



The Relationship Between Activities of Visits to the Elderly Posyandu and The Elderly's Level of Independence

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Submitted: 20 May 2024, Revised: 26 May 2024, Accepted: 27 May 2024, Published: 30 May 2024



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ABSTRACT

Background: Posyandu for the elderly is a service for the elderly community which aims to improve health and create a happy, healthy, independent and efficient old age. For elderly people who do not actively utilize health services at the elderly posyandu, their health condition cannot be monitored properly, so that if they experience a risk of disease due to a decline in body condition and the aging process, it is feared that this could have fatal and life-threatening consequences. **Objective:** This research aims to find out The relationship between active visits to elderly posyandu and the level of independence of elderly people at Posbindu Waluya Purwahaerja 1, Banjar City. **Research Method:** This research is a quantitative correlation research with a survey research design. Time approach with a retrospective method. The sampling technique uses purposive sampling. The sample in this study was 67 elderly people who were in the working area of Posbindu Waluya Purwahaerja 1, Banjar City. Results: from the results of the Chi Square statistical test, a P value of 0.000 is smaller than alpha 0.05. **Conclusion:** There is a relationship between the activeness of elderly posyandu visits and the level of independence of elderly people at Posbindu Waluya Purwahaerja 1, Banjar City. **Suggestion:** Elderly people are expected to have greater awareness of the importance of elderly posyandu, the need for family support and new innovations to increase the attractiveness of elderly people to come to elderly posyandu.

Keywords: Posyandu for the elderly, level of independence, elderly.

Introduction

Elderly (elderly) according to Law Number 13 of 1998 is someone who has reached the age of 60 (sixty) years and above. The elderly population continues to increase along with progress in the health sector, which is marked by increasing Life Expectancy (UHH) and decreasing death rates. The growth rate of the elderly population according to the Indonesian Ministry of Health in 2019-2024 is in the Aging Society category with the number of elderly $\geq 7\%$ of the total population and will enter the Super Aged Society category in 2045 with the number of elderly ≥ 21 of the total population (Indonesian Ministry of Health, 2020).

This demographic development can have impacts in the health, economic and social fields. The increase in the number of elderly people has consequences that are not simple. Various challenges resulting from population aging have touched various aspects of life (BPS, 2019). In general, elderly people have signs of declining biological, psychological, social and economic functions (Muhith & Sitoyo, 2016). Therefore, we must anticipate the increase in the number of elderly by preparing elderly health service facilities. The increasing number of people entering old age will lead to active efforts to improve the social impression of the elderly, so that it is hoped that this will result in better living conditions for the elderly. Success in extending life expectancy should be viewed wisely as a form of success in human resource development in the present (Indonesian Ministry of Health, 2020).

One form of effort to empower elderly people in society is through the formation and development of elderly groups which in some areas are called Elderly Age Groups (Poksila), Integrated Service Posts for the Elderly (Posyandu Lansia) or Integrated Development Posts for the Elderly (Posbindu Lansia). Posyandu for the elderly is a service for elderly people which aims to improve health and create a happy, healthy, independent and efficient old age. Posyandu Elderly programs and services can be adapted to the conditions and needs of the community in the area (Novayenni, 2015). In fact, according to its role and function, posyandu for the elderly can help improve the health status of the elderly, increase the independence of the elderly, and improve the quality of life of the elderly. Posyandu for the elderly itself provides various services that improve the quality of the elderly. Such as checking blood pressure and weight, tera exercise, 10 movements for health, brain exercise, medicine, recreation, health and spiritual counseling. Posyandu for the elderly plays a role in supporting the fulfillment of basic needs such as physiological, security, social, wanting to be appreciated and self-actualization. Apart from that, elderly people can overcome their problems, and can still interact with family, peers, and the community (Indonesian Ministry of Health, 2022).

This elderly posyandu is organized by cadres under the guidance of the community health center with activities including: promotive (improving health), preventive (preventing disease), curative (treating disease), rehabilitative (restoring self-confidence in the elderly). The elderly posyandu health facility is used to monitor and maintain the health status of the elderly (Ritayani, 2020). Even though there are many benefits that can be obtained from posyandu services for the elderly, utilization of these posyandu facilities is still very low. However, the utilization of posyandu for the elderly is still very far from the target of 90%. Several studies state that the utilization of posyandu for the elderly is still below 65% with the lowest percentage being 13.2% (Yuniati & Dewi, 2014). In line with these data, at Posbindu Waluya, results were obtained that the number of elderly visits was 67 people, on average only 33 elderly people came to each meeting. And the level of independence of the elderly at Posbindu Waluya which was studied from 10 participants, namely 7 independent and 3 dependent.

Objective

This research aims to determine the relationship between active visits to elderly posyandu and the level of independence of elderly people at Posbindu Waluya Purwaharja 1, Banjar City.

Method

This research is a quantitative correlation research with a survey research design. Time approach with a retrospective method. The sampling technique uses simple random sampling. The sample in this study was 67 elderly people who were in the working area of Posbindu Waluya Purwaharja 1, Banjar City. To measure the level of independence of the elderly, researchers used a questionnaire which is a modification of the Katz Index which has been tested for validity by obtaining a value of $n = 30$ r table = 0.3610, α 0.05, r calculated 0.415 – 0.731 > 0.3610 with the conclusion of the questionnaire that used is valid. Data processing is carried out in the stages of editing, scoring, coding, entry, cleaning and tabulating. Data analysis was carried out for univariate and bivariate. Bivariate analysis uses the Chi Square Test. Where the P value of 0.00 is smaller than alpha 0.05 and the expected value is less than 5 by 84.0%. During research, researchers also apply research ethics, including: anonymity, confidentiality, privacy, and self-determination.

Results

The characteristics of respondents described in this study are gender, age, education, number of visits from the elderly in the last year, and family who lives in the same house as the elderly. For more details regarding the characteristics of the elderly, they are as follows:

a. Description Of The Characteristics Of Research Respondents

Table .1

Description Of The Characteristics Of Research Respondents

No	Age	Frequency	Percentage
1	Aged 60-74 years	49	73.10%
2	Aged 75-84 years	6	9.0%
3	Aged 85-94 years	2	3.0%
Total Number		67	100.0
No	Gender	Frequency	Percentage
1	Woman	48	71.0%
2	Man	19	29.0%
Total Number		67	100.0
No	Education	Frequency	Percentage
1	Elementary school	52	77.6
2	Junior high school	7	10.5
3	Senior High School	7	10.5
4	College	1	1.4
Total Number		67	100.0
No	Living Status With Family	Frequency	Percentage
1	With Husband / Wife	9	13.44
2	With child	20	29.85
3	Living Alone	38	56.71
Total Number		67	100.0

Source: Primary Data 2023.

b. Bivariate Analysis

Table 2
Active Visitation of the Elderly to the Posyandu for the Elderly at Posbindu Waluya

No	Visit to Posyandu for the Elderly	Frequency	Percentage
1	Active (7-12 times in 1 year)	40	59.8
2	Inactive (1-6 times in 1 year)	27	40.2
Total Number		67	100.0

Source: SPSS 2023 Data Processing

Tabel 3
Level of Independence of the Elderly at Posbindu Waluya

No	Level Of Independence	Frequency	Percentage
1	Independent	47	70.1
2	Dependency	20	29.9
Total Number		67	100.0

Source: SPSS 2023 Data Processing

c. Bivariate Analysis

Table 4
The Relationship between the Activeness of Elderly Posyandu Visits and the Level of Independence of the Elderly at Posbindu Waluya

Visit to Posyandu for the Elderly	Level Of Independence				Total		P Value
	Independent		Dependency		N	%	
	n	%	N	%			
Active (7-12 times in 1 year)	37	92.5	3	7.5	40	100.0	0.000
Inactive (1-6 times in 1 year)	10	37.0	17	63.0	27	100.0	
Jumlah	47	70.1	20	29.9	67	100.0	

Source: SPSS 2023 Data Processing

Discussion

There are three sections of discussion in this research, including a discussion of respondent characteristics, univariate and bivariate. Characteristics based on gender showed that female elderly people came to the elderly posyandu more often, numbering 48 respondents (71%) while male elderly people only numbered 19 respondents (29.0%). Based on the results of field studies, the number of elderly female residents is indeed greater than the number of elderly male residents, apart from that, the elderly male population does not attend posyandu for the elderly because they are still actively working. This is in line with research conducted by Ni Putu Sumartini where respondents did not take advantage of the support provided by their families to come to the posyandu because most respondents prioritized working to earn money rather than going to the posyandu (Sumartini et al, 2021).

The second characteristic is that based on age, 56 respondents (83.6%) of seniors aged 60-74 years come to the elderly posyandu compared to 9 respondents (13.5%) of seniors aged 75-84 years and 2 respondents (13.5%) of seniors aged 90 years and over. (2.9%). Based on the results of field studies, this is related to the life expectancy of the population in Banjar City in 2023, namely 71.80 years (BPS, 2023).

The next characteristic is based on education level, the results of the analysis show that there are 52 respondents (77.6%) of seniors with primary school education, 7 seniors with junior high school education (10.5%), 7 seniors with high school education (10.5%), and

elderly with a tertiary education level there was 1 respondent (1.4%). Ni Putu Sumartini's research shows that the educational factor of the elderly can influence the frequency of elderly visits to the elderly posyandu in Golong Village, Sedau Community Health Center Working Area because educational status influences the use of health services because educational status will influence awareness and knowledge about health (Eswanti & Dewi, 2022).

Next, based on status, you live in the same house as your family. The results of the analysis found data that 38 respondents lived alone (56.71%), 20 elderly people lived at home with children (29.85%) and 9 respondents (13.44%) lived with their husbands. The family has an important role in supporting the independence of the elderly. The reason is that families have closeness and attachment, both physical and emotional. Family are people who understand and know the daily activities and independence of elderly people. The presence of family members plays an important role in preventing elderly people with chronic pain from being taken to care facilities. The amount of services provided by families can range from minimal assistance, for example regular checks, to more complex full-time services. Many elderly people do not receive family support due to a lack of resources and time that must be prepared to support the use of elderly posyandu, considering that many elderly people who come must be accompanied by family members (Yuniati & Dewi, 2014).

The frequency of elderly visits to posyandu was classified into two, namely active and inactive, elderly who were active at posyandu were 40 people (59.8%) and elderly who were inactive were 27 respondents (40.2%). From the results of the analysis, there were 40 elderly respondents who diligently came to Posbindu, 37 respondents (92.5%) came to Posbindu with an independent level of independence, and 3 respondents (7.5%) with a dependent level of independence. Elderly visits to posbindu are caused by several factors. The author conducted interviews with respondents, what obstacles and motivations encourage elderly people to come to Posbindu to check their health. According to the respondents' information, complaints and illnesses suffered by respondents also influence the presence of elderly people every month.

According to experts, the factors that encourage elderly people to come to Posbindu are knowledge, gender, employment status, attitudes, beliefs, traditions and social norms, health services, access to Posyandu, the role of health workers, family support and motivation of the elderly. However, based on the results of the analysis from this research, there is no level of dependency listed as a supporting factor for elderly people coming to posbindu. In fact, the level of independence of the elderly is the main factor that encourages the elderly to come to posbindu. The level of independence of the elderly is generally caused by complaints and illnesses suffered by the elderly. According to Minister of Health Regulation no. 25 of 2016, the aim of Posbindu for the elderly is to prioritize health development efforts for the elderly in a comprehensive, integrated and sustainable manner in society to create healthy, active, independent and productive elderly people. It is feared that the lack of visits by the elderly to posbindu will increase and worsen the disease conditions experienced by the elderly caused by degenerative diseases which will result in a decrease in the level of independence of the elderly. Posbindu for the elderly provides health services ranging from promotive to preventive, so it is hoped that visits by the elderly to the posbindu will improve the health conditions of the elderly so that the elderly will be empowered and independent (Indonesian Ministry of Health, 2022).

The results of research regarding the level of independence in the elderly show that there are 47 independent elderly respondents (70.1%) and 20 dependent elderly people

(29.9%). The level of independence in the elderly is caused by many factors, including health conditions, economic conditions, social conditions, social status and age, physiological health, cognitive function, biological rhythms, stress levels, psychological function and motor function Brunner & Sudarth (2018). Some of these factors can be controlled and prevented by checking the health of the elderly at the elderly posbindu. Based on the results of interviews with elderly people who came to Posbindu, the elderly felt better because there was physical activity, health checks such as blood pressure, blood sugar, cholesterol, uric acid, exercise and provision of complementary therapy in addition to providing health education regarding degenerative diseases.

The level of independence of the elderly is assessed through the Katz Index questionnaire, containing 17 questions regarding the daily activities of the elderly. The results of the analysis are dominated by independent elderly, which means that most of the elderly at Posbindu Waluya Purwahaerja 1 can still carry out their normal activities and carry out daily activities without full assistance from their immediate family. Activities for elderly people who have a low level of independence or dependence are assisted by the family. Generally, these elderly people are accompanied by complaints of comorbidities and do not routinely have their health checked at health facilities in their home environment. The negative impact of elderly dependency can result in decreased productivity of the family and the elderly themselves.

The results of the analysis of the number of visits by the elderly and the level of independence of the elderly show that from the results of statistical tests using chi square, a p value of 0.000 is smaller than alpha 0.05, which means there is a significant relationship between the activeness of visits to the posyandu for the elderly and the level of independence of the elderly at Posbindu Waluya Purwahaerja 1 where elderly people who regularly visit Posbindu have a higher level of independence compared to elderly people who are less diligent in coming to Posbindu. The results of the researcher's analysis showed that of the 40 respondents who diligently came to Posbindu, 37 respondents (92.5%) of them had the category of independent level of independence and 3 respondents (7.5%) who were dependent, compared to 27 respondents who were less diligent in going to Posbindu, which had 10 respondents (37.0) independent and 17 respondents (63.0%) were dependent. The percentage of respondents who are dependent and less diligent in going to Posbindu is greater than respondents who are independent and diligent in going to Posbindu for the elderly.

The research results show that there are more elderly people who come to the elderly posyandu with an independent level of independence, but there are also elderly people who are not independent who diligently come to the elderly posyandu. The reason is the encouragement of the closest family who always remind the elderly and take the elderly to the elderly posyandu to have their health checked. Research conducted by Daryanti (2020) on the Relationship between Family Support and the Level of Independence of the Elderly shows that there is a relationship between support for elderly visits and the level of independence. Elderly people who live with their families will be given motivation from those closest to them to check the health of the elderly in order to support the elderly's level of independence. Elderly people who live with their families receive more attention from their families, in terms of material things and meeting their daily needs. Elderly people who are independent because their health is maintained will become empowered elderly people in their families and surrounding environment.

The connection with this paper that the author wrote is the importance of the elderly attending Posbindu to fulfill their health needs. The health of the elderly can be supported by daily exercise, diet, as well as health checks at local health services or posyandu. The level of independence is one of the supporting factors for the presence of elderly people at the elderly posyandu, and the presence of elderly people will support the level of independence of the elderly. The existence of a significant relationship between the number of visits by the elderly to the elderly posyandu is one reference for evaluating the activities of the elderly posyandu. The implementation of the posyandu for the elderly is carried out independently by the community and collaborates with cross-sectors such as the Community Health Center in its implementation. Health checks at the elderly posyandu are carried out routinely once a month to encourage the elderly to have their health checked at the elderly posyandu. Health services at the elderly posyandu are expected to be able to help the elderly in the prevention and treatment of degenerative diseases which can lead to a decline in the level of independence of the elderly so that the elderly can enjoy old age independently and productively.

Conclusion

Based on the results of research on the relationship between the activeness of elderly posyandu visits and the level of independence of elderly people at Posbindu Waluya Purwahaarja 1, Banjar City, several conclusions can be drawn, including: The number of elderly visits to Posbindu Waluya Purwahaarja 1 was 67 elderly people, the level of elderly independence for elderly people at Posbindu Waluya Purwahaarja 1 in the independent category was 70.1%, and dependent 29.9% and there was a relationship between the activeness of visits to the elderly posyandu and the level of elderly independence at Posbindu Waluya Purwahaarja 1.

Suggestion

Based on the results of the research that has been conducted, it is hoped that the nursing profession can contribute more actively by providing education about the importance of participating in posyandu activities for the elderly, increasing the participation of cadres and the community, helping motivate the elderly to have greater awareness of the importance of posyandu for the elderly and the need for new innovations from posyandu organizers for the elderly. to facilitate outreach and increase the attractiveness of the elderly to come to the elderly posyandu.

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