

## INTISARI

### HUBUNGAN ANTARA GAMBARAN DIRI DAN HARGA DIRI DENGAN PERSONAL HYGIENE PADA LANSIA DI PSTW ABIYOSO YOGYAKARTA

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**Latar Belakang:** Kebersihan atau *personal hygiene* pada lansia ditentukan oleh derajat kesehatan fisik dan mental. Kebutuhan *personal hygiene* menjadi prioritas utama bagi lansia karena lansia termasuk dalam kelompok berisiko terkena penyakit karena penurunan fungsi tubuh secara fisiologis. Dampak yang sering timbul pada masalah *personal hygiene* yaitu dampak fisik dan dampak psikososial.

**Tujuan:** Diketuainya hubungan antara gambaran diri dan harga diri dengan *personal hygiene* pada lansia di PSTW Abiyoso Yogyakarta.

**Metode:** Kuantitatif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah lansia yang berada di PSTW Abiyoso Yogyakarta yang berjumlah 126 lansia. penelitian ini menggunakan kuesioner dan lembar *check list* observasi.

**Hasil:** Lansia usia 71-80 tahun dengan jumlah 30 (54,5%), tingkat pendidikan 22 (40%) Sekolah Dasar dan 19 (34,5) tidak sekolah, frekuensi berdasarkan gambaran diri adalah paling baik dengan 65,5% sebanyak 36 responden. Sedangkan tingkat harga diri lansia paling tinggi dengan prosentase 60% dengan jumlah lansia 33 orang.

**Kesimpulan:** 1) Tingkat pendidikan sebagian lulusan Sekolah Dasar, 2) Pemenuhan kebutuhan *personal hygiene* lansia di PSTW Abiyoso Yogyakarta adalah paling baik dan tingkat harga diri lansia paling tinggi. 3) Ada hubungan antara gambaran diri dengan *personal hygiene* serta ada hubungan harga diri dengan *personal hygiene* di PSTW Abiyoso Yogyakarta.

Kata Kunci : Gambaran Diri, Harga Diri, dan *Personal Hygiene*

1. Mahasiswa STIKES Alma Ata Yogyakarta
2. Dosen STIKES Alma Ata Yogyakarta
3. Dosen STIKES Alma Ata Yogyakarta

## ABSTRACT

### **Relationship Between Self-Image and Self-Esteem With the Personal Hygiene of the Elderly in PSTW Abisoyo Yogyakarta**

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**Background:** Personal hygiene for the elderly is determined by their physical and mental health. For the elderly, the need for personal hygiene becomes main priority because they were vulnerable to the illness related with the physiologically decreased of organ function. The effects aroused from personal hygiene problem were physical and psychological-social effect.

**Objective:** To explain the relationship between self-image and self esteem and personal hygiene for the elderly in PSTW Abiyoso Yogyakarta.

**Method:** This research used quantitative research with cross sectional approach. The were 126 elderly people living in PSTW Abiyoso Yogyakarta.

**Results:** For the elderly people aged 71-80, there were 30 (54,5%), with education level 22 (40%) graduated from elementary school and 19 (34,5%) did not attend school. The frequency based on self-image was the best, it was (65,5%) 36 respondents. Meanwhile the level of self-esteem for the elderly (60%) 33 respondents.

**Conciusions:** 1) Some parts of respondents were graduated from elementary school. 2) The fulfillment for the need of personal hygiene in PSTW Abiyoso Yogyakarta was the best and self-esteem was the highest. 3) There was relation between self-image and personal hygiene, and also was personal hygiene and self-esteem in PSTW Abiyoso Yogyakarta.

**Keywords:** Personal Hygiene, Self-Image, Self-Esteem

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