

ABSTRAK

NOR LATIFAH, NPM: 2022150, Judul "EFEKTIVITAS PROGRAM POSYANDU LANJUT USIA (LANSIA) DI DESA DANAU CERMIN KECAMATAN AMUNTAI TENGAH KABUPATEN HULU SUNGAI UTARA", di bawah bimbingan Ibu **Ramona Handayani, S.Pd., M.A** sebagai Pembimbing I dan Ibu **Puteri Anggraini Oktavianty, S.Sos., M.AP** sebagai Pembimbing II.

Program Posyandu Lanjut Usia (Lansia) merupakan salah satu bentuk pelayanan kesehatan berbasis masyarakat yang bertujuan meningkatkan derajat kesehatan, kualitas hidup, dan kesejahteraan lansia melalui pelayanan kesehatan secara rutin. Namun, pelaksanaannya di Desa Danau Cermin masih menghadapi berbagai permasalahan, seperti penyebaran informasi yang belum menjangkau seluruh sasaran, keterbatasan kegiatan, sarana dan prasarana, serta rendahnya partisipasi lansia. Penelitian ini bertujuan untuk mengetahui efektivitas Program Posyandu Lansia di Desa Danau Cermin Kecamatan Amuntai Tengah Kabupaten Hulu Sungai Utara serta faktor-faktor yang memengaruhi efektivitas program tersebut.

Penelitian ini menggunakan penelitian deskriptif dengan pendekatan kualitatif. Informan penelitian berjumlah 14 orang yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui observasi, wawancara, dan dokumentasi, kemudian dianalisis menggunakan model Miles, Huberman, dan Saldana yang meliputi reduksi data, penyajian data, dan penarikan kesimpulan. Keabsahan data diuji melalui perpanjangan pengamatan, triangulasi sumber, dan member check.

Hasil penelitian menunjukkan bahwa efektivitas Program Posyandu Lansia di Desa Danau Cermin **belum berjalan efektif**. Berdasarkan indikator efektivitas menurut Sutrisno (dalam Dedi Amrizal dkk., 2018), pemahaman program tergolong cukup efektif. Namun, ketepatan sasaran belum efektif karena masih banyak peserta usia produktif, penyebaran informasi belum merata, dan manfaat program masih terbatas. Ketepatan waktu tergolong cukup efektif meskipun petugas kesehatan terkadang datang terlambat. Pencapaian tujuan juga belum efektif akibat keterbatasan fasilitas, obat-obatan, dan alat kesehatan sehingga kepuasan peserta masih rendah. Selain itu, perubahan perilaku hidup sehat dan kondisi kesehatan lansia belum menunjukkan peningkatan yang signifikan. Faktor pendukung meliputi dukungan pemerintah desa, tenaga kesehatan, kader Posyandu, serta pelaksanaan kegiatan yang rutin. Sementara itu, faktor penghambat meliputi ketidaktepatan sasaran peserta, keterbatasan akses informasi, kurangnya variasi kegiatan, keterbatasan sarana dan prasarana, keterlambatan petugas kesehatan, serta belum tercapainya tujuan program secara optimal.

Disarankan kepada Pemerintah Desa Danau Cermin, Puskesmas Sungai Malang, dan kader Posyandu Lansia untuk meningkatkan sosialisasi, menambah variasi kegiatan, melengkapi sarana, prasarana, dan obat-obatan, meningkatkan kedisiplinan petugas kesehatan, serta memperkuat koordinasi antarpihak agar pelaksanaan Program Posyandu Lansia lebih efektif dan memberikan manfaat yang optimal bagi lansia.

ABSTRACT

NOR LATIFAH, Student ID: 2022150, untitled “THE EFFECTIVENESS OF THE ELDERLY INTEGRATED HEALTH SERVICE POST (LANSIA) PROGRAM IN DANAU CERMIN VILLAGE, AMUNTAI TENGAH DISTRICT, HULU SUNGAI UTARA REGEO,” under the supervision of **Mrs. Ramona Handayani, S.Pd., M.A.** as Supervisor I and the supervision of **Mrs. Puteri Anggraeni Oktavianty, S.Sos., M.AP.** as Supervisor II.

The Elderly Integrated Health Service Post (Lansia) Program is a community-based health service designed to improve the health status, quality of life, and well-being of older adults through regular health services. However, its implementation in Danau Cermin Village still faces several challenges, including limited information dissemination, inadequate facilities, limited program activities, and low participation of older adults. This study aimed to examine the effectiveness of the Posyandu Lansia Program in Danau Cermin Village, Amuntai Tengah District, Hulu Sungai Utara Regency, and to identify the factors affecting its effectiveness.

This study employed a descriptive qualitative approach. Fourteen informants were selected through purposive sampling. Data were collected by observation, interviews, and documentation, then analyzed using the Miles, Huberman, and Saldana model, including data reduction, data display, and conclusion drawing. Data validity was ensured through prolonged engagement, source triangulation, and member checking.

*The findings indicate that the Posyandu Elderly Program **has not been effective**. Based on Sutrisno's effectiveness indicators (cited in Dedi Amrizal et al., 2018), the understanding program was fairly good. However, target accuracy remained low because many productive-age residents participated, information dissemination was limited, and program benefits were not optimal. Although activities were generally conducted on schedule, health workers occasionally arrived late. Program objectives were not fully achieved due to limited facilities, medicines, and medical equipment, resulting in low participant satisfaction. In addition, no significant improvement was found in healthy living practices or the health condition of older adults. Supporting factors include the commitment of the village government, health workers, Posyandu cadres, and regular program implementation. The main obstacles were inaccurate participant targeting, limited access to information, lack of program variation, inadequate facilities, delays by health workers, and the incomplete achievement of program objectives. It is recommended that the Danau Cermin Village Government, Sungai Malang Community Health Center and Posyandu cadres improve information dissemination, diversify program activities, provide adequate facilities and medicines, strengthen staff discipline, and enhance coordination among stakeholders to improve the effectiveness of the program and its benefits for older.*