

HUBUNGAN PENGETAHUAN MASYARAKAT TENTANG KONDISI *FRAILTY* LANSIA TERHADAP STIGMA NEGATIF PADA LANSIA DI KELURAHAN MARGAHAYU KOTA BEKASI

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ABSTRAK

Latar belakang: Prevalensi *frailty* lansia di negara dengan penghasilan rendah adalah 17.4% dan *pre-frailty* 49.3%, di negara dengan penghasilan menengah ke bawah, seperti Indonesia adalah 25.2%, China 7.0%, India 20%, Malaysia 9.4%, dan 5.7% di Singapura. Tahun 2017 lansia di Jawa Barat yang mengalami sakit berjumlah 29.61%, lansia sakit di kota sebanyak 28.38% dan di desa sebanyak 32%. Kondisi *frailty* lansia disebabkan lemahnya imunitas tubuh dan terjadinya kemunduran dari berbagai fungsi tubuh pada lansia. *Ageisme* di masyarakat terhadap lansia adalah lansia lemah, selalu di rumah, rentan sakit, tidak bisa apa-apa, panti jompo, kesehatan menurun, butuh perhatian, tidak produktif dan lamban. Efek *ageisme* pada lansia, orang tua menjadi depresi, interaksi sosial yang lebih sedikit, harga diri yang rendah, dan memiliki fungsi dan kepercayaan diri yang buruk. Tujuan penelitian ini untuk mengetahui hubungan pengetahuan masyarakat tentang kondisi *frailty* lansia terhadap stigma negatif pada lansia. **Metode:** Desain penelitian kuantitatif dengan pendekatan *cross sectional* yang melibatkan 108 responden di Kelurahan Margahayu Kota Bekasi, responden dipilih dengan metode *probability sampling* dengan teknik *simple random sampling*. Kriteria inklusi dalam penelitian ini adalah masyarakat dewasa yang bersedia menjadi responden, tinggal dengan lansia, berusia 19-59 tahun, tinggal di Kelurahan Margahayu Kota Bekasi, mampu berkomunikasi dengan baik, mampu membaca dan menulis sedangkan kriteria eksklusi adalah memiliki latar belakang pendidikan kesehatan, sebagai *caregiver*/perawat lansia. Penelitian ini mendapatkan izin dari Komisi Etik Penelitian Kesehatan (KEPK) STIKes Bani Saleh Kota Bekasi dengan No: EC.045/KEPK/STKBS/III/2022. Kuesioner yang digunakan adalah kuesioner pengetahuan tentang *frailty* dan kuesioner ISMI. Analisa data menggunakan uji *Chi-Square* dengan hasil nilai *p-value* sebesar 0.924 ($< \alpha = 0,05$). **Hasil:** Didapatkan tidak ada hubungan yang bermakna antara pengetahuan masyarakat tentang *frailty* terhadap stigma negatif pada lansia. **Saran:** Kepada instansi pelayanan kesehatan gerontik dan komunitas memberikan promosi kesehatan yang berkaitan dengan pengetahuan keluarga dan masyarakat berupa penyuluhan, leaflet, media promosi lainnya bertujuan untuk tercapainya kualitas hidup lansia yang sehat dan produktif.

Kata kunci: Frailty, Lansia, Pengetahuan, Stigma negatif

**RELATIONSHIP OF PUBLIC KNOWLEDGE ABOUT THE CONDITION
OF ELDERLY FRAILTY TO AGEISME IN THE ELDERLY IN
MARGAHAYU BEKASI CITY**

ABSTRACT

Background: The prevalence of elderly frailty in low-income countries is 17.4% and pre-frailty is 49.3%, in low-middle income countries, such as Indonesia is 25.2%, China is 7.0%, India is 20%, Malaysia is 9.4%, and 5.7% in Singapore. In 2017 the elderly in West Java who were sick were 29.61%, the elderly were sick in the city as much as 28.38% and in the village as many as 32%. The frailty condition of the elderly is caused by weak immunity and the decline of various body functions in the elderly. Ageism in the community towards the elderly are the elderly weak, always at home, prone to illness, unable to do anything, nursing home, declining health, needing attention, unproductive and slow. Effects of ageism on the elderly, older people become depressed, have less social interaction, have low self-esteem, and have poor functioning and self-confidence. The purpose of this research. This study aims to determine the relationship between public knowledge about the condition of frailty in the elderly and negative stigma in the elderly. **Method:** Research design quantitative approach cross sectional involving 108 respondents in Margahayu Village, Bekasi City, respondents are selected with method probability sampling with simple random sampling technique. The inclusion criteria in this study were adults who were willing to become respondents, lived with the elderly, aged 19-59 years, lived in Margahayu Village, Bekasi City, were able to communicate well, were able to read and write while the exclusion criteria were having a health education background, as caregivers / elderly caregivers. This research got permission from the Health Research Ethics Commission (KEPK) STIKes Bani Saleh Bekasi City with No: EC.045/KEPK/STKBS/III/2022. The questionnaire used is a knowledge questionnaire about frailty and a questionnaire ISMI. Data analysis using the Chi-Square test with a p-value of 0.924 ($\alpha=0.05$). **Results:** There was no significant relationship between public knowledge about frailty and negative stigma in the elderly. **Suggestions:** To gerontic health service agencies and communities provide health promotions related to family and community knowledge in the form of counseling, leaflets, other promotional media aimed at achieving a healthy and productive quality of life for the elderly.

Keywords: Ageisme, Elderly, Frailty, Knowledge