

OLD BEMORALTY (OLDER COMMUNITY BEING MORE HEALTHY) IMPROVEMENT EFFORTS THROUGH INDEPENDENCE ELDERLY POSYANDU BASED ON HIERARCHICAL CLASS SYSTEM OF ABRAHAM MASLOW

Old Bemoralty (Older Community Being More Healthy) Upaya Peningkatan Kemandirian Lansia Melalui Posyandu Lansia Berdasarkan Sistem Kelas Hirarki Abraham Maslow

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ABSTRAK

Pendahuluan. Proses menua (*aging*) adalah proses alami pada manusia yang disertai dengan penurunan kondisi fisik, psikologis maupun sosial yang saling berinteraksi satu sama lain yang dikenal dengan istilah lanjut usia (lansia). Tujuan penelitian ini untuk mengetahui efektifitas Posyandu Lansia menggunakan sistem kelas hirarki Abraham Maslow terhadap kemandirian Lansia. **Metode.** Desain penelitian ini adalah *quasy experiment* dengan *post test only with control group design*. Pengumpulan data kemandirian lansia dilakukan menggunakan lembar ceklist yang dimodifikasi dari kartu menuju sehat (KMS) lansia dan kemudian dilakukan uji hipotesis menggunakan uji *independent t test* dengan tingkat kemaknaan 0,05. **Hasil.** Hasil uji statistik menunjukkan kemandirian lansia untuk kelompok perlakuan didapatkan nilai mean sebesar 75,4615 dan kelompok kontrol sebesar 60,8462. Uji normalitas sebagai syarat uji t menunjukkan kedua kelompok berdistribusi normal sehingga untuk mengetahui perbedaan kemandirian lansia antara kelompok perlakuan dan kelompok kontrol diuji menggunakan uji t *independent* dengan hasil *p value* = 0,001 < nilai *alpha* (0,05). Terdapat perbedaan kemandirian lansia antara kelompok perlakuan dan kelompok kontrol. **Diskusi.** Perlu adanya inovasi program peningkatan kemandirian lansia melalui integrasi pelayanan kesehatan melalui posyandu lansia yang dimodifikasi dengan memperhatikan aspek biologis, psikologis, sosial, dan spiritual berdasarkan kelas hirarki maslow.

Kata kunci : Lansia, Posyandu , kemandirian, Maslow

ABSTRACT

Introduction. *Aging is a natural process in humans is accompanied by a decrease in the physical, psychological and social which interact with each other is known as the elderly. The purpose of this study was to determine the effectiveness of the Elderly Posyandu using Abraham Maslow hierarchy of the class system of the elderly independence. Method.* The design of this study was *quasy experiment with post-test only with control group design. Data collection was performed using the independence of elderly people who modified checklist sheet of cards to health (KMS) elderly and then test hypothesis test using independent t test with significance level 0.05. Results.* Statistical analysis showed the independence of the elderly for the treatment group obtained a mean value of 75.4615 and 60.8462 of the control group. Normality test as a condition of the t test showed the two groups has a normal distribution so as to know the difference between the independence of elderly people treated group and the control group were tested using independent t test with *p value* = 0.001 results < *alpha* (0.05). There was a difference in elderly independence between the treatment and control groups. **Discussion.** Need for innovative program to improve the independence of the elderly through the integration of health services through Posyandu modified by taking into account the biological, psychological, social, and spiritual based class Maslow hierarchy.

Keywords: Elderly, Posyandu, independence, Maslow

INTRODUCTION

Advances in economics, technology, and knowledge, especially in the health sector resulting in increased life expectancy, it affects the number of elderly people will increase rapidly. According to Titus chairman of the Indonesian Institute of the Compass Seniors December 3, 2008, elderly residents who are over the age of 60 years. The results of population census in 2010 showed that

Indonesia among the top five countries with the largest number of senior citizens in the world, reaching 18.1 million in 2010 or 9.6 percent of the population (Susanto, 2013). In the province of East Java, the number of elderly based on data from Riskesdas East Java Province in 2010 amounted to 7,956,188. The surge in population will also have an impact on some of the increase in some of the issues that must be addressed by the government in

the form of health problems, social issues, and economic issues.

To overcome these conditions, the government has sought the neighborhood health center program for the elderly that is implemented with the involvement of all the cross-sector, private-sector, non-governmental organizations (NGOs) and the public. However, in practice five aspects of basic human needs include physiological needs, safety and security, love and affection, self-esteem, and the latter is the need to actualize that is a source of problems for the elderly has not been resolved in a comprehensive manner. In this research will be a modification of integrated health care system activity 5 tables into neighborhood health center system using Abraham Maslow hierarchy of classes. Therefore, researchers raised the old title bemoralty (older community being more healthy) as efforts to improve the quality of life of the elderly through a neighborhood health center system based on the class hierarchy elderly Abraham Maslow. With the implementation of the Posyandu program is expected to provide more comprehensive services to the elderly so as to achieve holistic health degree that includes bio-psycho-social-spiritual. The purpose of this study was to analyze differences in the elderly after the independence of elderly neighborhood health center program system 5 tables with elderly neighborhood health center program based on a hierarchical class system of Abraham Maslow.

METHODS

This study was quasy-experimental study using pre-posttest with control group design performed by administering a modified form of intervention programs using the system Posyandu Abraham Maslow hierarchy of classes in the treatment group and the control group is the elderly who follow the neighborhood health center system with 5 tables. The populations in this study were all elderly people who followed the elderly in the neighborhood health center health center Burneh 40 seniors and all seniors who followed the elderly in the neighborhood health center

health center Arosbaya of 60 elderly. The samples were taken using purposive sampling techniques and produced a sample of 13 respondents in each study group. This research was conducted in August-September 2014. Data collected by the charging sheet elderly independence checklist modified from Card towards Healthy (KMS) and the elderly are 20 items of questions and one column of data collection based on the observation. To examine the differences between the two groups using independent t test with significance level 0.05 test. Before the independent t test, normality test data using the Kolmogorov test smirnof in each group. When both groups were normally distributed, then the independent t test can be used to test for differences between the 2 groups.

RESULTS

The results showed that the independence of the elderly in the treatment group (Elderly Posyandu Rambutan Burneh) shows the average value of 75, while in the control group (Elderly Posyandu Arosbaya) shows the average value of 61. This means that the independence of the elderly was higher in the elderly group Rambutan Burneh. Statistical

Table 1. Independence of the Elderly Posyandu Rambutan Burneh and Elderly Posyandu Arosbaya 2014

No	Independence	
	Intervention Group (%)	Control Group (%)
1	70	55
2	71	56
3	89	54
4	61	55
5	68	60
6	85	73
7	73	68
8	86	72
9	75	43
10	54	58
11	81	61
12	91	63
13	77	73
Mean	75	61

analysis showed that the results of the p-value (0.001) $< \alpha$ value (0.05) so that H_0 is rejected, which means that there are differences between the elderly independence and control treatment groups.

DISCUSSION

Based on observations in the study, the activity of the elderly in the area of integrated health Burneh have the kind of positive activities they do to fill the free time every day. Some elderly social activities eg voluntary work, following the regular meeting of the elderly, and to visit a sick friend. In the spiritual aspect, every week of the elderly hold events regularly lectures and istighosah alternately from home to home. Family support is very good, especially for the elderly in Burneh Posyandu. A total of 75% of the elderly have the support of a family active in neighborhood health center for the elderly. According to Abraham Maslow, a healthy individual can optimally when their basic needs are met which includes physical needs, safety and comfort, love and affection, esteem and self-actualization (Sumijatun et al, 2009). Elderly increased aid to meet the needs and daily activities. The role of the family is very important here because family is the most useful source of support to help meet the basic human needs of the elderly.

In the biological aspect, administrators Burneh Posyandu Health Center in collaboration with Team STIKes Ngudia Husada Madura, and routinely periodic health examinations for the elderly. Results of physical examination with blood pressure checks, GDA, cholesterol and uric acid showed that the elderly in Posyandu Burneh have better health status than the elderly who are in Posyandu Arosbaya. Elderly in Posyandu Burneh also conduct gymnastics seniors regularly 1 month at the district office Burneh. As many as 70% of seniors participated in gymnastics elderly. Elderly smokers have 30% (all male) this is likely due to the habit of smoking has done since he was young, so it was difficult to quit the habit. The results of the study of the Royal College of Physicians, found that only 15%

of smokers are able to break away from the addiction, because it's a habit they've done since their teens (Suryo, 2006).

In addition, the elderly in the region of Posyandu Burneh managing a business unit of catfish ponds, Madura typical snack production, and manufacture souvenirs and batik. Their involvement is quite active, and most of the funds raised are used for Posyandu Elderly cash that can be used for activities in the Elderly Burneh Posyandu.

CONCLUSION

The elderly people who follow the Maslow hierarchy Posyandu class system shows the average value of independence the better. There are differences between the independence of the elderly Maslow hierarchy class neighborhood health center with a group of neighborhood health center system 5 tables.

RECOMMENDATION

Implementation Elderly Posyandu with Abraham Maslow hierarchy of class system based the class of basic human needs have positive benefits in improving the independence of the elderly. The system is holistic and involves all parties involved, especially the elderly as an important part in the health service. Therefore, elderly Posyandu who have been running the system can be modified to Abraham Maslow's hierarchy of classes as one effort to improve the health of the community, especially the elderly through their active role.

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