

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA**  
**FAKULTAS KESEHATAN**  
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**HUBUNGAN TINGKAT KECEMASAN DENGAN ACTIVITIES OF  
DAILY LIVING PADA LANSIA DI DUKUH CILAJA DESA NEGLA  
KECAMATAN LOSARI KABUPATEN BREBES**

xiii + 62 + 4 + 2 + 15

**ABSTRAK**

Masalah tingkat kemandirian atau Activities Of Daily Living lansia sering kali menimbulkan kecemasan. Faktor yang mempengaruhi penurunan *activities of daily living* yaitu seperti umur, fungsi psikologis (seperti kecemasan, kesedihan, dan depresi), kondisi fisik, fungsi kognitif.

Metode penelitian ini adalah deskriptif korelasional dengan pendekatan cross sectional. Sampel penelitian ini adalah lansia di Dukuh Cilaja Desa Negla Kecamatan Losari Kabupaten Brebes. Instrumen yang digunakan adalah kuesioner, dilakukan pada tanggal 29 Mei – 5 Juni 2023.

Hasil analisa univariat penelitian ini dengan kategori tingkat kecemasan berat sebanyak 38 responden (62,3%) dan *activities of daily living* dengan kategori mandiri sebanyak 30 responden (49,2%) pada lansia di Dukuh Cilaja Desa Negla Kecamatan Losari Kabupaten Brebes. Hasil Penelitian ini di dapatkan hubungan yang lemah dan negatif dengan tingkat kecemasan *Activities of daily living* pada lansia di di Dukuh Cilaja Desa Negla Kecamatan Losari Kabupaten Brebes,  $p\text{-value} = 0,027$  ;  $\alpha = < 0,05$ ,  $r = - 0,283$ .

Saran untuk penelitian ini lansia dapat meningkatkan kondisi fisiknya agar dapat menurunkan stressor pada lansia dan menurunkan tingkat kecemasan pada lansia sehingga lansia tidak akan mengalami ketergantungan.

**Kata kunci : Tingkat kecemasan, *Activities of Daily Living*, Lansia**

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**THE RELATIONSHIP BETWEEN LEVEL OF ANXIETY AND  
ACTIVITIES OF DAILY LIVING OF THE ELDERLY IN DUKUH  
CILAJA, NEGLA VILLAGE, LOSARI DISTRICT, BREBES REGENCY**

xiii + 62 + 4 + 2 + 15

**ABSTRACT**

The problem of the level of independence or Activities Of Daily Living for the elderly often causes anxiety. Factors that affect the decline in activities of daily living, such as age, psychological function (such as anxiety, sadness, and depression), physical condition, cognitive function.

This research method is descriptive correlational with cross sectional approach. The sample of this research is the elderly in Cilaja Hamlet, Negla Village, Losari District, Brebes Regency. The instrument used was a questionnaire, conducted on 29 May – 5 June 2023.

The results of the univariate analysis of this study were 38 respondents (62.3%) in the category of severe anxiety levels and 30 respondents (49.2%) in the independent category of activities of daily living for the elderly in Cilaja Hamlet, Negla Village, Losari District, Brebes Regency. The results of this study found a weak and negative relationship with the level of anxiety. Activities of daily living in the elderly in Cilaja Hamlet, Negla Village, Losari District, Brebes Regency,  $p\text{-value} = 0.027$ ;  $\alpha = < 0.05$ ,  $r = - 0.283$ .

Suggestions for this study, the elderly can improve their physical condition in order to reduce stressors in the elderly and reduce anxiety levels in the elderly so that the elderly will not experience dependency.

**Keywords:** *Anxiety level, Activities of Daily Living, Elderly*