LEVEL OF KNOWLEDGE ABOUT NUTITIONAL NEED FOR ELDERLY BASED ON BLOOM DOMAIN

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ABSTRACT

Introduction

There are still a lot of elderly people who tend not to think about the nutrients they need. The objective of this study was to determine the level of knowledge based on Bloom. Domain about nutrition in the elderly Posyandu

Method

Design research was descriptive analytical. Population were selected all listed in the elderly in the village Posyandu Rejotangan district, 34 respondents. Variable was the level knowledge domain from Bloom . The data were collected by questionnaire and they were analyzed by using the descriptive statistical

Result

The result of these studies showed the level of knowledge (C1-C6) seniors about nutrition were categorized with the value – average 56%. It can be concluded that from all of the domain from Bloom, the level of knowledge of Elderly was categorized on sufficient level. It is recommended that the involment of the is important to improve the delivery of information through extension or move the elderly to be more active in following Posyandu.

Conclusion

This study concluded that the level of knowledge of the Bloom's domain level in the elderly regarding nutrition at the Elderly Posyandu in Rejotangan Village, Rejotangan District, was categorized as sufficient. Although the majority of respondents had elementary school education and were aged 60-70 years, their thinking patterns in processing something were still quite good due to their ability to use reasoning to acquire knowledge and develop an understanding of nutrition..

INTRODUCTION

The elderly are among the most biologically vulnerable groups, being more susceptible to illness and experiencing slower recovery (Jakarta Ministry of Health, 2005). The aging process can be seen physically in the body and various organs, as well as a decline in body and organ function. These biological changes

can affect nutritional status in old age, including decreased basal metabolism, decreased calorie needs, and a tendency for the elderly to become overweight or obese. Taste and smell function decreases or disappears, food becomes less palatable, and appetite decreases, resulting in malnutrition (chronic protein-energy deficiency).

Periodontal disease (tooth loss), resulting in difficulty eating fiber (vegetables, meat) and a tendency to eat soft (high-calorie) foods, this causes the elderly to be prone to obesity. Decreased secretion of gastric acid and digestive enzymes, this interferes with the absorption of vitamins and minerals, resulting in elderly people becoming deficient in micronutrients. Decreased intestinal mobility, resulting in constipation, so that the elderly suffer from hemorrhoids that can cause bleeding and trigger anemia. Frequent use of drugs or alcohol, this can reduce appetite which leads to malnutrition and hepatitis or liver cancer. (Ministry of Health of the Republic of Indonesia. 2003).

Basal Metabolic Rate (BMR) in the elderly decreases by about 20% at the age of 50 compared to the age of 30, as well as body water decreases significantly due to the increase in dead cells replaced by fat and connective tissue, the amount of energy also decreases very significantly accompanied by a decrease in body metabolism (Depkes Jakarta, 2005). The solution that can be given directly to the elderly is by maintaining health independently by consuming nutritious food and regular exercise.

Another way to minimize abnormalities that occur in the elderly is to carry out preventive efforts from an early age by following a healthy lifestyle, so that when elderly people reach their age, they remain healthy and can work as long as possible. Another effort to overcome this requires cooperation between health workers and elderly groups, namely by regulating the diet of the elderly so that nutritional status is met in a balanced manner, so that health, well-being and functional capacity can be achieved optimally (Ministry of Health of the Republic of Indonesia. 2000). Therefore, researchers are interested in determining the level of knowledge of the elderly about nutrition at the Elderly Posyandu in Rejotangan Village, Rejotangan District, Tulungagung Regency. The purpose of this study was to determine the level of knowledge of the elderly about nutrition at the Elderly Posyandu in Rejotangan Village, Rejotangan District, Tulungagung Regency.

MATERIAL AND METHOD

The research design used in this study is a descriptive method. In this study, the population used was all elderly people at the Posyandu Lansia in Rejotangan Village. The sample studied included all elderly people at the Posyandu Lansia except for the sick and those with mental disorders, with a total sample of 34 people. The study was conducted during June 2010.

The independent variable in this study was to create a model of knowledge-improving efforts by cadres. Meanwhile, the dependent variable was knowledge

improvement. The data obtained were analyzed using the Guttman scale and interpreted using a qualitative scale.

RESULT

The results of this study indicate that in terms of knowledge (knowing), 17 respondents (50%) have poor knowledge with an average value of 56% in the sufficient category. Knowledge (understanding) shows that the majority of 17 respondents (58%) have poor knowledge with an average value of 58% in the sufficient category. Table 3 in terms of knowledge (application) shows that the majority of 18 respondents (53%) have poor knowledge with an average value of 56% in the sufficient category.

The results of knowledge (analysis) show that the majority of 16 respondents (47%) have poor knowledge with an average value of 56% in the sufficient category. Knowledge (synthesis) shows the results of the majority of 17 respondents having poor knowledge with an average value of 55% in the poor category. The majority of 19 respondents (56%) in terms of knowledge (evaluation) show an average of 55% having poor knowledge in the poor category.

Tabel 1. Frequency distribution of elderly (knowledge) about nutrition at the elderly Posyandu

No.	Level of knowladge	F	%	Avarage
1	Good	5	15	56% (enough)
2	Enough	13	38	
3	Not good	16	47	
Total		34	100	

Tabel 2. Frequency distribution of elderly (understand) about nutrition at the elderly Posyandu

No.	Level of knowladge	F	%	Avarage
1	Good	15	15	55% (kurang good)
2	Enough	12	35	
3	Not good	17	50	
Total		34	100	

Tabel 3. Frequency distribution of elderly (application) about nutrition at the elderly Posyandu

No.	Level of knowladge	F	%	Avarage
1	Good	6	18	55% (not good)
2	Enough	9	26	
3	Not good	19	56	
Total		34	100	

Tabel 4. Frequency distribution of elderly (analysis) about nutrition at the elderly Posyandu

No.	Level of knowladge	F	%	Avarage
1	Good	5	15	56% (enough)
2	Enough	13	38	
3	Not good	16	47	
Total		34	100	

Tabel 5. Frequency distribution of elderly (sintesis) about nutrition at the elderly Posyandu

No.	Level of knowladge	F	%	Avarage
1	Good	15	15	55% (not good)
2	Enough	12	35	
3	Not good	17	50	
Total		34	100	

Tabel 5. Frequency distribution of elderly (evaluasi) about nutrition at the elderly Posyandu

No.	Level of knowladge	F	%	Avarage
1	Good	6	18	55% (not good)

2	Enough	9	26
3	Not good	19	56
Total		34	100

DISCUSSION

Education is an activity and learning process to develop or improve certain abilities so that the educational goals can stand on their own. The higher a person's education level, the better their level of knowledge, and vice versa (Notoatmojo, 2003). In terms of education, the majority of 16 respondents (47%) had elementary school education. The above theory is less appropriate, considering that elementary school is still a basic education. This is because even with an insufficient level of education, the experience gained, both from oneself and others, can provide additional knowledge and skills.

Experience is the best teacher because it can be used to gain knowledge and states that humans are able to use their reasoning to gain knowledge. The above theory is in accordance with the findings that the majority of 16 respondents (47%) were aged 60-70 years, because it is known that in old age, the experience gained, both personally and from others, is sufficient to increase one's knowledge.

Information increases knowledge, determines a person's attitude and behavior (Notoatmodjo, 1993). According to J. Guilbert, the interaction process is one that influences the learning process, from not knowing to knowing. When viewed from work, the majority of respondents are unemployed (housewives) as many as 14 respondents (41%) and seen from gender the majority of respondents are women as many as 28 respondents (80%), the possibility that the interaction process created can be achieved through shopping activities, posyandu, yasinan, all of which can further increase knowledge, in addition to those obtained from print and electronic media.

A total of 34 respondents with an average score of 58% had sufficient knowledge (C2). According to Notoatmodjo (2003: 122), understanding is defined as the ability to correctly explain a known object. A total of 34 respondents with an average score of 56% had sufficient knowledge (C3). The theory put forward by Nursalam and Pariani (2003) states that work is generally a time-consuming activity. Work for women will have an impact on family life.

Evaluation is the ability to assess an object (Notoatmodjo, 2003). The older a person is, the more constructive they are in receiving information, thus increasing their knowledge (Nursalam and Pariani, 2001). With the majority of 16 respondents (47%) aged 60-70 years, the above theory is less appropriate. This is because in old age, the mental development process begins to decline, in terms of remembering, understanding/thinking, and being creative in assessing a material/object.

CONCLUSION

This study concluded that the level of knowledge of the Bloom's domain level in the elderly regarding nutrition at the Elderly Posyandu in Rejotangan Village, Rejotangan District, was categorized as sufficient. Although the majority of respondents had elementary school education and were aged 60-70 years, their thinking patterns in processing something were still quite good due to their ability to use reasoning to acquire knowledge and develop an understanding of nutrition.

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