

Description Of Elderly Independence Level In Fulfillment Of Daily Living Activity At Bane Puskesmas Kota Pematang Siantar In 2022

Rusmauli Lumban Gaol¹, Sonia Lumban Tobing²

D3 Keperawatan, STIKes Santa Elisabeth Medan, Jln. Bunga Terompet No.118 Kec. Medan selayang, Kel. Sempakata, Medan, 2013, Indonesia

ARTICLE INFO

Keywords :

Elderly independence,
Fulfillment,
Puskesmas

ABSTRACT

The independence of the elderly in completing the Activity of Daily Living (ADL) is defined as a person's independence in carrying out activities and functions of daily life that are routine and usually carried out by humans, and independence in the elderly is important in meeting their basic needs. The older a person is, his physical abilities will decrease, so that it can lead to a decline in his social roles and the functional status of the elderly will decrease and cause dependence to carry out daily activities. This study aims to describe the level of independence of the elderly in fulfilling the Activity of Daily Living (ADL) at the Bane Health Center Pematang Siantar City 2022. This study used a descriptive method with a total sampling technique of 41 respondents. The research instrument used a Katz Index questionnaire. The results of the research on the independence of the elderly in fulfilling the Activity of Daily Living found the elderly with an age range of 60-74 with a level of independent independence 26 respondents (63.4%) and the elderly with an age range of 75-90 years with a level of helped 6 respondents (14.6%). It can be concluded that the level of independence of the elderly in fulfilling the Activity of daily living at the Bane Health Center Pematang Siantar City 2022 is in the independent category. It's expected that the elderly are active and participate in socialization and programs carried out by health services regarding independence in carrying out daily activities.

E-mail:

rusmauli84@gmail.com
soniatobing91@gmail.com

Copyright © 2022 Science Midwifery.

1. Introduction

Old age or aging is the last process in the human life cycle. The aging process is followed by changes in the human body, including changes in musculoskeletal function. Decreased musculoskeletal function causes a decrease in the ability of the elderly to carry out daily living activities. The ability of the elderly to perform ADL will describe the independence of the elderly in daily activities such as eating, dressing, defecating/ urinating and bathing. This also increases dependence which requires the help of others (Yuliana & Setyawati, 2021).

Decreased daily activities are caused by stiff joints, limited movement, slow action time, unstable condition when walking, poor body balance, circulatory disorders, visual disturbances, hearing problems, and tactile disturbances. Factors that affect activities of daily living are chronic conditions, mental capacity, mental status such as sadness and depression, acceptance of the functioning of body members and support from family members (Armandika, 2017).

In the United States the number of elderly people 65 years and over is 35 million elderly and will continue to grow. In Indonesia, the number of elderly people is 18 million and it is estimated that this will increase to 80 million by 2020 (Ministry of Health, 2014). According to the Central Statistics Agency (2021) the dependency ratio of the elderly will be 16.76% in 2021. This indicates that 100 people of productive age (15-59 years) must support at least 17 elderly people.

The increasing number of elderly will cause various problems for the elderly themselves, for their families and communities. One of the problems caused is an increase in the dependency ratio of the elderly where the elderly will experience an aging process that changes healthy adults to become weak/vulnerable due to the reduction of most of the physiological reserves and increased disease susceptibility resulting in physical changes, mental and psychosocial changes that affect the level of independence of the elderly. in carrying out daily activities (Nugroho in Harefa, 2020)

According to Purba et al (2022) , the level of independence of the elderly in fulfilling the *Activity Daily Living* (ADL) at the Jiwa Pemenang Panti from 20 respondents was 90% of the respondents were independent in activities such as bathing, dressing, going to the toilet, moving, continental, and eating. However, there are 10% of respondents who have a heavy level of dependence this is due to the disease experienced, namely stroke so that in carrying out elderly activities they depend on other people.

According to Yuliana & Setyawati (2021) , about brain stimulation games to increase the activity of the elderly in participating in activities at the Nursing Home, the results of the activity of the elderly participating in activities before brain stimulation was carried out were 28.95% and after brain stimulation was 95.31%. Activities that stimulate the elderly to move by training and strengthening muscles using the game method are very effective in improving psychomotor skills. Arrangement of scheduled activities, providing motivation and environmental modification are things that need to be prepared in helping the elderly adapt to the decreased independence experienced.

Based on the phenomenon and preliminary studies through observations made by researchers, there were 41 elderly people and based on this the researchers were interested in conducting research with the title "Description of the Level of Independence of the Elderly in Fulfilling the Activity of Daily Living at the Bane Health Center, Pematang Siantar City in 2022".

2. Method

2.1 Sample

The sample in this study were 41 respondents. The sampling technique in this study uses total sampling.

2.2 Design

This study used a descriptive research design.

2.3 Procedure

The implementation procedure includes surveying the research site, obtaining a research permit, studying the literature, determining the research method, approaching the management and the research site and then asking for permission to contact the respondent.

2.4 Instruments

This study used a Katz Index questionnaire with 17 questions .

2.5 Analysis Techniques

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

3. Results And Discussion

Table 1.
Frequency Distribution of Respondents Based on Demographic Data (Age and Gender)
at Bane Health Center, Pematang Siantar City in 2022

Characteristics	<i>f</i>	%
Jenis Kelamin		
Laki-laki	16	39,0
Perempuan	25	61,0
Total	41	100,0
Usia		
60-74 tahun	30	73,2
75-90 tahun	11	26,8
Total	41	100,0

Based on the above, it was found that 25 of the 41 respondents were female (61.0%) and 16 were male (39.0%). Based on the age category table, there were 30 respondents (73.2%) aged 60-74 years and 11 respondents (26.8%).

Table 2.
Frequency Distribution of Respondents' Independence Level Based on Age Range 60-74 Years at Bane Health Center, Pematang Siantar City in 2022

Age	Level of Independence						Total	
	Independent		Helped		Depend		f	%
	f	%	f	%	f	%	f	%
60-74	26	63,4	4	9,8	0	0	30	73,2

Based on the table above, it was found that the respondents aged 60-74 years were at most with the level of independence as many as 26 respondents (63.4%) and the level of independence was assisted by 4 respondents (9.8%).

Table 3.
Frequency Distribution of Respondents' Independence Level Based on Age Range 75-90 Years at Bane Health Center, Pematang Siantar City in 2022

Age	Level of Independence						Total	
	Independent		Helped		Depend		f	%
	f	%	f	%	f	%	f	%
75-90	5	12,2	6	14,6	0	0	11	26,8

Based on the table above, it was found that the elderly respondents aged 75-90 years with the most independence level were assisted by 6 respondents (14.6%) and assisted by 6 respondents (14.6%).

3.1 Discussion

a. Distribution of Respondents' Level of Independence Based on Age Range 60-74 years

Based on tabel 2 it is found that the respondents aged 60-74 years are mostly with the level of independent independence as many as 26 respondents (63.4%), the level of independence assisted by 4 respondents (9.8%).

Researchers assume that most of the respondents are in the independent category, this is because at the age of 60-74 respondents have not experienced a decline in movement function or functional status, which can be seen from the ability of respondents to be able to carry out daily activities independently such as bathing, eating, continental and self-care, even respondents in the independent category still fill their spare time by doing religious activities and others. Independent respondents mean that they do not need the help of others to carry out daily activities. With a sense of *self-efficacy*, a person has the courage to carry out activities and prevent dependence on others. While the respondents who were assisted due to the condition of functional status which had decreased due to the aging process and the existence of diseases suffered by the respondent so that they needed help from other people to fulfill their daily activities.

According to research by Riza & Desreza (2018) in Gampong Lambhuk, Ulee Kareng District, Banda Aceh City, the independence of the elderly aged 60-74 in the independent category was 50% and heavy dependence was 28.6%. This is because most of the respondents are in good health condition. With a healthy condition the respondent can do any activity without asking for help from others, or as little as possible depending on others. Meanwhile, respondents who are not independent, they cannot carry out their own activities, they must be assisted and even completely unable to carry out daily activities. In this study, respondents were not independent or assisted because some activities had been taken over by the family.

In line with research conducted by Pratama (2017), which found the independent category in the elderly aged 60-74 years at the Tresna Werdha Minaula Kendari Social Institution by 60%. This is due to the ability of the elderly who can still carry out daily activities. Being independent in carrying out activities of daily living is freedom to act, not depending on other parties to take care

of oneself or carry out daily activities.

b. Distribution of Respondents' Level of Independence Based on Age Range 75-90 years

Based on tabel 3, it is found that the elderly respondents aged 75-90 years are mostly assisted by 6 respondents (14,6%) with 5 respondents (12,2%). According to the researcher's assumption, respondents are in the age range of 74-90 in the assisted category. This is due to a decrease in the function of the elderly limbs (functional status) so that the elderly in fulfilling their *activities of daily living* or self-care need help from others. With increasing age, body functions also decline so that the elderly are more easily disturbed by their health and require the help of others to fulfill their *daily living activities*.

In line with the research of Mahtiara et al., (2021) (Mahtiara et al., 2021) in Rojinhome Toyomi Urasoe-Shi Okinawa, Japan, most of the elderly are in the 75-90 year age category with most of the elderly as many as 15 people (72%) included in the partially dependent, 3 people (14%) including independent and 3 people (14%) included in total dependence. This is because on average every *activity of daily living* in the elderly such as eating can be done independently, bathing and self-care activities for the elderly are dependent and need help, for dressing the elderly have partial dependence, urination and defecation activities are still fully controlled but for toileting they are still need help, moving activities can be done independently while for mobility and going up and down stairs the elderly still need help from others. The higher a person's age, the lower the ability to meet daily needs, the aging process and changes that occur in the elderly also affect the elderly to carry out daily activities. This also results in the emergence of disturbances in terms of fulfilling their needs so that they can increase dependence which requires the help of others. Efforts to increase the independence of elderly activities need family participation and health coaching. From one of these efforts, family support is the most important factor in this matter. Family support is intended to help the elderly do their daily activities, so that the elderly are able to be independent or receive minimal assistance (Puspitasari, 2019) .

4. Conclusion

Based on the results of the study with a sample of 41 respondents regarding the Description of the Level of Independence of the Elderly in Fulfilling *Activity Of Daily Living* (ADL) at the Bane Health Center, Pematang Siantar City in 2022, the results showed that respondents aged 60-74 years with a level of independent independence were 26 respondents (63 ,4%). The results showed that respondents aged 75-90 years with a level of independence assisted as many as 6 respondents (14,6%).

Reference

- Armandika, SA (2017). *Relationship between the role of the family and the independence of the elderly in Da Lam Fulfillment of Daily Activities in Ng Udirejo Village, Diwek District, Jombang Regency. Antimicrobial Agents And Chemotherapy* , 58 (12), 7250–7257.
- Harefa, ES (2020). *Literature Review: Relationship between Family Support and Elderly Independence in Fulfilling Daily Activities* .
- Mahtiara, A., Rochmah, N., Ayu, I., Putri, T., & Cahyaningrum, ED (2021). *Activities Of Daily Living For The Elderly At Rojinhome Toyomi Urasoe-Shi Okinawa Japan* .
- Primary, IH (2017). *Identification of the level of independence of the elderly in carrying out daily activities at Tresna Werdha Social Homes, Minaula Kendari. Scientific Papers from Kendari Health Polytechnic* , 1–82.
- Purba, EP, Veronika, A., Ambarita, B., Sinaga, D., Science, ST, & Santa, K. (2022). *The Level of Independence of the Elderly in Fulfilling Daily Living (Adl) Activities at the Soul Winner Home* . 27–35.
- Puspitasari, MT (2019). *Relationship between family support and independence of the elderly in the fulfillment of daily activities in* . 69–77.
- Riza, S., & Desreza, N. (2018). *Overview of the Level of Independence of the Elderly in Daily Living (Adl) Activities in Lambhuk Village, Ulee Kareng District, Banda Aceh City* . 2 (1), 166–170.
- Yuliana, W., & Setyawati, EIE (2021). *Overview of the Level of Independence of the Elderly in Fulfillment of Adl (Activity Daily Living). Journal of Nurses And Midwifery*, 1 (2), 155–159.