

# Peran Keluarga dalam Merawat Lansia Penderita Penyakit Tidak Menular di Masa Pandemi Covid-19 = The Role of the Family in Caring for the Elderly with Non-Communicable Diseases during the Covid-19 Pandemic

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## Abstrak

Coronavirus Disease 2019 adalah virus yang telah menjadi krisis kesehatan dunia. Orang dengan usia lanjut yang memiliki penyakit tidak menular (PTM) diketahui sangat berisiko tinggi tertular COVID-19. Keluarga merupakan orang terdekat dengan lansia dan berperan penting dalam merawat lansia penderita PTM di masa pandemi Covid-19. Kesadaran keluarga terhadap beberapa tugas kesehatan merupakan aspek penting bagi keluarga untuk menjalankan fungsi kesehatan dan meningkatkan kualitas kesehatan anggota keluarga guna mencegah penyebaran Covid-19 di kalangan lansia penderita PTM. Keluarga berperan besar dalam menjaga lansia yang menderita PTM, peran keluarga sebagai motivator, educator dan fasilitator. Penelitian ini bertujuan untuk menganalisis hubungan pengetahuan, sikap, dan perilaku dengan peran keluarga dalam merawat lansia dengan penderita PTM di wilayah kerja Puskesmas Kacang Pedang Kota Pangkalpinang. Penelitian ini merupakan penelitian deskriptif korelasi dengan pendekatan cross-sectional. Sampel penelitian adalah sebanyak 152 keluarga dengan lansia yang ditentukan dengan menggunakan teknik non-probability sampling yaitu pengambilan sampel berdasarkan pertimbangan dan sesuai dengan kriteria inklusi dan eksklusi. Hasil penelitian menunjukkan bahwa pengetahuan dan sikap memiliki hubungan dengan peran keluarga dalam merawat lansia penderita penyakit tidak menular (PTM) di masa pandemi Covid-19, sedangkan perilaku ditemukan tidak memiliki hubungan dengan peran keluarga merawat lansia di Kota Pangkalpinang. Rekomendasi penelitian ini diharapkan perawat perkesmas dapat membuat strategi untuk mengatasi masalah keluarga dalam merawat lansia.

.....Coronavirus Disease 2019 is a virus that has become a world health crisis. Elderly people who have non-communicable diseases (NCDs) are known to be at very high risk of contracting COVID-19. The family is the closest person to the elderly and plays an important role in caring for the elderly with PTM during the Covid-19 pandemic. Family awareness of several health tasks is an important aspect for families to carry out health functions and improve the health quality of family members to prevent the spread of Covid-19 in elderly people with PTM. The family plays a big role in caring for the elderly who suffer from PTM, the role of the family as a motivator, educator, and facilitator. This study aims to analyze the relationship between knowledge, attitudes, and behavior with the role of families in caring for the elderly with PTM patients in the working area of the Peanut Sword Health Center in Pangkalpinang City. This research is a descriptive correlation study with a cross-sectional approach. The research sample was 152 families with elderly who were determined by using a non-probability sampling technique, namely sampling based on considerations and by inclusion and exclusion criteria. The results showed that knowledge and attitudes had a relationship with the role of the family in caring for the elderly with non-communicable diseases (PTM) during the Covid-19 pandemic, while the behavior was found to have no relationship with the role of the family in caring for the elderly in Pangkalpinang City. This research recommends that it is hoped that the health care nurses can make strategies to overcome family problems in caring for the elderly.