

## ABSTRAK

Penelitian ini dilatarbelakangi pada implementasi posyandu lansia di Gampong Paloh Mambu sebagai upaya peningkatan kesehatan lansia belum terlaksana dengan baik. Hal ini dilihat dari partisipasi lansia untuk ikut serta pada kegiatan tersebut masih rendah. Berdasarkan permasalahan tersebut penelitian ini bertujuan memahami implementasi program posyandu lansia sebagai upaya peningkatan kesehatan lansia dan upaya yang dilakukan tenaga kesehatan dan kader posyandu dalam meningkatkan partisipasi lansia mengikuti kegiatan posyandu lansia. Teori yang digunakan dalam penelitian ini yaitu teori aksi menurut Talcott Parsons. Metode penelitian menggunakan metode kualitatif dengan teknik pengumpulan data yaitu observasi, wawancara dan dokumentasi. Hasil penelitian ini menunjukkan implementasi program posyandu lansia sebagai upaya peningkatan kesehatan lansia diantaranya (a) tahap persiapan yaitu memilih dan melatih kader, menyediakan sarana dan prasarana, melakukan pendataan lansia, penetapan jadwal kegiatan posyandu, menyampaikan informasi kegiatan posyandu kepada lansia; (b) tahap pelaksanaan yaitu kader menyiapkan sarana dan prasarana yang dibutuhkan, melakukan pendaftaran, pengukuran tinggi badan dan berat badan, memberikan pelayanan kesehatan dan pencatatan hasil pelayanan kesehatan; (c) tahap pencatatan/pelaporan pada buku registrasi lansia dan buku kesehatan lansia yang dilakukan kader dan tenaga kesehatan dari Puskesmas Nisam. Upaya tenaga kesehatan dan kader posyandu dalam meningkatkan partisipasi lansia mengikuti kegiatan posyandu lansia di Gampong Paloh Mambu yaitu (a) melakukan antar jemput terhadap lansia, (b) melakukan pendekatan keluarga untuk mendorong lansia datang ke posyandu, (c) menjelaskan tentang manfaat posyandu lansia, dan (d) menambah jenis pelayanan kesehatan dengan menambah pemeriksaan kesehatan terhadap sakit kolesterol, asam urat, dan gula darah, dan menyediakan obat-obatan bagi lansia yang sakit dan penyuluhan tentang kesehatan pada lansia.

*Kata Kunci: Posyandu, Lansia, Tenaga Kesehatan, Kader, Gampong Paloh Mambu*

## **ABSTRACT**

*The problem in this study is that the implementation of the elderly Posyandu program in Gampong Paloh Mambu as an effort to improve the health of the elderly has not been implemented well. This is seen from the low participation of the elderly in these activities. Based on these problems, this study aims to understand the implementation of the elderly Posyandu program as an effort to improve the health of the elderly and the efforts made by health workers and Posyandu cadres in increasing the participation of the elderly in Posyandu activities. The theory used in this study is the theory of action according to Talcott Parsons. The research method uses qualitative methods with data collection techniques such as observation, interviews, and documentation. The results of this study indicate that the implementation of the elderly Posyandu program as an effort to improve the health of the elderly includes (a) the preparation stage, namely forming and training cadres, providing facilities and infrastructure, conducting elderly data collection, determining activity schedules, and conveying activity information to the elderly; (b) the implementation stage, including cadres preparing the necessary facilities and infrastructure, registering, measuring height and weight, providing health services and recording the results of health services; (c) the recording/reporting stage in the elderly registration book and the elderly health book carried out by cadres and health workers. Efforts by health workers and integrated health post (Posyandu) cadres to increase elderly participation in Posyandu activities in Gampong Paloh Mambu include (a) strengthening the role of cadres in providing information and encouraging elderly attendance at Posyandu, and (b) improving health services by increasing health checks for cholesterol, gout, and diabetes, as well as providing medication for sick elderly, counseling, and assistance with referrals.*

*Keywords: Posyandu, Elderly, Health Workers, Cadres*