

Hubungan Penyakit Tidak Menular (Jantung, Kanker, Dan Stroke) Dengan Status Activities Of Daily Living (ADL) Lanjut Usia Di Indonesia: Analisis Data SKI 2023

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Abstrak

Latar Belakang: Pertumbuhan populasi lansia di Indonesia diiringi oleh peningkatan prevalensi penyakit tidak menular (PTM) seperti jantung, kanker, dan stroke, yang dapat memengaruhi kemampuan lansia dalam menjalankan Activities of Daily Living (ADL). Status ADL yang rendah berdampak pada kualitas hidup individu dan meningkatkan beban kesehatan nasional. Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan antara PTM (jantung, kanker, stroke) dan status ADL pada lansia di Indonesia, serta mengevaluasi pengaruh faktor sosiodemografi (umur, jenis kelamin, pendidikan, status ekonomi, lokasi tempat tinggal) terhadap hubungan tersebut. Metode: Penelitian ini menggunakan desain analisis data sekunder dengan pendekatan cross-sectional, berdasarkan data Survei Kesehatan Indonesia (SKI) 2023. Analisis data dilakukan menggunakan regresi logistik multinomial untuk mengeksplorasi hubungan antara PTM dan status ADL, dengan mempertimbangkan variabel sosiodemografi. Hasil: Analisis menunjukkan hubungan signifikan antara PTM dengan ketergantungan ADL pada lansia. Stroke memiliki pengaruh terbesar terhadap ketergantungan ADL (OR = 35,9; CI 35,520–36,199; p < 0,000), diikuti oleh kanker dan penyakit jantung. Faktor sosiodemografi seperti usia lanjut, pendidikan rendah, dan status ekonomi rendah juga meningkatkan risiko ketergantungan ADL secara signifikan. Kesimpulan: PTM, terutama stroke, merupakan faktor risiko utama ketergantungan ADL pada lansia di Indonesia. Diperlukan intervensi kesehatan yang terfokus pada pencegahan dan pengelolaan PTM, serta kebijakan yang memperhatikan faktor sosiodemografi untuk meningkatkan kualitas hidup lansia.

Kata kunci: Penyakit Tidak Menular, Activities of Daily Living, Lansia.

Background: The growing elderly population in Indonesia is accompanied by an increasing prevalence of non-communicable diseases (NCDs) such as heart disease, cancer, and stroke, which can impact the ability of older adults to perform Activities of Daily Living (ADL). Low ADL status adversely affects individuals' quality of life and places a significant burden on the national healthcare system. Objective: This study aims to analyze the relationship between NCDs (heart disease, cancer, stroke) and ADL status among the elderly in Indonesia, while also evaluating the influence of sociodemographic factors (age, gender, education, economic status, and place of residence) on this relationship. Methods: This study employs a secondary data analysis design with a cross-sectional approach, utilizing data from the 2023 Indonesian Health Survey (SKI). Logistic regression analysis was conducted to explore the relationship between NCDs and ADL status, considering sociodemographic variables. Results: The analysis revealed a significant relationship between NCDs and ADL dependence among the elderly. Stroke was identified as having the strongest impact on ADL dependence (OR = 35.9; CI 35.520–36.199; p < 0.000), followed by cancer and heart disease. Sociodemographic factors, such as advanced age, low educational attainment, and low economic status, were also significantly associated with higher risks of ADL dependence. Conclusion: NCDs, particularly stroke, are major risk factors for ADL dependence among the elderly in Indonesia. Focused health interventions targeting the prevention and management of NCDs, along

with policies that address sociodemographic disparities, are essential to improving the quality of life for the elderly. Keywords: Non-communicable diseases, Activities of Daily Living, Elderly.</p>