

# FACTORS RELATED TO THE INDEPENDENCE OF ELDERLY IN DOING DAILING ACTIVITIES IN THE WORKING AREA OF WATAMPONE PUBLIC HEALTH CENTER BONE DISTRICT 2018

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## ABSTRACT

**Background:** Independence in the elderly is assessed from the ability to carry out daily activities independently. The emergence of dependency in carrying out daily activities in the elderly can be caused by several causes such as age, physiological health, cognitive function, psychosocial function, mental status, stress level, and health services. The dependence of the elderly on other people around them will make the elderly feel useless and limited in their activities so that it will bring a mental burden to the elderly (Nugroho, 2008). **Objective:** The purpose of this study was to identify factors related to elderly independence in conducting daily living (ADL) activities in the Awangpone health center in Bone District 2018. **Methods:** The study was an analytical survey using a cross-sectional approach, with a total sample of 135 respondents using the proportionate stratified random sampling technique. The research instrument was a questionnaire with chi-square analysis. **Results:** There is a relationship between the cognitive function of the elderly with the independence of the elderly p-value (0.012 <0.05), there is a significant relationship between mental status with elderly independence p-value (0.023 <0.05) and there is a significant relationship between the level of stress with independence p-value (0.015 <0.05). There is a significant relationship between cognitive function, mental status and stress level with elderly independence in the Awangpone Health Center Work Area of Bone 2018 District. **Conclusion:** From the results of this study there is a relationship of cognitive function, mental status and stress level with elderly independence in conducting daily living activities. Elderly need adequate facilities in carrying out daily activities.

**Keywords:** *Elderly Independence, Cognitive Function, Mental Status, Stress Level*