

## **The Relationship Of Elderly Knowledge And Family Support To The Extent Of Activation Of Older People In The Workplace Village Of Baidub Ulilin District Merauke**

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### **ABSTRACT**

Old age (elderly) can be said to be the final stage of human life development. The efforts needed to solve problems and empower the elderly are promotive, preventive, curative and rehabilitative. Posyandu for the elderly is a program provided by the government, especially the Health Service, which is then coordinated by the community health center in each sub-district and then managed and organized by community social service organizations or groups. The low coverage of posyandu services for the elderly in Baidub village in the Ulilin health center area is caused by several factors. The aim of this research is to analyze the relationship between knowledge of the elderly and family support on the range of activities of the elderly. The type of research used in this research is analytical observational with a cross sectional design. Data processing and analysis was carried out univariate and bivariate. The collection technique was simple random sampling with a sample size of 41 respondents. Location and time of research at the Baidub posyandu in the working area of the Ulilin health center in February 2024. The research results showed that of the 41 respondents, the majority of elderly people in Baidub village were elderly and young elderly (78%) with the highest level of education, namely elementary school (63%). Then from the level of knowledge about posyandu it can be said that it is not good because the results show that the elderly have a sufficient level of knowledge (32%) and less knowledge (36%). Likewise, family support is still said to be lacking because research results show that family support is lacking (56%). This causes the elderly to be less active in going to the Posyandu for the elderly, with research results showing that the number of elderly people going to the posyandu is less or not active (56%). The significant relationship between knowledge of the elderly and the activity of the elderly in going to Posyandu can be seen from the calculation results Chi Square with Contingency Correlation Coefficient analysis found a result of 0.45 with a significance level of  $\alpha = 0.05$ . Meanwhile, the significant relationship between family support and elderly activity at the posyandu can be seen from the results of the Chi Square calculation and contingency analysis coefficient with a result of 0.64 with a significance level of  $\alpha = 0.05$ . Conclusion: From the research results, it can be concluded that there is a significant relationship between knowledge of the elderly and family support and the activity of the elderly at the elderly posyandu in Baidub Village in the working area of the Ulilin Community Health Center, Merauke district.

**Keywords:** Elderly, Knowledge, Family Support, Posyandu

## INTRODUCTION

Elderly can be said to be the final stage of human life development. The elderly are an age group of humans who have entered the final stage of their life process. The elderly are a group that is vulnerable to experiencing various problems such as due to the aging process, decreased activity capacity due to retirement and physical limitations, decreased family income, loneliness left by spouses and children who are married and social interaction and the role of the elderly is reduced (Aprianti and Ardianty , 2020)

In 2018, the percentage of elderly people reached 9.27% or around 24 million people, while in 2020 it is estimated that the number of elderly people in Indonesia will be 24.49 million people or 9.77% of the total population. The number of elderly people is predicted to equal the number of toddlers. Eleven percent (11%) of the world's 6.9 billion population are elderly (Krismiyati, et al, 2019).

The percentage of the elderly population in Merauke Regency according to the results of the 2020 population census is 8.04% of the total population of 230,932 people. The increase in the number of elderly people in Merauke is predicted to be faster than in other regions in Papua Province because the Life Expectancy rate in Merauke Regency is higher (67.00% in 2020) compared to the Life Expectancy rate in Papua Province (65.79% in 2020).

Based on data from the Ulilin Health Center in 2022, the target number of elderly people in the Ulilin Health Center working area is 501 people. Meanwhile, coverage of services for the elderly in 2022 will only reach the target of 34%. In the working area of the Ulilin Community Health Center, there are 9 villages and in each village there is a posyandu for the elderly. However, looking at the data in 2022, there is data on the low coverage of elderly services at the elderly posyandu services, especially at the elderly posyandu in Baidub village.

According to data from the Ulilin Community Health Center in 2022, the lowest coverage for elderly posyandu services is in Baidub village with a target of 16 elderly people and 31 pre-elderly people with a total target of 46 people. Meanwhile, the average number of elderly people active in attending posyandu each month is only 8 people from the total existing pre-elderly and elderly people. So the coverage of elderly posyandu in Baidub village in 2022 will be around 17% - 18%. This shows that there is still a lack of health services received by the elderly, which is the right of every elderly person apart from basic needs as individual in living this life.

The problem of elderly activity in posyandu elderly in Baidub village can be influenced by several factors, including the lack of elderly knowledge about the importance of elderly posyandu and also the lack of family support for elderly to take part in posyandu activities. Based on the data above, researchers want to know the relationship between knowledge of elderly and family support for the elderly's active participation in the elderly posyandu.

## METHODS

The type of research is analytical observational with a cross sectional approach. Data analysis was carried out univariate and bivariate. This research data is primary data obtained directly from filling out the questionnaire. The population is 46 elderly who attend the elderly Posyandu in the Baidub village area. The sampling technique used simple random sampling with a sample of 41 elderly people. The statistical test used is Chi-Square.

## RESULT

Tabel 1 Cross tabulation between Elderly Activeness and several Elderly Characteristics

Characteristic of Elderly	Elderly Activeness				Total	
	Active		Non Active		n	%
	n	%	n	%		
<b>A.Age</b>						
Pre Elderly	14	34,1	18	43,9	32	78,04
Elderly	2	4,8	4	9,7	6	14,63
High Risk Elderly	2	4,8	1	2,4	3	7,31
Total	18	43,90	23	56,09	41	100
<b>B.Sex</b>						
Male	13	31,7	7	17,7	20	48,78
Female	6	14,63	15	36,58	21	51,21
Total	19	46,34	22	53,65	41	100
<b>C.Level of Education</b>						
No School	1	2,43	3	7,31	4	9,7
Elementary School	8	19,51	18	43,90	26	63,41
Junior High School	7	17,7	1	2,43	8	19,51
Senior High School	2	4,87	1	2,43	3	7,31
Total	18	43,90	23	56,09	41	100
<b>D.Knowledge of Elderly</b>						
Good	10	24,39	3	7,31	13	31,70
Sufficient	5	12,19	8	19,51	13	31,70
Poor	3	7,31	12	29,26	15	36,58
Total	18	43,90	23	59,09	41	100
<b>E.Family Support</b>						
Good	15	36,58	3	7,31	18	43,90
Poor	3	7,31	20	48,78	23	56,09
Total	18	43,90	23	56,09	41	100

Based on the data in table 1, it is known that among pre-elderly and young elderly people, namely 18 respondents (43.9%) out of 41 respondents, they stated that they were not active in attending posyandu for the elderly.

Based on gender, it is known that 15 female elderly respondents (36.58%) stated that they were not actively participating in elderly posyandu. Meanwhile, from the level of education, it was known that elderly people with a low level of education, namely elementary school level with a total of 18 respondents (43.90%). said not to actively participate in elderly posyandu.

As for the cross tabulation between the knowledge and activity of the elderly, it was found that the results of the calculations were that there was still a lack of knowledge possessed by the elderly by looking at the results, 12 respondents (29.26%) were said to have less knowledge which affected their activeness in attending posyandu for the elderly. For the cross tabulation Between family support and elderly activity, it can be said that it is still lacking by looking at the calculation results, namely 20 respondents (48.78%) with family support that is not good or still lacking, thus affecting the elderly's activeness in attending elderly posyandu..

### Statistical Test Analysis

The results of calculations using statistical tests for the relationship between knowledge of the elderly and the activity of the elderly show that the calculated chi square value is greater than the Chi Square table, namely  $9.402 > 5.991$  with  $df = 0.05$ , so it can be concluded that there is a significant relationship between knowledge and the activity of the elderly. To find out The strength of the relationship between the two variables, a coefficient contingency analysis was carried out with a significant level of  $\alpha = 0.05$  with a result of  $CC = 0.45$  and

compared with the C \* test, it is known that Knowledge of the Elderly has a strong relationship with the activeness of the elderly.

Meanwhile, the calculation for the relationship between family support and elderly activity resulted in the Chi Square calculated value being greater than the Chi Square Table with results of  $24.25 > 5.991$  with  $df = 0.05$ , so it can be concluded that there is a significant relationship between family support and elderly activity. For the strength of the relationship between the two variables, a Contingency Coefficient analysis was carried out with the result  $CC = 0.64$ , which means that family support and the activeness of the elderly have a strong relationship.

## **DISCUSSION**

### **A. Knowledge of the elderly in Baidub village in the working area of the Ulilin Health Center**

Based on the research results, it is known that 26 respondents (63%) had a low level of education at the elementary school level, and there were even around 4 respondents (10%) who had never studied or had not gone to school. There were several elderly people who were able to study up to junior high school level as many as 8 respondents (20%) and only around 3 respondents (7%) had achieved high school level education. By looking at the existing data, it can be concluded that the majority of respondents had a low educational history so this could influence the level of respondents' knowledge about posyandu for the elderly. Low education means that elderly people do not understand the importance of elderly posyandu. Based on the research results, it was found that elderly people's knowledge about elderly posyandu in Baidub village it is still lacking with calculation results of 15 respondents (36%) with insufficient knowledge and around 13 respondents (32%) with sufficient knowledge. Apart from that, research conducted by Nindy Vara Meigia (2020) states that a low level of education can This has an impact on weak knowledge and lack of insight, thus affecting the elderly's knowledge about posyandu and its benefits. As a researcher, we must admit that the level of knowledge of the elderly about elderly posyandu in Baidub village is still lacking. The health information they receive is still very minimal. This needs to be a concern for all Relevant parties, especially the village, are directly responsible for the elderly posyandu activities. The village must collaborate with the community health center to plan outreach activities about posyandu services to the community, especially for the elderly. This activity can be in the form of continuous counseling and carried out at times where there are activities that involves the community.

### **B. Family support for the elderly in Baidub village**

Based on the research results, it is known that family support for the elderly in attending posyandu for the elderly is still lacking and this is confirmed by the results obtained, namely that the majority of elderly, around 23 respondents (56%) have not received maximum support from the family. The elderly as human beings who already have Physical, psychological and social economic limitations definitely require help from other people, especially those closest to them, namely family.

From the research results, it can be seen that there are various reasons why family support is said to be lacking, for example to remind the elderly of the posyandu schedule which is often forgotten by the elderly. Then taking the elderly to the posyandu, these small things are the family support that is really needed. by the elderly but often this is not fulfilled by the family. The lack of family support makes the elderly feel that they are not cared for enough, so this affects their enthusiasm for attending posyandu for the elderly.

With the results of this research, researchers can find out various problems of family support that are expected by the elderly. Researchers explain to families the importance of supporting all the needs of the elderly both physically, psychologically and socio-

economically. Health is one of the rights that must be had by the elderly. elderly, because with a healthy body, a healthy soul can give hope to the elderly to live happily in their old age.

### **C. Elderly activity in attending elderly posyandu**

The results of this research show that the activeness of the elderly in attending the elderly posyandu in Baidub village is still lacking with data from 41 respondents, mostly elderly, around 23 respondents (56%) were said to be inactive because they had not attended the elderly posyandu for the last 6 months. There are various reasons why. The elderly cannot attend the elderly posyandu, one of which is "FORGETTING" There are several other things that influence the activity of the elderly apart from forgetting, they also make the excuse that they don't come to the posyandu because there is no one to accompany them. With the results of this research, the researcher recommends to the elderly to always be enthusiastic come to the posyandu even though it is sometimes hampered by various reasons

Above. Researchers are trying to provide good insight into the elderly's understanding of the importance of posyandu. This is also very much hoped for support from posyandu cadres as an extension of medical personnel in providing support and information related to health services.

### **C. The relationship between elderly knowledge and family support and elderly activity**

From the results of this research, it is known that the knowledge of the elderly in Baidub village out of 41 respondents, around 15 respondents (36%) have insufficient knowledge. Likewise with family support for the elderly, it is known that of the 41 respondents, the majority of respondents, namely 23 respondents (56%) have not received good support from their families or family support is still lacking.

This made the researchers carry out calculations by cross-tabulating between knowledge and activity of the elderly with the result that out of 41 respondents there were 12 respondents (29.26%) respondents with less knowledge who were not active in attending posyandu for the elderly. Likewise with the cross-tabulation between Family Support and The activeness of the elderly who obtained the calculation results was from 41 respondents, there were around 20 respondents (48.78%) who did not receive enough family support and were not active in attending the elderly posyandu.

With the data above, the researcher carried out a statistical test using the Chi Square test with  $df = 0.05$  and also carried out a coefficient contingency correlation analysis with a significance level of  $\alpha = 0.05$  which will be compared with the  $C^*$  test to determine whether there is a significant relationship or not. between the knowledge of the elderly, family support and the activeness of the elderly in attending the elderly posyandu. The results of conducting statistical tests for the knowledge of the elderly and the activeness of the elderly show that the calculated chi Square value is greater than the chi Square table, namely  $9.402 > 5.991$  with a CC value = 0.45 so it can be It was concluded that there was a significant relationship between elderly knowledge and elderly activity.

Meanwhile, the statistical test results for family support and elderly activity, namely the calculated chi square value is greater than the Chi Square table, namely  $24.25 > 5.991$  with a CC value = 0.64, so it can be concluded that there is a significant relationship between family support and elderly activity.

Apart from that, according to research conducted by Nindy Vara Meigia (2020), the knowledge of elderly people who actively participate in Posyandu is good. Apart from that, family support is also related to the elderly's activeness in participating in the elderly posyandu. So in this study it can be concluded that the activeness of the elderly in Baidub village is still categorized as lacking because it is influenced by the lack of knowledge and family support.



## CONCLUSION

1. Based on research that has been carried out at the Posyandu for the Elderly in Baidub village, the Ulilin health center, it can be concluded that the knowledge of the elderly about Posyandu for the elderly is still lacking, with data stating that out of 41 respondents, 15 respondents with less knowledge were known (36%)
2. Family support for the elderly is still lacking, according to research results Of the 41 respondents, the majority of respondents, around 23 respondents (56%) still did not receive maximum support from their families.
3. From the results of this research, it is known that there is a significant relationship between knowledge elderly and the activity of the elderly with statistical tests and contingency Coefficient analysis with the significant level is  $\alpha = 0.05$  with a CC value = 0.45 and for family support at concluded that it has a significant relationship with the activeness of the elderly which can be seen from statistical test results and Contingency Coefficient analysis with a CC value = 0.64

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