ABSTRACT

Functional Independence and Multimorbidity among Older Adults Attending Community-Based Health Services in Palaran, Samarinda

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Background : Population ageing increases the need for comprehensive community-based healthcare. Older adults in tropical settings such as Indonesia face a substantial burden of non-communicable diseases, particularly hypertension and multimorbidity, which may affect functional independence and quality of life. Integrated health post for the elderly as known as Posyandu Lansia provides a community-based platform for health monitoring and healthy ageing.

Objective : This study aimed to describe the demographic and clinical characteristics, disease burden, and functional independence of older adults attending Posyandu Lansia in Palaran District, Samarinda City, Indonesia.

Research Methods/ Implementation Methods : A descriptive quantitative cross-sectional study was conducted among 75 older adults attending Posyandu Lansia in Palaran District during June–July 2026. Participants were selected using total sampling. Data on age, sex, education, body mass index (BMI), medical history, and functional independence were collected through structured interviews and health examination records. Functional independence was assessed using the Barthel Index. Data were analyzed descriptively using frequencies and percentages.

Results : Most participants were aged 60–74 years (77%) and female (68%). Elementary education was the most common educational level (35%). Normal BMI was observed in 32%, while 39% had obesity class I or II and 16% were underweight. Hypertension was the most common single disease history (69%), while approximately 16% had multimorbidity. Based on the Barthel Index, 67% were independent, 32% had mild dependency, and 1% had severe dependency.

Conclusion/Lesson Learned : Older adults attending Posyandu Lansia generally maintained good functional independence despite a substantial burden of hypertension and multimorbidity. Strengthening community-based services through integrated chronic disease management, nutritional screening, and early detection of functional decline may support healthy ageing and public health resilience in tropical communities.

Keyword : elderly, functional independence, hypertension, multimorbidity, Posyandu Lansia