

## ABSTRAK

Penelitian ini berjudul “Evaluasi Pelaksanaan Program Posyandu Lansia Di Puskesmas Pirak Timu Kabupaten Aceh Utara” Program Posyandu Lansia merupakan wujud kepedulian pemerintah dalam menangani permasalahan kesehatan dan kesejahteraan lanjut usia yang memadai. Program ini ditujukan agar para lansia yang rentan terkena penyakit dapat hidup sehat, mandiri serta berdaya guna agar tidak menjadi beban bagi keluarga maupun masyarakat sekitar. Penelitian ini bertujuan untuk mengevaluasi Program Posyandu Lansia termasuk faktor penghambat pelaksanaannya, Metode pada penelitian menggunakan model penelitian kualitatif bersifat deskriptif. Hasil penelitian pada kegiatan pemeriksaan Kesehatan menunjukkan pemeriksaan yang dilakukan antara lain: pengukuran Indeks massa tubuh yang terdiri dari pengukuran berat badan dan tinggi badan, pemeriksaan tekanan darah, cek kadar gula darah dan kolesterol, kegiatan konseling dan penyuluhan Kesehatan. Untuk kegiatan Pemberian makanan tambahan dilakukan untuk memenuhi kecukupan gizi para lansia berupa nasi, roti, buah dan susu. Faktor penghambatnya adalah dilatarbelakangi oleh kurangnya pengetahuan dan pemahaman masyarakat terkait pentingnya posyandu lansia untuk masyarakat lansia. Selain itu faktor penghambat lainnya ialah kurangnya sarana dan prasana penunjang program posyandu lansia, seperti fasilitas kesehatan, alat pemeriksaan, dan program edukasi. Berdasarkan hasil penelitian ini maka direlevan data program ini di lanjutkan dengan meningkatkan pemahaman masyarakat melalui sosialisasi, merubah dan memaksimalkan sarana dan prasarana agar lebih baik lagi.

**Kata Kunci:** Evaluasi, Program, Posyandu Lansia.

## ABSTRACT

*This research is entitled "Evaluation of the Implementation of the Elderly Posyandu Program at the Pirak Timu Health Center, North Aceh Regency." This program is aimed at ensuring that elderly people who are vulnerable to disease can live healthy, independent and efficient lives so that they do not become a burden on their families and the surrounding community. This research aims to evaluate the Posyandu Program for the Elderly including factors inhibiting its implementation. The research method uses a descriptive qualitative research model. The results of research on health examination activities show that the examinations carried out include: measuring body mass index which consists of measuring body weight and height, checking blood pressure, checking blood sugar and cholesterol levels, counseling and health education activities. For activities, additional food is provided to meet the nutritional requirements of the elderly in the form of rice, bread, fruit and milk. The inhibiting factor is based on a lack of public knowledge and understanding regarding the importance of elderly posyandu for elderly people. Apart from that, another inhibiting factor is the lack of facilities and infrastructure to support the elderly posyandu program, such as health facilities, examination tools and educational programs. Based on the results of this research, the relevance of this program data is continued by increasing public understanding through outreach, changing and maximizing facilities and infrastructure to make them even better.*

**Keywords:** *Evaluation, Program, Posyandu for the Elderly.*