

LEVEL OF ELDERLY INDEPENDENCE AT TRESNA WERDHA SOCIAL ORIGINAL BENGKULU

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Keywords

Level of Independence, Elderly

ABSTRACT

Introduction

Elderly are individuals aged 60 years and over. As you get older, in the Elderly phase, an individual will feel various biological changes. One of the problems experienced by the elderly is the setback in carrying out daily activities to fulfill the needs of their lives independently such as cleaning themselves, dressing, eating, moving and toileting. The elderly at the Tresna Wherda Social Institution live accompanied by nurses and other caretakers to check their health.

Method(s)

This study aims to determine the level of independence of the elderly at the Tresna Wherda Social Home in Bengkulu City using descriptive research methods. The population in this study were 72 people and the number of samples was 67 respondents using total sampling technique. Data collection was done by using a questionnaire.

Result(s)

The results showed that the level of independence in the elderly was mostly in the independent category of 75% and the most elderly age range was at the age of 70-79 years 51%.

Conclusion(s)

Based on the results of the study, it can be concluded that the elderly at the Tresna Wherda Social Home in Bengkulu City are in the independent category. For the elderly who are independent, it is hoped that they can improve their ability to maintain health and independence in daily activities.

INTRODUCTION

Elderly or elderly are individuals who have lived life in the world and have gone through the phases of life that started from the infant phase, then grew into adulthood and then was in the elderly phase. Every phase or stage that has been lived by humans cannot be repeated. Old age is a closing phase in the journey of an individual's life, or a phase of an individual who has started to leave the productive period (Annisa, 2016).

The elderly at the Tresna Wherda Social Institution were accompanied by nurses who were at the orphanage to make it easier for the

elderly to check their health. Activities planned to make the elderly independent such as gymnastics and making handicrafts. The elderly who live in the orphanage will adapt to new friends and environments so that the elderly must

deal with it positively or negatively. The environment where the elderly live is the basis for the problems of good and bad health for the

elderly, because of the differences in health services in each living environment (Susanti et al., 2017).

Physical changes that occur in the elderly will certainly affect the independence of the elderly. Independence is the freedom to act, not dependent on others, not influenced by others and free to regulate oneself or one's activities, both individually and in groups. Elderly independence in ADL (Activity Daily Living) is defined as a person's independence in carrying out activities and functions of daily life carried out by humans routinely and universally (Rohaedi et al., 2016).

The independence of the elderly can be influenced by the education of the elderly, decreased cognitive function, and sensory senses such as vision and hearing that are impaired and decreased. Determining the level of functional independence is carried out in order to identify the abilities and limitations of the elderly and determine the appropriate action plan (Widiastuti et al., 2021). Elderly is closely related to independence, if the elderly have independence, it will have an impact on the dependence of the elderly which can cause the elderly to get sick and have diseases (Mayang, 2020). An elderly who experiences a decline in ability to fulfill their daily needs will increase the risk of the elderly experiencing depression. The limitations of the elderly caused by the aging process will have an impact on the fulfillment of daily life activities, which include bathing, dressing, eating, drinking, waking up, walking, running and urinating and defecating (Damayanti et al., 2020).

METHODS

The type of research is descriptive quantitative, namely research aimed at seeing, reviewing, and describing in numbers about the object under study as it is and can draw conclusions according to events seen at the time of the research (Putra, 2015). The researcher uses a quantitative descriptive type of research in conducting research at the Tresna Wherda Social Institution, Bengkulu City.

The research population based on elderly residents who are in the Tresna Wherda Social Home, Bengkulu City in 2021 until now is 72 elderly people. The research sample uses the Total Sampling technique, which is a sampling technique of all the population will be the sample in the study (Pujiyanto, 2015).

Based on the data available at the Tresna Wherda Social Institution, Bengkulu City in

2021, there are currently 72 elderly people as a sample.

The instrument used in this study was a modified Katz Independence Index questionnaire. Questionnaires are data collection techniques that are carried out by communicating or observing with respondents or giving questions or written statements to respondents to answer (Risanty & Sopiyan, 2017). To measure the level of independence of the elderly using a questionnaire taken from a book (Maryam et al., 2011).

RESULTS

Table 1. Respondents Characteristics based on Demograph

Demograph	Frequency	%
Independent seniors	50	75%
Dependent seniors	17	25%
Total	67	100%

The level of independence for the elderly at the Tresna Wherda Social Institution, Bengkulu City, the majority are in the independent category, amounting to 50 elderly people (75%).

Table 2. Respondents Characteristics

Characteristic	Frequency	%
Age		
45-54	0	0%
55-65	8	12%
66-74	26	39%
75-90	28	42%
>90	5	7%
Total	67	100%
Sex		
Male	40	60%
Female	27	40%
Total	67	100%

The age of the elderly respondents at the Tresna Wherda Social Institution, Bengkulu City, the majority are in the 75-90 year age group as many as 28 (42%) elderly people, elderly respondents with male gender are mostly in the independent elderly category with a frequency of 32 (48%) elderly.

DISCUSSIONS

Elderly Independence Level

Independence is the freedom to act, not dependent on others, not influenced by others and free to regulate oneself or one's activities,

both individually and in groups (Rohaedi et al., 2016). The limitations of the elderly caused by the aging process will have an impact on the fulfillment of daily life activities, which include bathing, dressing, eating, drinking, waking up, walking, running and urinating and defecating (Damayanti et al., 2020). According to (Harefa, 2020), suggests that the standards for the level of independence in the elderly include self-cleaning, dressing, toileting, transferrin, and eating.

Factors that influence the independence of the elderly, proposed by (Junita et al. 2012), are health conditions, social conditions, and economic conditions. This is in line with the statement of factors that influence the level of independence of the elderly according to (Sonza et al., 2020) namely anxiety and depression.

It is also inseparable from the functions of Panti Social services which also influence the independence of the Elderly, among others, as prevention of problems, care and recovery, as well as potential development for the Elderly with Panti Social programs, which include services to meet food needs and nutritional needs. elderly, health and hygiene maintenance, spiritual guidance for the elderly, as well as health services in the form of current health care

sick elderly, health checks, medication administration, and also in the morning which is carried out one day for every one week (Sangaji, 2016).

Based on the results of this study, the frequency based on the number of independence in the respondents was mostly dominated by independent elderly who had 50 out of 67 respondents (75%) and the elderly with dependence were fewer in number when compared to independent elderly which were 17 people (25%) . This study is in line with the research of Wulandari (2014), which shows that independent elderly dominate social institutions more than the dependent elderly who get 38 (86.4%) out of 44 elderly.

According to the researcher, the level of independence of the elderly at the Tresna Wherda Social Institution in Bengkulu City can be categorized as independent because they see the standards of the level of independence of the elderly which include independence in eating, moving, toileting, dressing and cleaning themselves, the majority are still fulfilled by the elderly at the social institution and the physical condition. The social and economic aspects of the Elderly in this Social Institution

can also be included in the good category which also affects the level of independence of the Elderly and is also a contributing factor to the low number of Elderly with dependence.

In the statement on the questionnaire used by the researcher, it can be concluded that the elderly are most able to eat the food that has been prepared by the Tresna Social Institution in Bengkulu city, but there is also a statement from the questionnaire that the elderly are most unable to do so at the Social Institution, which is concluded from 67 respondents there are 53 Elderly who are no longer able to travel using public transportation. The elderly who live in the orphanage are very much supported by the social institution because they have prepared a weekly gymnastics program to provide activities for the elderly in doing physical exercise and also social activities for the elderly.

The Social Institution always supports and facilitates the elderly who want to fill their spare time by gardening and caring for pets as well as the elderly who want to develop their skills such as weaving rattan.

Elderly age and gender

Based on the results of this study, the frequency based on the age of the elderly is that most of the elderly are in the 75-90 year age group which has a number of 28 elderly people (42%). This study is in line with research (Amelia, 2018), which states that the frequency

the highest number of elderly people is 65-75 years old (50.85%). This research is also in line with Wulandari (2014), which suggests that the increasing age of the elderly will have an impact on the ability of the elderly to meet the needs of their daily activities (activity daily living). According to researchers, this shows that the increasing age of an individual will affect the level of independence in fulfilling the needs of eating, toileting, moving, dressing and caring for and cleaning themselves.

The thing that triggers a decline in the level of independence in the elderly is a decrease in various functions in the physical and health of the elderly, such as atrophy in the muscles of the upper and lower extremities, tremors due to decreased muscle and joint strength or can also be caused by malnutrition due to a digestive system that is no longer functioning properly. well, as well as disease factors that participate in influencing the level of independence of the elderly such as shortness of breath, stroke, cataracts or even blindness, as well as easy fatigue during activities that limit the movement of activities in the elderly, but not

all the independence factors of the elderly are determined by age but there are several other factors such as disease, psychological, cognitive and various other factors. Based on the age figures, the majority at the Tresna Wherda Social Institution in Bengkulu City ranged from 75-90 years old.

Dependence on the elderly can be caused and influenced by gender factors, judging from the gender of most of the elderly women. It is known to have a level of independence in Activities of Daily Living below the independence rate for the elderly male due to the high level of weakness and disability experienced by the elderly with female gender so that it affects the level of independence Activities of Daily Living.

Elderly men who are male have a higher level of independence in Activities of Daily Living, this is because male elderly have better physical strength and power when compared to female elderly.

Based on this study, the results showed that elderly men with male gender had a higher number of independence compared to female elderly with a frequency of 32 (48%) independent male elderly and 8 (12%) male elderly with a dependent level of independence. Meanwhile, elderly women have a lower level of independence with an independent frequency of 18 (27%) elderly, while there are 9 (13%) elderly women with dependence.

This is in line with (Sonza et al., 2020) which states that elderly men have a higher level of independence than elderly women. Based on the gender analysis that was carried out on the increase in the independence of the elderly, the results showed that the elderly with the male gender had a higher level of independence compared to the female elderly.

According to researchers, gender does affect the level of individual independence in old age because women's growth cycle matures faster than men and women also age faster or experience a decrease in physical organ function. Researchers expect the management of the Social Institution to improve facilities and facilities that facilitate activities for the elderly.

CONCLUSIONS

Based on the results of this study, it can be seen that the majority of the elderly who are or live in the Tresna Wherda Social Home in Bengkulu City are included in the independent elderly category 50 (75%) of the 67 samples

and some other elderly are included in the elderly category with dependence 17 (25%) from 67 samples. It can also be concluded that the most elderly people at the Tresna Wherda Social Home in Bengkulu City are in the 75-90 year old category with a number of 28 people (42%), and then it is also concluded that the elderly with male gender have more independence rates with a frequency of 32 (48%) male elderly respondents are independent. The results of this study can be used as input for elderly health services at the Tresna Wherda Social Institution, Bengkulu City and it is hoped that with the results of this research nursing services can maintain and optimize health services and nursing care, as well as improve health services, improve facilities for the elderly in carrying out activities in their spare time. and facilities for the Elderly with the risk of falling that adjusts to various levels according to the various abilities of the Elderly, such as providing handrails for the Elderly when walking placed in the bedroom, living room to the bathroom. Giving a mat made of rubber or coconut fiber also reduces the risk of slipping the elderly who have just come out of the bathroom.

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