Improvement Quality Health Elderly As Effort Realizing Healthy, Independent, Active and Productive Elderly

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Abstract

Elderly or commonly known US elderly is a process of growth and development, so efforts to maintain the health of the elderly are needed so that they are far from various types of diseases. The general condition of the elderly at the Tresna Werdha Budi Luhur Jambi Social Institution seems to be able to manage a healthy lifestyle as some of the elderly seem to still smoke in the homestead area, the habit of maintaining personal hygiene which makes the elderly easily affected by diseases such as diabetes mellitus, heart disease, hypertension, ISPA and making another disease. This service activity is held at the Tresna Werdha Budi Luhur Social Institution Jambi from November to December 2022. The aim is for the elderly to understand how to live a clean and healthy lifestyle so that the elderly can regulate their lifestyle and can apply it to their daily lives. A healthy lifestyle can help the elderly maintain or improve their health condition. Efforts to increase PHBS for the elderly must be carried out by motivating the elderly to carry out PHBS and continue to provide counseling about PHBS in orphanages. The total number of participants is 40 seniors. All service program activities run smoothly and are well implemented, appropriately locations, competent counseling materials, and elders actively participate in these activities.

Keywords: Elderly, PHBS, Healthy

A. INTRODUCTION

The elderly are a population group that is very vulnerable to being affected by health and psychological challenges during the current COVID-19 pandemic. One of the government's efforts so that elderly No become victim plague This that is with socialize health through recommendation Behavior Life Clean And Healthy (PHBS) for elderly (Rahmad Purwanto , 2021) . Clean and Healthy Living Behavior is influenced by the characteristics of the elderly, including age, education, occupation, choice of supporting media for the presentation of PHBS directions and living conditions. The characteristics of the elderly cannot be adjusted because they have become the personality traits of each elderly person. However, efforts need to be made to increase health awareness in the elderly so that they are able to apply a clean and healthy lifestyle properly (Erpandi. 2013).

Elderly need guard himself Alone (in a way) independent) And guard his health without being too dependent on others (Kauman et al., 2019). Successful implementation of PHBS is a challenge in producing increased social awareness and behavioral change, as well as skills, attitudes, and behavioral dimensions to change positive health behavior. PHBS carried out by the elderly can provide benefits for

the elderly in their end of life journey. Elderly people who implement healthy behavior Healthy for example Eat Healthy, stop smoke, And exercising in a way regularly proven to have better memory than younger people. Elderly people who have better behavioral changes, are very necessary and useful for prevention disease, welfare as well as quality life elderly (Fried LP, 2013).

The rapid increase in the number of elderly people, namely 680 million people, must be accompanied by a good quality of life for the elderly (Grigorova-Petrova K, 2015). The elderly need health care, active communication, communication with friends, intellectual development and consistent relationships in life. The elderly need help to meet these needs so that the elderly can achieve a good quality of life. Quality of life includes physical health, mental health, independence, social relationships, self-confidence according to their environment (Kelen APL, 2016).

Home Social Tresna elderly Budi Sublime City Jambi is the only one orphanage elderly people in Jambi province. General conditions of the elderly at the Budi Luhur Tresna Werdha Social Home Jambi Still Not yet Want to arrange pattern life Healthy like Rest And exercise so that it is easy to get diabetes, heart disease, hypertension, cancer and other diseases. Elderly people in nursing homes prefer to take pharmacological drugs rather than change their healthy lifestyles. Many elderly people are still not aware of healthy lifestyles. Elderly people still like to smoke, stay up late and do not take their medication according to the doctor's prescription. doctor. With various problem Which arise from elderly in orphanage the, such as physical mobility disorders, dementia and other things that require the elderly to be followed up with various treatments. (Ariyani, (2017).

One of them is through the activity of Improving the Quality of Elderly Health as an Effort to Realize Healthy, Independent, Active, and Productive Elderly at the Tresna Werdha Budi Luhur Jambi Social Home, which will hold various activities, such as counseling, walking, diabetes gymnastics, health checks (glucose, cholesterol, uric acid, blood pressure), writing, drawing and making handicrafts to train the creativity of the elderly, providing games riddles For practice Power remember and thinking power of the elderly, as well as the application of other training programs.

The activity of improving the quality of health of the elderly as an effort to create healthy, independent, active and productive elderly people at the Jambi Tresna Werdha Social Home plays a very important role considering that a number

of problems are faced by the elderly. very diverse. With existence activity This, expected for elderly Which There is at the Budi Luhur Social Home for the Elderly in Jambi City, they can be followed up and helped to live their lives more easily.

B. METHODS

The target of the activity at the Budi Luhur Jambi Tresna Werdha Social Home is 35 elderly people. The forms of activities carried out are Health Checks, Brain Gymnastics, Diabetes Gymnastics, PHBS Counseling and the Elderly Drawing Program which aims to improve the health of the elderly at the Budi Luhur PSTW, Jambi City.

During the evaluation, the elderly were also given time to discuss questions and answers about the material that had been delivered during the counseling. Continued by the facilitator submit question return in accordance with material Which aiming to find out the extent of the elderly's understanding of the material provided. The activity took place during 2 meetings.

C. RESULTS

The Student Community Service Program (P2M2) was held at the PSTW Budi Luhur, Jambi City, located at Jl. Pangeran Hidayat No. 75, Paal Lima, Kota Baru, Jambi City. There were 35 participants present. The series of activity This that is counseling health to elderly related PHBS, Gymnastics Exercises Elderly covering exercise brain And exercise foot diabetes, Inspection pressure blood, breathing, frequency pulse as well as Elderly draw. Implementation activity This walk as expected. Some activities that have been carried out by Community Service Team:
Sunday First team P2M2 carry out demonstration exercise diabetes, exercise brain, health check and elderly drawing.

a. Exercise Brain

This activity was assisted by several nursing students from Stikes Garuda Putih. With this brain gymnastics activity, it is expected to prevent and reduce dementia, strengthen memory and concentration while maintaining brain health and function as we age. During the implementation of brain gymnastics, the enthusiasm of the elderly was seen to try to follow the directions in doing brain gymnastics. When this

activity took place, there were elderly who were able to stand while participating in brain gymnastics, but due to limited mobility, there were also elderly who were unable to do it standing. However, because of the enthusiasm of the elderly , they still follow activity This with position Sit down in chair without standing. Another obstacle that occurs when doing brain gymnastics is that the elderly seem to have difficulty balancing the directed movements and there are also elderly who cannot follow because they cannot see. Despite the various shortcomings, the implementation of this first activity has shown that the elderly are very responsive in following the activities.

Picture 1. Exercise Brain

b. Exercise diabetes

In this diabetes exercise activity, the elderly were given a sheet of newspaper which was used as a foot mat for diabetes exercise. Step by step of diabetes exercise that was followed by for elderly has show activity in follow And move his legs to participate in this diabetes exercise activity.

Picture 2. Exercise Diabetes

c. Inspection health

This health check includes blood pressure and pulse rate. Health checks on the elderly are carried out to monitor and if found complaints can be resolved immediately and consulted to orphanage officer prosecuted continue to get Handling Which appropriate.

Picture 3. Check Health Elderly

d. Elderly draw

End from activity in day First This is Handling stress with method coloring pictures in accordance creativity each each elderly. On activity coloring This, there is 4 elderly women and 4 elderly men who received appreciation with the best description.

e. Counseling Health

In the second week it was implemented counseling on several materials including: lifestyle healthy and various diseases that commonly occur in the elderly. This activity takes place for less than over 120 minutes for each material presented. Activities implemented with orderly as well as get welcome warm from leader orphanage and for elderly. There is lots of questions asked by the elderly regarding the impacts that will arise if you do not maintain it pattern life healthy. Therefore, the team strives give explanation more in depth about diseases that can attack Because No guard pattern healthy living starting from hypertension, gout, cholesterol, diabetes mellitus to itching (scabies).

Picture 5. Delivery material

In the process of implementing counseling activities, it starts earlier because the elderly quickly feel bored, So For anticipation elderly No disband moment counseling in progress The P2M2 team started the event 30 minutes earlier than the activity rundown. Where it was initially targeted at 09.00 and the realization was at 08.30 WIB so that the event finished before it's time. Matter This must be noticed return in arrange time activities, so that when making plans they need to be done carefully and on time.

Participant Which present amount to 40 elderly, whereas target at first 50 elderly. Matter said not fulfilled because of part elderly bed rest in guesthouse each each. Before the event started, participants were directed to fill in the attendance. The

briefing event was opened with welcome chairman implementer, chairman program studies Nursing And Head Home. Then continue making a time contract with the elderly and asking the elderly about knowledge general elderly around pattern life clean And Healthy. After that, the presentation of the material lasts for 45 minutes, followed by a 6-step hand washing practice for 10 minutes. And 20 minute final is session discussion between elderly to speaker.

The counseling took place according to plan, from the opening to the closing. The entire counseling event was carried out smoothly, with a conducive room, competent delivery of materials and elderly people who were active in the counseling.

Picture 6. Photo together

D.CONCLUSION

All over series activity This walk with should. In Sunday First, The number of participants who attended was 35 elderly. The series of activities were: elderly gymnastics training such as brain gymnastics and diabetes foot gymnastics, health checks and elderly drawing. Then on weekdays second, activity counseling about PHBS The participants who attended were 40 elderly people. It is hoped that this activity will continue and this activity can improve the quality of elderly health. It is hoped that the elderly For apply training And education Which has given so that No There is more health problems caused by unhealthy lifestyles.

E. ACKNOWLEDGMENT

The Community Service Team would like to express their deepest gratitude to the Tresna Werdha Budi Luhur Jambi Social Home for their cooperation and participation as partners during this community service. The strong collaboration

between the community service team and the Tresna Werdha Budi Luhur Jambi Social Home has become the foundation for success in carrying out the project. devotion public This. Team devotion hope that collaboration This will continue and provide a positive impact in efforts to serve and improve the quality of life of the elderly at the Tresna Werdha Budi Luhur Jambi Social Home.

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