

Overview Of Elderly Knowledge About Rheumatoid Arthritis In Barusjahe District Puskesmas Karo 2021

Indra Hizkia^{1*}, Lilis Novitarum², Mestiana Br. Karo³

^{1,2} Prodi D3 Keperawatan, STIKes Santa Elisabeth Medan, Indonesia

³ Prodi Ners STIKes Santa Elisabeth Medan, Indonesia

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E-mail:

papa_genk@yahoo.co.id

ABSTRACT

Elderly is an age that has a greater likelihood of experiencing autoimmune, this is based on the statement that the older you get or the older you are, the more likely you are to experience autoimmune. Rheumatoid Arthritis (RA) is an autoimmune and immune system disease that causes chronic inflammation of the joints. This research purposed to describe the knowledge of the elderly about Rheumatoid arthritis in the Barusjahe Health Center Work Area, Karo Regency in 2021. This research uses descriptive research with the sampling technique in this study using purposive sampling. The number of respondents are 72 people. The research instrument is a questionnaire on the level of knowledge about Rheumatoid Arthritis with 25 questions. The results of this study are most of the knowledge level of the elderly about Rheumatoid Arthritis obtained in the category of sufficient knowledge level of 47.2%, 27.8% less, and 25% good. The conclusion is that the level of knowledge of the elderly about Rheumatoid Arthritis at the Barusjahe Health Center in 2021 is mostly good enough, it is hoped that health cadres can provide further information about rheumatoid arthritis so that they can increase the knowledge of the elderly to be good and improve the health status of the elderly

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1. Introduction

Changes will occur in the human body in line with increasing age, especially in the musculoskeletal system and other tissues that are related to the possibility of the emergence of several groups of rheumatism. One of the rheumatism groups that often accompanies the elderly is Rheumatoid Arthritis. Elderly is an age that has a greater likelihood of experiencing autoimmune, this is based on the statement that the older you get or the older you are, the more likely you are to have autoimmune disease compared to younger ages (Meri, 2019). Knowledge is the result of knowing, and this occurs after a person has sensed a certain object, so that the increased knowledge gained by the elderly can help help himself or others in carrying out problems caused by the RA disease he suffers according to Notoatmodjo (2003) cited in Purwoastuti & Walyani, 2015.

The most common disease that is often suffered by the elderly compared to other diseases is arthritis, the number of sufferers of arthritis or other chronic joint disorders continues to increase, generally those aged 60 years and over (Witcher, 2020). Rheumatoid arthritis is a condition accompanied by pain and stiffness in the joints of the musculoskeletal system. Rheumatoid arthritis, which is often also called (arthritis) and is considered as one condition, has more than 100 different types of disorders. This disease mainly affects skeletal muscles, bones, ligaments, tendons and joints in both men and women with rheumatoid arthritis. all ages, but the elderly group is more affected by rheumatic attacks (Smeltzer & Bare, 2008) cited in (Jamaluddin & Nugroho, 2016). Patients with rheumatoid arthritis in the elderly worldwide have reached 355 million people, meaning that 1 in 6 elderly people in the world suffer from rheumatism. It is estimated that this number will continue to increase until 2025 with an indication that more than 25% will experience paralysis. The World Health Organization (WHO) reports that 20% of the world's population suffers from rheumatoid arthritis, of which 5-10% are those aged 5-20 years and 20% are those aged 55 years (WHO, 2012). Based on the results of research conducted by Zeng QY (2008) in patients with rheumatoid arthritis, it was found that the prevalence of RA in Indonesia reached 23.6% to 31.3% (Isrizal & Lestari, 2019)

Many Indonesian people view this disease as simple because of its nature which is considered not to pose a life threat, even though the symptoms caused by this disease are actually a disturbing obstacle for people to carry out daily activities. Lack of knowledge of the Indonesian people to know more about Rheumatoid Arthritis disease, will have a bad impact on RA sufferers because it will cause limbs to function abnormally, joints will become stiff, difficult to walk, and will even cause lifelong disability (Hembing, Wijayajusuma, 2013). According to Fajar in his 2016 research, knowledge of the elderly about Rheumatoid Arthritis in RW 01 Kelurahan Pinang Ranti, East

Jakarta. The number of respondents was 169 with the subject of this research being the elderly over the age of 60 years. The results of this study are that most of the knowledge level of the elderly about Rheumatoid Arthritis is obtained in the category of sufficient knowledge level as much as 48.2%, good 42%, and less than 9.5%. In conclusion, the level of knowledge of the elderly about Rheumatoid Arthritis in RW 01, Kelurahan Pinang Ranti, East Jakarta is mostly quite good, it is hoped that health cadres can provide further information about rheumatoid arthritis so that it can improve the health status of the elderly. (Susanti et al., 2016)

The results of a preliminary survey at the Barusjahe Health Center in 2021 that the knowledge of the elderly about Rheumatoid Arthritis disease is mostly sufficient due to increasing age which results in decreased memory and understanding. Based on this phenomenon, researchers are interested in conducting research with the title of Knowledge Description of Elderly Knowledge About Rheumatoid Arthritis Disease at the Barusjahe Health Center in 2021.

2. Method

Sample

The sample in this study were 72 respondents. Research technique to get Sampling using purposive sampling.

Design

This research uses a descriptive method.

Procedure

The implementation procedure of implementations is includes a survey of research sites, obtaining a permits of research, studying the literature, determine the research methods, approaching the management and the room where the research will be conducted to request access permission to contact respondents.

Instrument

The research instrument used by the researcher was a questionnaire with 25 questions

Analysis Techniques

Respondents' answers collected were processed using descriptive statistics and presented in a frequency distribution table.

3. Results

Overview of Research Subjects

The results of research from 72 respondents, Based on the description of the respondents related to the knowledge of the elderly about rheumatoid arthritis at the Barusjahe Health Center in 2021. In this study there are demographic data described in the table below.

TABLE 1.
DEMOGRAPHIC DATA OF RESPONDENTS BY AGE

Demographic	Frequency	Percentage (%)
Age		
Usia	55	76,4
60-69	17	23,6
<70		
Total	72	100
Gender		
Male	26	36,1
Female	46	63,9
Total	72	100
Education		
Tidak sekolah	29	40,3
SD	12	16,7
SMP	9	12,5
SMA	10	13,9
Perguruan Tinggi	12	16,7
Total	72	100

Source: Primary Data, 2021

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The results of research on knowledge of the elderly about rheumatoid arthritis describes in the table below.

TABLE 2.
FREQUENCY DISTRIBUTION OF RESPONDENTS KNOWLEDGE BASED ON AGE CHARACTERISTICS

Characteristics	Research Result							
	Good		Enough		Less		Total	
	F	%	F	%	F	%	F	%
Age 60-69	14	19,4	26	36,1	15	20,8	55	76,4
<70	5	6,9	7	9,7	5	6,9	17	23,6
Total	19	26,4	33	45,8	20	27,8	72	100

TABLE 3.
FREQUENCY DISTRIBUTION OF RESPONDENTS' KNOWLEDGE BASED ON GENDER CHARACTERISTICS

Characteristics	Research Result							
	Good		Enough		Less		Total	
	F	%	F	%	F	%	F	%
Male	6	8,3	15	20,8	2	2,8	26	36,1
Female	13	18,1	18	25,0	18	25,0	46	63,9
Total	19	26,4	33	45,8	20	27,8	72	100

TABLE 4.
FREQUENCY DISTRIBUTION OF RESPONDENTS BASED ON EDUCATIONAL CHARACTERISTICS

Characteristics	Research result							
	Good		Enough		Less		Total	
	F	%	F	%	F	%	F	%
No Schol	2	2,8	16	22,2	11	15,3	29	40,3
primary school	2	2,8	6	8,3	4	5,6	12	16,7
Junior high school	1	1,4	6	8,3	2	2,8	9	12,5
High school	2	2,8	5	6,9	3	4,2	10	13,9
College	12	16,7	0	0	0	0	12	16,7
Total	19	26,4	33	45,8	20	27,8	72	100

TABLE 5.
BREAST CANCER SURVIVOR ENVIRONMENTAL DOMAIN

Knowledge Level	Frequency	Percentage (%)
Good	18	25
Enough	34	47.2
Less	20	27.8
Sub-Total	72	100

4. Discussion

Distribution of respondents' knowledge by age

From the results of the study in table 5.1 above that respondents aged between 60 to 69 years, most of the level of knowledge about Rheumatoid Arthritis disease is sufficient as many as 26 people (36.1%), while age > 70 years as many as 7 people (9, 7%) is sufficient. According to the research assumption that the older a person is, the lower their memory and understanding will be and an elderly person is less able to retrieve the information stored in his memory as explained by Nugroho (2010) theory in (Kushariyadi, 2013), generally after a person enters the elderly stage, his function will decrease. Cognitive (learning process, perception, understanding, understanding, etc.) and psychomotor (movement, action, coordination).

The results of research conducted by (Jamaluddin & Nugroho, 2016) at the Gayamsari Health Center Semarang City found that the average age of the elderly was 60-69 years. The level of knowledge about rheumatic diseases in the elderly at the Gayamsari Health Center Semarang City is partly sufficient knowledge of 28 respondents (44.4%). Good knowledge as many as 27 respondents (27%) and lack of knowledge as many as 18 respondents (28.6%).

Distribution of respondents' knowledge by gender

From the results of the study in table 3 above, it is known that most of the respondents' gender is

female as many as 67 people (63.9%), while the male gender is 26 people (36.1%). Thus it can be seen that the number of respondents with female gender is more than male gender. This is in line with research conducted by (Susanti et al., 2016) with the title of describing the level of knowledge of the elderly about rheumatoid arthritis in RW 01, Kelurahan Pinang Ranti, East Jakarta. It was found that rheumatoid arthritis was more common in women, of which 98 (58%) respondents female and 71 (42%) male respondents.

This shows that women are more at risk for rheumatoid arthritis, because the hormonal system can affect joint disease. This is a risk factor that cannot be prevented because the female body has an estrogen system. The hormone estrogen basically affects autoimmune conditions. Autoimmune diseases are diseases caused by abnormalities in the body's immune system. The system mistakenly recognizes the body's own tissue so that the tissue is actually attacked by the immune system (Elsi, 2018).

Distribution of respondents' knowledge by education

From the results of the researchers in table 4. above, it can be seen that most of the respondents' level of knowledge about Rheumatoid Arthritis disease is sufficient with a history of education not attending school as many as 16 people (22.2%), elementary school as many as 6 people (8.3%), There are 6 junior high schools (8.3%), 5 high school students (6.9%), and universities (0%). Based on the results of the study above, the majority of rheumatoid arthritis sufferers in Mancasan Village, the working area of the Baki Sukoharjo Health Center, have no education. This is because at that time there was still a lack of educational institutions built in the Barusjahe village area and also there was no awareness from the public about the importance of the level of education for future life.

This is in line with the research conducted by (Andriyani, Nana Agustina and, 2018), the incidence of rheumatoid arthritis in individuals living in the community and the results showed that most of the educated respondents did not attend school as many as 20 (26.0%) respondents, SD 14 (18.2%)) respondents, did not finish elementary school as many as 20 (2.6%) respondents, 15 (19.5%) junior high school respondents, 17 (22.1%) high school respondents and 9 (11.7%) college respondents.

This is also in accordance with (Notoatmodjo, 2012) theory, the higher a person's level of education, the easier it is to receive all the information needed, so that one's knowledge will also be better. However, education is not an absolute thing in influencing knowledge, experience and information from peers can also affect knowledge.

Distribution of respondents' knowledge level about Rheumatoid Arthritis

Based on research that has been carried out using a questionnaire, there are 72 respondents, entitled Description of Elderly Knowledge About Rheumatoid Arthritis Disease at the Barusjahe Health Center in 2021, the following results can be seen that most of the respondents have sufficient knowledge about Rheumatoid Arthritis disease as many as 34 people (47.2%) , while the respondents with less knowledge were 20 people (27.8%), while 18 people had good knowledge (25%). From the results of the study, it was found that most of the respondents' knowledge about Rheumatoid Arthritis was sufficient.

In line with (Susanti et al., 2016) research in 2016 at RW 01, Pinang Ranti Village, East Jakarta, most of the elderly's level of knowledge about Rheumatoid Arthritis was obtained in the category of sufficient knowledge level as much as 48.2%, good 42%, and less than 9.5%. In conclusion, the level of knowledge of the elderly about Rheumatoid Arthritis in RW 01, Kelurahan Pinang Ranti, East Jakarta is mostly quite good, it is hoped that health cadres can provide more information about Rheumatoid Arthritis so that it can improve the health status of the elderly.

5. Conclusions

Based on the results of the study that the level of knowledge of the elderly about Rheumatoid Arthritis disease can be seen, that most of the respondents have sufficient knowledge with a total of 34 people (47.2%), lack of knowledge with the number of respondents 20 people (27.8%) and a small proportion have an opinion good with the number of 18 people (25%). Based on the results of the study, the characteristics of age have a sufficient level of knowledge about Rheumatoid Arthritis disease, namely, 60-69 years of 36.1% and >70 years of 9.7% because they have experienced a

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decline in cognitive function (learning process, perception, understanding, understanding, and so on). -other). Based on the results of the study, most of the female gender had sufficient knowledge about Rheumatoid Arthritis, namely 25.0% female and 20.8% male. Women are more at risk for rheumatoid arthritis, because the hormonal system can affect joint disease. Based on the results of the study, the characteristics of education with sufficient level of knowledge about Rheumatoid Arthritis disease are 22.2% no school, 8.3% elementary school, 8.3% junior high school, 6.9% high school and 0% college. Due to the lack of educational institutions and lack of public awareness of the importance of the level of education in the future.

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