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Analysis of Elderly Activity in Elderly Posyandu Services

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A R T I C L E I N F O

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A B S T R A C T

The Elderly Posyandu is a health service built independently by the community under the responsibility of the village head. This research uses a descriptive qualitative approach (Cresweel, 2012). With 152 elderly subjects in Gading Jaya village. The data analysis was based on the recapitulation of the Posyandu data for the elderly in January-June 2022. The data analysis described the activities of the elderly based on spiritual factors, education, work, and family. The results show that the level of education and occupation of the elderly causes activity in posyandu services to be still low, only 17%, and in the elderly who have a high and high school education and middle economic level.

INTRODUCTION

Health is the main thing where a person's whole body and soul function optimally (Sriyono, 2015). Health services must be able to serve all levels of society. Health will affect all related community activities in achieving prosperity (Iskandar, 2016). Health is a determining factor in running activities in life. Education in the community is also closely related to the level of individual health. Understanding a person will affect a healthy life. Likewise, health can determine the development of the education sector. Health is a basic or primary need so that all activities and routines can run optimally (Ardinata, 2020). The rise of science in the late 18th and early 19th centuries had a broad impact on aspects of human life, including health (Eliana, 2016). Of course, in the 21st century or the current digital era, we must contribute to public health. Provide opportunities for access to both information and follow-up services (R. Dewi et al., 2018).

Old age is a period of health that needs to be considered. Health in the elderly is an effort to health status of the elderly in old age. Old age is considered as stated in the Law of the Republic of Indonesia Number 36 of 2009, concerning Health, that health is provided as a whole without distinction, participation, and continuity. Referring to the law that services are provided equally, comprehensively, and continuously so that every elderly can be served optimally. Based on data from the Central Bureau of Statistics, shows that the elderly in Indonesia reached 11.34% or 26 million elderly in 2020 and it is estimated to be 15.8% or 48.2 million elderly in 2035. Of course, this is a concern so that the quality of the community in the future remains healthy and prosperous. From this data, it requires priorities from various parties, especially the government (BKKBN RI, 2020). one of the efforts made by establishing an integrated service post at the village government level (E. U. Dewi et al., 2020).

Posyandu for the elderly is expected as an effort to provide health services to its participants. The purpose of the Posyandu for the elderly is health services that are sought to prosper the elderly in various areas that are limited in access to health facilities, coverage, and health financing (Siti Nur Ainiah, afifuddin, 2021). Posyandu is carried out as a community self-help effort to improve health in certain villages under the responsibility of the village head (RI, 2006). Elderly Posyandu services have been carried out in Gading Jaya village, Tabir Selatan sub-district, Merangin district starting in March 2021. Based on data from elderly posyandu cadres in the field in 2021 the number of elderly people is 143 people on average only 20 people are active every month in the implementation of the elderly posyandu at the Gading village hall Jaya. This has been going on for the next few months of posyandu implementation, so it needs an advanced assessment related to posyandu services for the elderly in Gading Jaya village. This is related to the active factor of the elderly posyandu participants in Gading Jaya village.

LITERATURE REVIEW

Health

Health is a healthy state, both physically, mentally, spiritually, and socially that allows everyone to live socially and economically productive (Law of the Republic of Indonesia No. 36 of 2009 concerning Health, 2009). Health according to WHO (1947) is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (Eliana, 2016).

Elderly

An Elderly is someone who has reached the age of 60 years (sixty) years and above (Law of the Republic of Indonesia Number 13 of 1998). It is also explained that Potential Elderly are elderly who are still able to do work and/or activities that can produce goods and/or services. While the elderly with no potential are elderly who are powerless to earn a living so their lives depend on the help of others. The elderly (elderly) are people who have reached the age of 60 years and over and who have the same rights in the life of society, nation, and state. Indonesia (Akbar et al., 2021).

Health Factors for the Elderly (Elderly)

1. Spiritual

Spirituality is a condition where there is a harmonious relationship between humans, the environment, and their god (Fitria & Mulyana, 2021). Old age requires a calm in life with various setbacks. Someone who has a very good spiritual or religious level towards the creator will allow peace of mind which leads to a good psyche. Spiritual is an aspect that includes other aspects, namely physical, psychological and social. For the elderly who always regulate relationships with others, the environment, and good worship will suppress the emergence of health problems (Naftali et al., 2017). In addition, the elderly have more productive activities and high optimism (Annisa et al., 2021).

2. Education

Education is which means the process or activity of learning or gaining understanding. Education is a conscious effort to realize something of cultural inheritance from one generation to another (Rahman et al., 2022). Education is a person's conscious activity to acquire knowledge in the learning process (Benyamin Kapisa et al., 2021). Understanding or knowledge of the elderly is a factor in one's awareness and creativity in preparing and dealing with old age by prioritizing basic needs in it. Health. The elderly who have an understanding of the importance of a healthy lifestyle will prioritize a good lifestyle. Behavior itself is influenced by several factors, including knowledge (Yuliani et al., 2015).

3. Work

Work is an effort or activity to obtain rewards/wages. Work is something that is done by humans for certain purposes which are done in a good and right way. Work is done or works as an effort to fulfill a person's needs in life

(Benyamin Kapisa et al., 2021). Employment in the elderly is certainly encouraged because of persistence and role demands which are factors in health in the future (Septiningsih, D.S., & Na'imah, 2017). The activity of working or pursuing a job is for the welfare of the family. The better the welfare condition, in this case, the economy, the better the head of health will be through healthy food intake.

4. The Family

The family is the smallest basic social unit in society (K. S. Dewi & Widayanti, 2011). Family function measures how much the family as a team works as a unit (Romadhon, 2021). A harmonious family can provide support for psychological health. Families who adopt a healthy life will manage all their needs and activities well to minimize health problems (Soewito, 2013). The elderly in healthy families receive special attention from their families. Elderly people need special placement in their families, especially sons and daughters who care about the physical and psychological health of their more optimistic parents.

5. Integrated service post for the elderly (Elderly Posyandu)

Elderly Posyandu is a health service that is committed by the village government with the local health center aimed at improving the quality of life through improving health and welfare (E. U. Dewi et al., 2020). Posyandu for the elderly is an integrated service post for the elderly. It includes physical and mental-emotional health checks that are recorded and monitored with the Card Towards Health (Yuniati Faiza, 2014).

Health in the elderly or elderly parents is strongly influenced by spiritual factors, education, work, and family. It provides views and activities on the health of the elderly. This affects efforts to choose health facilities and services at one of the posyandu for the elderly. Then the following mind map can be understood.

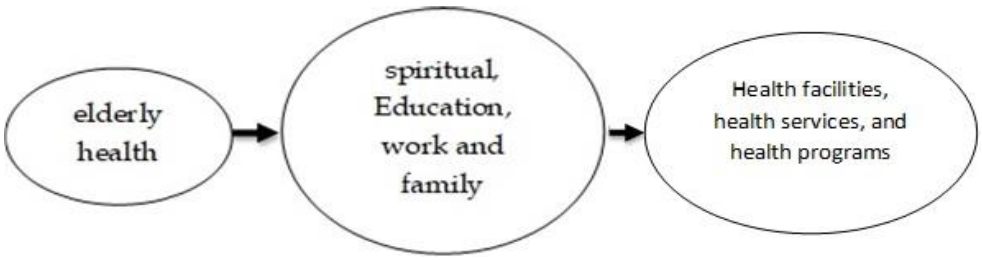

Figure 1. Framework of Thinking

METHODOLOGY

This research is descriptive and qualitative (Cresweel, 2012). This study provides an overview based on a literature review and field data described narratively. The subjects studied were 151 elderly parents in Gading Jaya village. Data analysis was carried out based on data recapitulation of elderly Posyandu visits for the elderly in Gading Jaya village. This research was conducted for 6 months from January-June 2022.

RESULTS

Elderly in Gading Jaya Village

Based on the data studied from the level of education of the elderly in Gading Jaya Village, it can be seen in Figure 2 of the elderly education below:

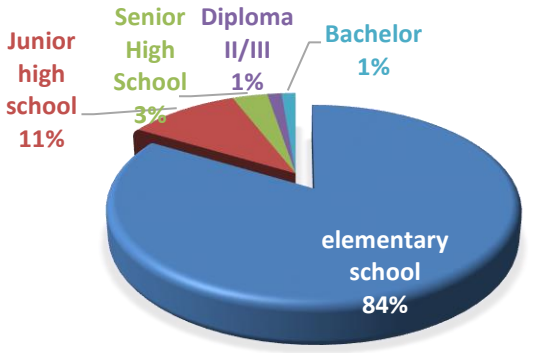

Figure 2. Elderly Education in Gading Jaya Village.

After analyzing the data based on the activity of the elderly at the elderly posyandu which is carried out every month. The data obtained from the elderly who actively participate in the posyandu for the elderly are studied from the work of the elderly in Gading Jaya village and can be understood in table 1 below:

Table 1. Occupational Background of the Elderly in Gading Jaya Village

Work background	Total	Active participant	Active Percentage
Laborer	143	16	11%
Company Staff	5	5	3%
Retired	4	4	3%
Amount	**152**	**25**	**17%**

Table 1 shows that the elderly who have education and economy are quite active in the posyandu for the elderly in Gading Jaya Village with a percentage of 17%.

DISCUSSIONS

Old age in humans is characterized by a decrease in some activities with decreased physical and psychological performance. Parents aged 60 years and over have various levels of health (Halimsetiono, 2021). This diversity is influenced by several factors, including the level of spiritual psychological encouragement. Self-approach to the creator provides a level of peace of mind that affects the thinking power of the elderly to be more optimistic about being healthy (Annisa et al., 2021). Another thing that is good for the social level of the family and society will place harmony that provides comfort to the psyche so that it spurs healthy relationships. The people of Gading Jaya village in general have a strong devotion to worship, with the majority of Muslims being 95% Muslim

and 5% non-Muslim. Religious activities are routinely carried out such as the Yasin congregation, regular recitations, and non-Muslims who actively worship every week. This provides good spirituality in a society in which there are elderly parents. Based on the origin and ethnicity of the Gading Jaya village community, the majority are Javanese, with two regions originating from Central Java and East Java, with 85%, and a pluralistic population such as Batak and Malay ethnicities with 15%. However, this spiritual factor gives the view that the sick elderly is a disease that has become a hand line or destiny.

The next factor that influences health is education (Indrayani & Ronoatmodjo, 2018). One's education places the individual in a certain position. A person's education will affect the level of health and well-being of that person. The level of knowledge related to Health will encourage efforts to live a healthy life. Based on data from the population of Gading Jaya, the elderly are 152 people with an elementary education/equivalent of 84%, junior high school/equivalent of 10%, high school/equivalent of 3%, DII/DIII 1%, and S1 only 1%. Of course, it will affect the health of both patterns and efforts to obtain health. Occupational factors are very influential on the level of health of the elderly. Elderly people who work with extra energy or work hard when they are young affect their old age (Jamalludin, 2020). With the level of education that does not meet the field of expertise, it demands to work on the extra manpower aspect. In general, people with elementary and junior high school education work as harvest workers in oil palm plantations, 94% of the elderly. High school education as staff or security in a palm oil company. Education DII/DIII and S1 as a teacher and has retired. Occupational factors show different levels of health in terms of health complaints or diseases in the elderly.

The family is the smallest unit of community function. Families who pay attention to the healthy lifestyle of family members with a harmonious and healthy way of life. Families who have parents or the elderly and pay attention to all their main health needs will realize quality elderly, which means physically and psychologically healthy (Romadhon, 2021). The level of attention to the elderly in the family is influenced by other factors such as the level of education and welfare or the economy. The economy of people in the middle and upper categories will choose good service. Education Middle and high families will pay attention to health proportionally. The family's economic security in the Gading Jaya community is classified as lower middle class. The middle class owns oil palm plantations. But the lower class as garden workers or collect the remnants of the harvest. Causing the elderly in lower-class families to cause them to work to make ends meet.

Based on data, the people of Gading Jaya village have a sufficient economic level. The meaning is sufficient as a daily need so that some elderly people are still actively working. In terms of education, it is still at the level of domination of SD/equivalent so the level of understanding and work potential is still low. The understanding of the importance of health and facilities such as posyandu for the elderly is also still low. This affects the level of activity in the Posyandu service activities for the elderly, which is dominated by 25 participants or 17%. The presence is due to the level of understanding of Health, in the elderly with

secondary and higher education who routinely check themselves. And economically in the middle class at the time of the implementation of the posyandu the elderly did not work. From the cadres and health workers of the elderly posyandu, they have conducted socialization and visits, but this has not been reinforced so the level of activity of the elderly posyandu participants has not increased. This is supported by similar research, by Fatmawati & Usman (2021). showed that the elderly who have a good level of fulfillment have good mental or psychological health. Another study conducted by Annisa et al (2021) proved that a self-approach to the creator, social awareness and optimistic life, and a healthy lifestyle in the elderly reduce psychosocial disorders. seen from education on the activity of the elderly at the posyandu for the elderly, researched by E. U. Dewi et al (2020) Education and understanding of health provide opportunities for healthy elderly. and a similar study by Jamalludin (2020) shows that education is the driving force for creating healthy lives for retired seniors.

CONCLUSIONS AND RECOMMENDATIONS

The results of this research study indicate several causes of the low activity of the elderly in Gading Jaya village, namely the spiritual factor of the elderly that the health of parents is commonplace or a destiny. From the low education factor who has low knowledge of the importance of their health. This also causes the elderly to continue to work to meet their economic needs. Family support, for middle-income families, has an active tendency in the elderly posyandu, but those who choose to meet their economic needs choose to work. Although socialization of the elderly posyandu cadres has been carried out, the level of activity of the elderly in the elderly posyandu services in Gading Jaya village is still low.

FURTHER STUDY

The research that has been carried out has focused on the level of activeness of the elderly posyandu participants in spirituality, education, work, and family. As a follow-up for the next research to examine more deeply the strengthening of cadres and health workers in optimizing the posyandu for the elderly in Gading Jaya village, Tabir Selatan sub-district, Merangin district, Jambi province.

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