression Scale (GDS), rasa cemas dengan kuesioner Hamilton Rating Scale for Anxiety (HAM-A), aktivitas dasar dengan kuesioner Barthel Index, mobilitas fungsional dengan uji Timed Up and Go (TUG) dan kualitas hidup dengan European Quality of Life ? 5 Dimensions (EQ-5D).

HASIL. Subyek penelitian memiliki median Barthel Index 20 (15-20), median GDS 2 (0-13), dan median HAM-A 2 (0-22). Berdasarkan analisis bivariat, didapatkan hubungan yang bermakna secara signifikan antara variabel aktivitas dasar dengan mobilitas fungsional (OR 3.421; IK95% 1.324-8.841). Juga didapatkan hubungan yang bermakna secara signifikan antara variabel aktivitas dasar dan depresi dengan kualitas hidup (OR 4.789; IK95% 1.836-12.497 dan OR 3.000; IK95% 1.172-7.682) . Hasil analisis multivariat dengan regresi logistik menunjukkan variabel aktivitas dasar merupakan variabel yang paling berpengaruh terhadap mobilitas fungsional (OR 3,421; IK95% 1,324-8,841) dan kualitas hidup (OR 4,789; IK95% 1,836-12,497).

KESIMPULAN. Faktor aktivitas dasar merupakan faktor yang paling berpengaruh terhadap mobilitas fungsional dan kualitas hidup pada usia lanjut dengan rasa takut jatuh.

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<b>ABSTRACT</b><br>

BACKGROUND. Fear of falling is one of psychological symptom which is common among older adults. Factors which is contributed to fear of falling are multifactorial such as anxiety, depression, basic activity daily living (ADL) and chronic disease. Negative effect caused by fear of falling will lead to decreasing in functional mobility and quality of life. The purpose of this study is to find factors that affects functional mobility and quality of life in elderly population and also to find which factors that most affect it.

METHODS. Cross-sectional observational study design in 108 subjects taken consecutively. Bivariate analysis use chi-square test and multivariate analysis use logistic regression. Fear of falling assessed with

Falls Efficacy Scale-International (FES-I) questionnaire, cognitive state with Mental State Examination (MMSE), depression with Geriatric Depression Scale (GDS), anxiety with Hamilton Rating Scale for Anxiety (HAM-A), basic ADL with Barthel Index, functional mobility with Timed Up and Go test (TUG) and quality of life with European Quality of Life ? 5 Dimensions (EQ-5D).

RESULTS. Median of Barthel Index, GDS and HAM-A are 20 (15-20), 2 (0-13) and 2 (0-22). Bivariat analysis show that there is significantly relationship between basic ADL variable and functional mobility (OR 3.421; IK95% 1.324-8.841). There are also significantly relationship between basic ADL variable, depression variable and quality of life (OR 4.789; IK95% 1.836-12.497 dan OR 3.000; IK95% 1.172-7.682). Multivariat analysis show that basic ADL is the most influence variable to functional mobility (OR 3,421; IK95% 1,324-8,841) and to quality of life (OR 4,789; IK95% 1,836-12,497).

CONCLUSIONS. Basic activity daily living of elderly with fear of falling is the most influence factor to functional mobility and quality of life.;BACKGROUND.Fear of falling is one of psychological symptom which is common among older adults. Factors which is contributed to fear of falling are multifactorial such as anxiety, depression, basic activity daily living (ADL) and chronic disease. Negative effect caused by fear of falling will lead to decreasing in functional mobility and quality of life. The purpose of this study is to find factors that affects functional mobility and quality of life in elderly population and also to find which factors that most affect it.

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