

OVERVIEW OF THE LEVEL OF INDEPENDENCE OF THE ELDERLY IN FULFILLMENT OF DAILY ACTIVITIES AT TRESNA SOCIAL HEALTH CENTER WERDHA NOBILITY JAMBI PROVINCE YEAR 2023

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Abstract

The final stage of the aging process in human growth and development is a term for elderly. Elderly (elderly) is someone who has entered the age of 60 years and over. Increasing age causes changes in organ function cause impact to direction ability elderly For do *Activities of Daily Living*. Research This aiming For know description level independence elderly in fulfillment activity daily. Type study This use design descriptive quantitative. Study This done at the orphanage Social Tresna elderly (PSTW) Jambi Province. The total elderly population that there are 67 people in the Tresna Werdha Social Home (PSTW). Sampling was carried out with technique *Total Sampling*. Based on the level of independence of the elderly in carrying out daily activities, it was obtained The results in the independent category were 33 people (49.2%), light dependency 4 people (6%), dependence currently 16 person (23.8), dependence heavy 8 person (12%) And level dependence total namely 6 people (9%). The description of the level of independence of the elderly in carrying out daily activities is in the independent category there were 33 people (49.2%), consisting of 91.8% eating, bathing as much as 88%, neatness/appearance as much as 86.5%, get dressed as much as 83.5% And CHAPTER as much as 80.5%.

Keyword : Level Independence, Elderly, *Activities Daily Living* (ADL)

Introduction

Carry on age is a incident Which Certain will experienced by everyone who is blessed with a long life. According to *World Health Organization* Elderly is someone who has entered the age of 60 years and above. Elderly or age old (elderly) is a period closing in range life a person, namely a period where a person has moved far from the period previous Which more pleasant, or move on from time Which full useful.¹

In general global number life elderly in world will Keep going increase. The proportion of the world's elderly population in 2019 reached 13.4% in 2019. 2050 is estimated to increase to 25.3% and by 20100 it is estimated to 35.1% of the total population (WHO, 2019). As is the case in world, Indonesia is also experiencing population aging. In 2019, the number of elderly people Indonesia increased to 27.5 million or 10.3% and 57.0 million people or 17.9% on year 2045 (Ministry of Health, 2019).²

Activity problem overview of *Daily Living* elderly in Indonesia, namely with the disruption of *Activity of Daily Living* with various factors and causes can lead to problems such as decreased cognitive function in elderly beside That Lots will problem

Which appear on elderly Which experiencing *Activity of Daily Living*. With increasing age causes changes in organ function that will have an impact on ability elderly For do *Activities of Daily Living*, the occurrence decline function organs in the nervous and musculoskeletal systems experience a decrease in muscle mass and bone density which results in osteoporosis, in bones that porous and brittle will be at risk of fracture. This can cause the disturbance in doing *Activities of Daily Living* ³.

Decrease activity physique can cause elderly become dependent on others. Although the elderly naturally experience a decline and decline physique, but No close possibility elderly can do activity And fulfillment need daily in a way independent. Availability assistance throughout time in House And institution service health functioning protect need elderly For still stay in his house And maintain his independence during Possible.

Based on statistical data from Jambi Province in 2019 there were 7.59% The number of elderly people was also found to have increased to 7.90% in 2020 the number of elderly people, and in 2021 there was an increase to 9.57% with the word Meanwhile, Jambi Province has entered a phase of population aging. In the aging phase elderly Province Jambi based on data statistics on year 2021 Still dominated by those aged 60-69 years who reached 68.83%. This age group often referred to as young elderly, reaching 68.83%. Group age This often called as elderly young, Because includes residents who have just entered old age. The rest, as much as 23.74% are middle-aged elderly, namely elderly aged 70-79 years and only 7.43% which includes the elderly (aged 80 years and above). From these data, there are Data on elderly people who still live with their families, some of whom live in(Treshna Social Home) Werdha) PSTW Jambi Province ⁴.

PSTW Jambi Province as a place for the elderly who are unable and unable to have a place to live. There are many activities that PSTW does every Sunday And routine done For increase Spirit for elderly into activity daily in among others shower spiritual, counseling health, mutual cooperation, healthy exercise, and health checks for all elderly people in the Jambi Province PSTW. Which is mandatory for all elderly in PSTW Jambi Province as many as 67 elderly. With many programs The work of the elderly team at the Jambi Province PSTW is a forum for the elderly For enthusiastic do activity daily And can increase level independence of the elderly.

Activities daily elderly in PSTW is also getting more attention from all aspect his life, in PSTW Also elderly in control officer in 24 O'clock And his activities Already customized from Which needed elderly so from That research on *activity daily living* This is appropriate for the elderly to do in PSTW because it will be easier for researchers to monitor activity *activities daily living* that occurred in the elderly in the PSTW of Jambi Province. The purpose of study This is For know level independence elderly in fulfillment activity daily in Home Social Tresna elderly Budi Sublime Province Jambi in 2023.

Method

Study This use design *descriptive quantitative* Whichintended For describe about level independence And dependence of the elderly in fulfilling daily activities. This study carried out at the Werdha Social Home (PSTW) Jambi Province in the month January 2023 until with june 2023. The population in this study is all elderly people in the Jambi Province PSTW are 67 people. Determination The sample size was taken using the *Total Sampling technique*, namely the sample taken are all the elderly who located in PSTW Province Jambi as much as 67 elderly or as much as the total population.

Instrument Which used in study This is sheet observationFor measure level independence respondents,. Instrument assessment Which used in this study using *the Barthel Index*. *The Barthel Index* consists of of the ten independence activities, namely bathing, neatness, dressing, defecating defecation, urination, moving, mobility, climbing and descending stairs. The scale set on *Barthel index* consists of a scale of 0 up to 100 namely:

- a. 0-20 : dependence total
- b. 21-61: dependence heavy
- c. 62-90 : dependence currently
- d. 91-99 : dependence light
- e. 100 : independent

This research has been tested for validity using measuring instruments. Already standard Which obtained from literature book And has used almost in every study about independence. Analysis Which used in studyThis is a univariate analysis

Results

1. Budi Luhur Tresna Werdha OrphanageJambi Province

Table 1. Frequency Distribution of Respondents Based on Age in OrphanagesTresna Elderly Budi Great Province Jambi

No.	Age Group	Frequency	%
1.	60 – 74 Year	35	52.2%
2.	75 – 90 Year	29	43.3%
3.	> 90 Year	3	4.5%
Amount		67	100%

Based on table 1, the results showed that out of 67 respondents, Most of them are in the 60-74 age group with a total of 35 person (52.2%), age 75-90 year with amount 29 (43.3%), And on group age >90 year with amount 3 person (4.5%).

Table 2. Frequency Distribution of Respondents Based on Gender in the OrphanageCare Tresna elderly Budi Sublime Province Jambi

No.	Type Sex	Frequency	%
1.	Man	47	70.1%
2.	Woman	20	29.9%
Amount		67	100%

Based on table 2, the results show that out of 67 respondents, the majority were male, with a total of 47 people (70.1%) and Respondent gender women with total 20 people (29.9%).

2. Werdha OrphanageBudi Sublime Jambi Province

Table 3. Frequency Distribution of the Level of Independence of the Elderly in Carrying OutDaily Activities at the Budi Luhur Province Tresna Werdha Orphanage Jambi

No.	Level Independence	Frequency	%
1.	Independent	33	49.2%
2.	Dependence Light	4	6%
3.	Dependence Currently	16	23.8%
4.	Dependence Heavy	8	12%
5.	Dependence Total	6	9%
Amount		67	100%

Based on table 3, the results show that the level of independence of the elderly is... in carrying out daily activities, from 67 respondents the results were obtained most is at on category independent that is as much as 33 person (49.2%), mild dependence 4 people (6%), moderate dependence 16 people (23.8), heavy dependency 8 people (12%) and total dependency level is 6 person (9%).

Discussion

1. Characteristics Respondents

a. Age

Based on the results of research conducted by researchers at the orphanage The care of Tresna Werdha Budi Luhur found that in the group the majority of the population is in the 60-74 year age group with amount 35 people (52.2%).

Based on the research results in this age group, this is in line with study Inayah (2017) in Post Office Village Sindangjawa Regency Cirebon has the highest percentage in the 60-74 year old category. Then research conducted by Iskandar Harun Pratama (2018) at the Orphanage Social Tresna elderly Minaula Kendari Which where part big Respondent aged 60-74 years with a total of 37 people (48%) ⁸.

Further research other Which done by Ratna Wulandari (2020) in UPT PSLU Blitar Which part big Respondent aged 60-74 year that is as much as 24 person (54.5%). Study other Which done by Safutri (2019) at the Internal Polyclinic of H. Adam Malik General Hospital, Medan, which where the largest number of elderly respondents were aged 60-74 years, namely as much as 52.7% ¹¹.

Age can affect a person's ability to perform activities independently. However, this depends on health problems. suffered by the elderly and the health behaviors they carried out in the past. maintain their health, so that even though they are elderly, they are still in the category young (half age) Which own problem health can affect daily living activities compared to the elderly or person old Which aged long, However No own problem health and in good health ⁵.

b. Type Sex

Based on the results of research conducted by researchers at the orphanage The care of Tresna Werdha Budi Luhur found that in the group gender is mostly in the male gender group man with a total of 47 people (70.1%).

Then the results of the study on this gender group are in line with previous research by Rohaedi (2018) at the Tresna Social Home elderly Late afternoon Narrator Which disclose that elderly more Lots found Which various sex male ⁷. Matter This in line with SUSENAS 2019, the ratio of elderly male population is higher tall compared to with resident elderly Woman (12.95% compared to 10.86%) (Ministry of Health of the Republic of Indonesia, 2019) ⁹.

Furthermore, other research was conducted by Andi Suriani (2017) in 6 sub-districts included in the Kassi-Kassi Health Center working area where more than half of the respondents were male, namely as many as 54 people (62.8%) and women as many as 32 people (37.2%). Study This in line with study Which done by Alexander Harun Pratama (2018) at the Tresna Werdha Social Home Kendari Minar Which where part big Respondent various sex man with amount 38 person (50.7%) And Respondent various sex Woman amount to 37 people (47.3%)⁸.

Type sex is characteristic physical/spiritual Which differentiate 2 creature as Woman And man man. Difference gender Also is Wrong One factor Which influence psychological elderly, so that will impact on form adaptation Which used. Gender differences can affect the level of independence of the elderly. Man Which more doing activities And do activity more Good so that it can influence the independence of elderly men man compared to women.

2. Werdha OrphanageBudi Sublime Jambi Province

Based on the research results, it shows that most of the elderly has a level of independence in the independent category, namely 33 people (49.2%), light dependence 4 people (6%), moderate dependence 16 people (23.8), 8 people (12%) with severe dependency and total dependency level that is 6 people (9%).

Activities Daily Living (ADL) is a form measurement a person's ability to perform ADL independently, which includes bathing, eating, toileting, conning, dressing and transferring. Based on the results In the research above, the majority of elderly people are independent in carrying out ADL in The independence above is caused by age factors because in this study the elderly those in the independent category are at the elderly age of *ederly* namely at the age of 60-74 years, at this age the elderly can still carry out daily activities day. Then in this study, most of the levels of independence of the elderly with a mild dependency category caused by aging factors which is characterized by increasing age experiencing a decline in function vision, hearing and nerve muscles. This can be done very hinder ability elderly in do activity daily like Eat, bathing, toileting, urinating and defecating, walking, going up and down stairs and even rise from Sit down. With the more the decline ability thank you imal physical or fitness physical accompanied by the more the decline ability elderly in do activity a day- day, as well as the more the decline physiological more carry on can result the decline or even the loss independence a elderly. Besides That decline function cognitive, Where in

do activity daily need How method organize and interpret stimulus sensor for thinking in solving a problem, with mental decline giving contribution to cognitive function can interfere with logical thinking And can hinder independence elderly in activity daily. So that with dependence the so a need support family in fulfilling his needs.

Results study on in accordance with theory, that decline function vision, hearing, smell, taste, and motor changes between other decrease strength, speed And Study skills new. These changes generally lead to decline. physical and mental health which will ultimately also have an impact on activities their economy and social. So that in general it will have an impact on daily life activities. Biologically, the elderly experience a process continuous aging characterized by decreased physical strength to disease ⁶.

This physical decline can be seen from the functional abilities of the elderly. especially the ability of the elderly to carry out daily life activities day such as dressing, defecating or urinating, eating, drinking, walking, sleeping, and bathing. From the ability to do these activities can be assessed whether the elderly are independent or dependent on others. Independent in carrying out daily life activities is the freedom to act, No depends on party other in nurse self and in doing activities daily. The more independent status functional elderly so the ability to withstand disease attacks will improve. On the contrary elderly Which show dependence will prone to to attack disease. Decrease function organ body will impact ability the physical condition of the elderly which will then affect the independence of the elderly in do daily activities ¹².

This research is in line with research conducted by Suhartini (2019) in Jembangan Village, East Java, showed that most of the majority of independent respondents were 73.1%. Suhartini stated that almost all over Respondent independent in do activity basic like get upfrom bed, dressing, communicating (95.5%), defecating small/large water to the bathroom (95.5%), eating (94.4%), bathing (93.3%), moving around or walking (90%). Another study conducted by Etina Wandik (2020) The results obtained were that out of 30 elderly respondents, 28 people (93.3%) categorized independent in fulfillment bathe, brush tooth And shampoo, maintenance self, dressing and mobility ¹⁰.

Then study Which done by Alexander Aaron Primary (2018) show that part big Respondent own level independence in the independent category, namely 45 people (60%). This research in line with research conducted by Eka which obtained a level of high independence in the elderly at PSTW Budi Mulia 01 and 03 Jakarta that is 97.9% ⁸.

Next, research was conducted by Sonia at the Bane Health Center. Pematang Siantar City shows the highest level of independence of the elderly in fulfillment ADL is at in category independent that is as much as 26 Respondent (63.4%). Matter This in line with study Which done Vinnie Nurul Hidayah (2019) showed that of the 152 respondents throughout Postal Service Sindangjaya mostly has a high level of independence. independent namely as many as 85 Respondent (55.9%)¹⁰.

Based on the results of the observation sheet on the questionnaire, it shows that level independence elderly in fulfillment activity daily highest that is on activity Eat as much as 91.8%, bathe as much as 88%, neatness/appearance as much as 86.5%, dressing as much as 83.5% and defecating as much as 80.5%. According to assumption researcher level independence the due to Because existence factor health, motor function, cognitive function and good development status in the elderly so that the elderly can still do activity everyday Alone without help person other.

Based on observation researcher found elderly still force For Fulfill *Activity of Daily Living* independently, for example, trying to be independent to go to the toilet even though the ability to walk has decreased. On some elderly people too, they try to eat independently even though they are less able to put food into their mouths because Sick teeth or weakness that he has.

Conclusion

Based on results study And discussion so can concluded that the level of independence of the elderly in fulfilling daily activities at the nursing home The Budi Luhur Social Werdha Community in Jambi Province is in the independent category namely 33 people (49.2%). The level of independence of the elderly in fulfilling the highest daily activities are eating at 91.8%, bathing as much as 88%, neatness/appearance as much as 86.5%, get dressed as much as 83.5% and defecation as much as 80.5%.

It is hoped that the nursing profession at the Jambi Province PSTW can become The results of this study are used as reference material or study material for nurses in formulate a problem, which is in accordance with the priority of the problem and needs elderly in doing daily activities - day.

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