

**PENGARUH KESEHATAN FISIK, PSIKOLOGIS, HUBUNGAN SOSIAL
DAN LINGKUNGAN TERHADAP KUALITAS HIDUP LANSIA PADA
PANDEMI COVID-19 DI PUSKESMAS CIPUTAT TANGERANG
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Abstrak

Pandemi COVID-19 memberi dampak pada aspek kehidupan lansia, selain berdampak pada kesehatan fisik dan psikologis lansia, pembatasan kegiatan sosial di masa pandemi dapat mempengaruhi hubungan sosial maupun lingkungan sekitar lansia yang dapat mempengaruhi kualitas hidup. Penelitian ini bertujuan untuk melihat pengaruh dari kesehatan fisik, psikologis dan hubungan sosial terhadap kualitas hidup lansia pada masa pandemi COVID-19. Jenis penelitian ini adalah observasional analitik dengan desain cross-sectional, menggunakan WHOQOL-BREF sebagai instrument penelitian. Populasi lansia di Puskesmas Ciputat Tangerang Selatan dipilih menggunakan metode simple random sampling sebanyak 96 responden. Hasil analisis univariat menggunakan distribusi frekuensi menunjukkan gambaran yang dominan baik pada kesehatan fisik, psikologis, hubungan sosial, lingkungan dan kualitas hidup. Hasil analisis bivariat menggunakan uji alternatif *Fisher's Exact Test* menunjukkan pengaruh yang signifikan pada kesehatan fisik (p-value= 0,009), psikologis (p-value= 0,013), hubungan sosial (p-value= 0,000) dan lingkungan (p-value= 0,000) terhadap kualitas hidup. Hasil analisis multivariat yang menggunakan regresi logistik menunjukkan lingkungan merupakan variabel yang paling dominan terhadap kualitas hidup lansia di Puskesmas Ciputat Tangerang Selatan 2022 (*Odds Ratio*= 418.2; CL95%= 7,80 - 22405,6; $p < 0,003$; Koefisien B= 6,036).

Kata kunci : COVID-19, Hubungan Sosial, Kesehatan Fisik, Kualitas Hidup, Lingkungan, Psikologis

THE EFFECT OF PHYSICAL HEALTH, PSYCHOLOGICAL, SOCIAL RELATIONSHIPS AND ENVIRONMENT FOR THE QUALITY OF LIFE OF THE ELDERLY IN THE COVID-19 PANDEMIC AT PUBLIC HEALTH CENTER CIPUTAT, SOUTH TANGERANG IN 2022

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Abstract

The COVID-19 pandemic has an impact on aspects of the elderly's life, in addition to having an impact on the physical and psychological health of the elderly, restrictions on social activities during the pandemic can affect social relationships and the environment around the elderly which can affect the quality of life. This study aims to examine the influence of physical, psychological and social health on the quality of life of the elderly during the COVID-19 pandemic. This type of research is an analytic observational with a cross-sectional design, using WHOQOL-BREF as the research instrument. The elderly population at the Ciputat Public Health Center, South Tangerang, was selected using a simple random sampling method of 96 respondents. The results of the univariate analysis using the frequency distribution showed a dominant picture in terms of physical, psychological, social relationships, environment and quality of life. The results of the bivariate analysis using the alternative Fisher's Exact Test showed a significant effect on physical health (p-value = 0.009), psychological (p-value = 0.013), social relations (p-value = 0.000) and the environment (p-value = 0.000) on quality of life. The results of multivariate analysis using logistic regression showed that the environment was the most dominant variable on the quality of life of the elderly at the Ciputat Public Health Center, South Tangerang 2022 (Odds Ratio = 418.2; CL95% = 7.80 - 22405.6; p < 0.003; Coefficient B = 6.036) .

Keywords: COVID-19, Social Relationships, Physical Health, Quality of Life, Environment, Psychological