

ABSTRAK

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Program Studi : Kedokteran
Judul : *Study Healthy Ageing* Lansia Pada Masa Pandemi COVID-19 di
Kelurahan Sukarame Bandar Lampung dan Tinjauannya
Menurut Pandangan Islam

Latar Belakang : COVID-19 merupakan masalah kesehatan global yang luas dengan cara penularannya yang sangat cepat dan mudah. Dengan angka kematian yang tinggi, pemerintah menerapkan sistem *lock down* yang secara tidak langsung mengurangi ruang gerak manusia. Hal ini berhubungan dengan kesehatan dan produktivitas lansia dalam mencapai *healthy ageing* pada lansia. Proses penuaan pada lansia sebaiknya diimbangi dengan gerakan *healthy ageing*. Seperti apa yang diajarkan dalam Islam bahwa kesehatan merupakan hal yang wajib hukumnya untuk dijaga.

Tujuan Penelitian : Penelitian ini bertujuan untuk melihat adakah gerakan *healthy ageing* yang dilakukan lansia di Kelurahan Sukarame Bandar Lampung pada masa pandemi COVID-19 yang ditinjau dari pandangan Islam.

Metode : Metode pada penelitian ini adalah kualitatif fenomenologi. Penelitian dilakukan melalui wawancara terhadap responden dengan kriteria lansia yang sehat dan aktif di Kelurahan Sukarame Bandar Lampung. Sampel ditetapkan dengan cara *purposive sampling*. Data dianalisis menggunakan tiga tahapan, yaitu reduksi data, penyajian data, dan penarikan kesimpulan menggunakan uji korelasi *bivariat Spearman's Rho*.

Hasil : Pada penelitian didapatkan bahwa 87% responden masih aktif secara fisik. Sebanyak 97% responden memiliki nafsu makan yang baik dan cukup. Didapati sejumlah 75% responden bukan perokok. Dari keseluruhan responden, terdapat 20% responden yang masih bekerja. Semua responden masih terlibat dalam kegiatan lingkungan dan sosial. Semua gerakan *healthy ageing* yang dilakukan oleh responden berhubungan sangat kuat dan kuat antara satu sama lain. Suasana hati lansia memiliki dampak yang signifikan terhadap kepuasan yang lansia rasakan.

Kesimpulan : Ditemukan gerakan *healthy ageing* pada responden di Kelurahan Sukarame Bandar Lampung. Hal ini sejalan dengan ajaran Islam untuk selalu menjaga kesehatan walaupun sudah memasuki usia tua agar dapat beribadah dengan baik.

Kata Kunci : Lansia, *Healthy Ageing*, COVID-19, Islam

ABSTRACT

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Study Program: Medicine
Title : Study of Healthy Aging Elderly During the COVID-19 Pandemic in Sukarame Village, Bandar Lampung with an Overview of Islamic Perspective

Background: *COVID-19 is a widespread global health problem with a rapid and easy way of transmission. With a high death rate, the government implements a lock down that indirectly reduces the space for people to move. This then relate to the health and productivity of the elderly in achieving healthy aging in the elderly. The aging process in the elderly should be balanced with the healthy aging. This goes along with what Islam taught us that health is an obligatory thing to be maintained.*

Research Objectives: *This study aims to see if there is a healthy aging movement carried out by the elderly in Sukarame Village, Bandar Lampung during the COVID-19 pandemic which is viewed from an Islamic perspective.*

Methods: *The method in this research is qualitative phenomenology. The study was conducted through interviews with respondents with criteria for healthy and active elderly in Sukarame Village, Bandar Lampung. Samples were determined by means of Purposive Sampling. The data were analyzed using three stages, namely data reduction, data presentation, and drawing conclusions using correlation test bivariate Spearman's Rho.*

Result: *In the study, it was found that 87% of respondents were still physically active. As many as 97% of respondents have a good and sufficient appetite. It was found that 75% of the respondents were non-smokers. Of the total respondents, there are 20% of respondents who are still working. All respondents are still involved in environmental and social activities. All the healthy aging carried out by the respondents are very strongly and strongly related to each other. The mood of the elderly has a significant impact on the satisfaction that the elderly feel.*

Conclusion: *The healthy aging movement was found in respondents in Sukarame Village, Bandar Lampung. This is in line with Islamic teachings to always maintain health even though they are aging through time. Well maintained health will ease our worship obligation.*

Keywords: *Elderly, Healthy Ageing, COVID-19, Islam*