

Relationship Between Elderly Behavior With Visits To Elderly Posyandu In Pekanbaru Kota Area Year 2021

Reny Juliana Sihombing
Akademi Keperawatan Darmo

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Email :
renysihombing82@gmail.com

ABSTRACT

As the elderly population increases, the government is trying to formulate policies that aim to improve the health status and quality of the elderly to achieve a happy and efficient old age, in the family and community, but the visit of the elderly to the elderly Posyandu is still lacking, it is suspected that the elderly lack knowledge about the existence and benefits of the Posyandu elderly. The research objective was to determine the relationship between elderly behavior and the frequency of visits to posyandu. The research used was analytic in nature with a cross-sectional design on 45 sample people, conducted in Pekanbaru Kota District from September 2020 to January 2021. Data on knowledge, attitudes and sample identity as data primary researchers collected by interview using a questionnaire, while the secondary data, namely the general description of the research location, was recorded from the Puskesmas report. Primary data were analyzed using univariate and bivariate, bivariate analysis with Chi-Square test. The results showed that there was a relationship between knowledge and the frequency of elderly visits to the elderly Posyandu with the results $X^2_{count} > X^2_{table}$, with a degree of confidence of 95% $\Sigma = 0.05$ and $df = 1$, and there was no relationship between attitude and the frequency of visits by the elderly to the elderly Posyandu with results $X^2_{count} < X^2_{table}$. with a degree of confidence of 95% $\Sigma = 0.05$ and $df = 1$. It was concluded that visits by the elderly to the elderly Posyandu were related to the behavior of the elderly but it was concluded that visits to the elderly Posyandu were not related to the behavior of the elderly.

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1. INTRODUCTION

Elderly is a final stage of the aging process. At this stage the individual usually has experienced a decline in the physiological function of his organs (Fitrah, 2018). Elderly can be said to be of golden age, because not everyone can reach old age, so elderly people need nursing actions, both promotive and preventive, so that they can enjoy their golden age and become useful and happy elderly (Maryam, 2017).

Demographics based on the 2012 Population Census, the population aged 60 years and over amounted to 8 million or 5.5% of the total population and 11.3 million or 6.4% in 2014. Indonesia entered the era of an old structured population in 2000 with the proportion of elderly reaching 14.4 million people or 7.18% of the total population. In 2015 it is estimated that the elderly will be 19.9 million people or 8.48% and will increase again to 24 million people or 9.77% of the total population in 2018 (Ministry of Health, 2015).

With the increase in the elderly population, the government has tried various policies, especially services in the health sector. The policy aims to improve the health status and quality of the elderly in order to achieve a happy and efficient old age in family and community life according to their existence. The form of the Government's business is the launch of health services at the community level, namely the Elderly Posyandu (Khadijah, 2019).

Elderly Posyandu is an integrated service formed on the basis of an increase in the elderly population, the high cost of treatment, the low reach of health services, and the high morbidity rate

(Ministry of Health RI, 2017). The elderly Posyandu is planned and developed by the community together with the Lurah, Head of the environment, health workers and PKK (Empowerment and Family Welfare). The implementation is carried out by trained cadres, coming from PKK members, community leaders, and other community members. (Mahyuliansyah, 2019).

Based on data from the North Sumatra Provincial Health Office in 2018, the number of elderly people being fostered was 24,659 people or 3.0% of the entire elderly population which totaled 820,990 people. Likewise with elderly health service activities at puskesmas which include treatment, health checks, counseling counseling, social gatherings or recitations and home visits or home care, only 19.5% (80 out of 409 puskesmas) and 400 posyandu for elderly that have been formed or around 23.2% while the target to be achieved is 2022 Posyandu for the Elderly (5 posts/puskesmas), (Fricilla, 2017).

According to the Medan City health profile in 2017 there was an increase in the number of elderly people being fostered. In 2017 the number of elderly people fostered was 33,989 out of 130,278 registered elderly people or around 31.90%. In 2018 the number of elderly people increased again to 134,715 registered people, and only around 46,850 people were fostered or around 31.9%. The number of elderly people who use the Elderly Posyandu is actually still less than the previously set target, although it is clear that their utilization has increased from year to year (Dinkes, 2017).

Based on data from the Medan Tuntungan Health Center in 2021, out of the target number of elderly people, namely 5,242 people, only around 1,291 people (24.6%) are active. In 2018, of the targeted number of elderly people as many as 4,940 people, only 507 people were active (10.3%), in 2021 the target number of elderly people were 4,940 people, 233 people active (4.8). Related research that researchers found, namely research conducted by (Fricilla, 2017) at the Polonia Medan Health Center, regarding "Description of the factors that influence the elderly in utilizing the elderly Posyandu" from the results of the study obtained data on elderly who utilized the Elderly Posyandu only 1,741 people (47, 25%), out of 3,685 people the number of elderly people is there, so those who do not use the elderly posyandu are 52.75%. While the demographic data is as follows: most of the respondents are over 60 years old (60%), Respondent knowledge about Most of the elderly are in the medium category, with 44 people (55%). Respondents' attitudes towards the Elderly Posyandu are in the good category, namely 73 people (91.3%), (Machfoeds, 2018).

In accordance with the preliminary survey conducted by researchers in November 2019, and also based on data from the monthly report of the Pekanbaru City Health Center (January-November 2020) the number of elderly visits to Posyandu at the Pekanbaru City Health Center are: January 13 people, February 13 people, March 7 people, April 5 people, May 6 people, June 6 people, July 5 people, August 5 people, September 5 people, October 8 people, November 5 people and December 3 people, while the monthly report data for the Pekanbaru City Health Center in 2021 are: January 10 people, February 10 people.

The elderly Posyandu in Pekanbaru Kota District has not been widely used by the elderly. This is due to the lack of knowledge of the elderly themselves, because based on the fact that there are still many in the community who do not know about the existence of Posyandu activities for the elderly and the purpose of these activities. Because promotional activities for the Elderly Posyandu in the community are still limited to information from person to person who has used Posyandu activities for the Elderly, or information obtained when visiting the puskesmas as the organizer of the Posyandu for the Elderly.

The activities of the Elderly Posyandu that have been carried out by the TSM I Village include weighing, measuring blood pressure, checking blood sugar, basic treatment, and health education. in 2018 based on the Minimum Service Standards (SPM), namely 70% which had been previously set, (Tuntungan Medan Health Center, 2021). So the researchers are interested in conducting a research analysis with the Relationship between Elderly Behavior about the Elderly Posyandu and the Frequency of Visits to the Elderly Posyandu in Pekanbaru District, City in 2021.

2. METHOD

This type of research is analytical with a cross-sectional research design, namely research where the Independent Variables and Dependent Variables are examined together to determine the

Relationship between Behavior and Frequency of Elderly Visits to the Elderly Posyandu (Notoadmojo, 2014). The research location is in the District of Pekanbaru, Kota. The research was conducted from September 2020 to January 2021. The research population was all elderly people aged > 55 years and over and who had visited the elderly Posyandu in Pekanbaru District, Kota in 2021, as many as 45 people. The sample is part of the population to be studied, the sampling technique uses a total population technique where the entire population is used as a sample, namely: totaling 45 people.

3. RESULTS AND DISCUSSION

Table 1. Frequency of Respondents based on Elderly Behavior and Frequency of Visits to the Elderly Posyandu in Pekanbaru City District

NO	Variable	Jl (n)	%
1.	Knowledge		
	a. Well	32	71.1
	b. Currently	13	28,9
	c. Not enough	0	0
	Total	45	100
2.	Attitude		
	a. Well	38	84.4
	b. Not enough	7	15,6
	Total	45	100
3.	Visit Frequency		
	a. Routine	18	40.0
	b. Not a routine	27	60.0
	Total	45	100

Could It can be seen that of the 45 respondents who visited the Posyandu, the majority had good knowledge, namely 32 people (71.1%) and a minority had moderate knowledge, namely 13 people (28.9%). Based on attitude, it can be seen that of the 45 respondents who visited the Posyandu, the majority had a good attitude, namely 38 people (84.4%) and a minority had a less attitude, namely as many as 7 people (15.6%). Based on the frequency of visits, it can be seen that of the 45 respondents who visited the Posyandu, the majority of the visits were non-routine, namely 27 people (60%) and the minority were the frequency of routine visits, namely, as many as 18 people (40%).

Univariate analysis

Table 2. The Relationship between Respondents' Behavior and the Frequency of Elderly Visits to the Elderly Posyandu in Pekanbaru City District

Knowledge	Frequency Visit					df	X ₂ Htg
	Routine %	n	Not Routine %	n	Total %		
Well	17 53,1	15	15 46,9	32	100	1	7,951
Currently	1 7,7	12	12 92.3	13	100		

From the results of the study that 32 respondents who had good knowledge, the majority of the frequency of routine visits were 17 people (53.1%), and the minority of non-routine visits were 15 people (46.9%). While 13 respondents who had moderate knowledge, the majority of non-routine visits were 12 people (92.3%), and a minority of routine visits were 1 person (7.7%). By using a 95% degree of confidence, $\alpha = 0.05$ and $df = 1$, it is obtained that X^2 count = 7.951, X^2 table = 3.841. Then X^2

count > X^2 table (7.951 > 3.841), then H_0 is rejected, meaning that the knowledge variable has a relationship with the frequency of visits to the Elderly Posyandu.

From the results of the study that 38 respondents had good behavior, the majority of the frequency of non-routine visits was 22 people (57.9%), and the minority of frequency of routine visits was 16 people (42.1%). While 7 respondents who had less attitude, the majority of the frequency of non-routine visits was 5 people (71.4%), and a minority of the frequency of regular visits was 2 people (28.6%). By using a 95% degree of confidence, $\alpha = 0.05$ and $df = 1$, it is obtained that X^2 count = 0.451, X^2 table = 3.841. Then X^2 count < X^2 table (0.451 < 3.841), then H_0 is accepted, meaning that the behavior variable has no relationship with the frequency of visits to the elderly Posyandu.

The Relationship between Respondents' Behavior and Frequency of Visits to the Elderly Posyandu in Pekanbaru City District.

Based on the Square test, it was found that there was a relationship between behavior and frequency of visits to the elderly Posyandu, meaning that the better the respondent's behavior, the more routine the frequency of visits to the Posyandu, as well as the less behavior of the respondents, the less frequent the frequency of visits to the elderly Posyandu. Of the 32 respondents who had good knowledge, there were 17 people who visited regularly and 15 people who did not visit regularly. Of the 15 respondents who had good behavior but did not visit the Posyandu regularly, many were influenced by various factors such as family support, namely the family did not want to accompany or remind the respondent to go to the Posyandu, the distance factor, namely because the respondent's house was far from the place where the Posyandu was held so that the respondent became lazy to go to Posyandu, the work factor, namely that there are still respondents who work to earn a living, and also the gender factor, because many respondents who are male do not want to come to the Posyandu. From the above it is known that good behavior does not guarantee that the elderly will regularly visit the Posyandu.

The results of this study are in line with the opinion (Henniwati, 2017) which says that poor behavior about the elderly Posyandu can lead to the formation of wrong behavior so that it can lead to misperceptions of the elderly to visit the elderly Posyandu, behavior is also related to the high and low use of the Posyandu, because the more The more information the public receives about health services, the better their acceptance of these services. According to the researcher's assumption that good elderly behavior will be able to improve frequency visit, so could improve the health status of the elderly.

Correlation between Elderly Behavior and Frequency of Visits to the Elderly Posyandu in Pekanbaru City District.

Based on the Square test, it was found that there was no relationship between behavior and the frequency of visits to the Elderly Posyandu. Although respondents had good behavior towards the Posyandu, this did not affect the frequency of visits to the Posyandu. Of the 38 respondents who had a good attitude, there were 22 people who did not visit regularly, while there were 16 people who visited regularly. Of the 22 respondents who had a good attitude but did not visit the Posyandu routinely, it was influenced by various factors such as the age factor, because there were some respondents who were >70 years old, the gender factor, that is, there were more respondents who were male, the education factor that is, many respondents still have low education (SD), and the work factor, namely the number of respondents who are still working (Suhartini, 2021).

From the foregoing it can be concluded that the respondents are of the same sex although they have good behavior, they visit the posyandu less often, the age factor also influences where at the age of 55-69 years many elderly people are still productive and still working and aged > 70 years many respondents do not go to the posyandu regularly, education also influences the elderly to be able to know the benefits of Posyandu, while there are more jobs for entrepreneurs which causes the elderly to not have time to come to Posyandu (Sriasih, 2021).

The results of this study are in line with research conducted by (Kuntjoro, 2022), that behavior is not the main factor influencing respondents to utilize health services at the Elderly Posyandu, because the behavior of the respondents is not yet an action or activity. According to the researcher's assumption

that the behavior of respondents is related to the understanding they receive, and this is influenced by various aspects such as behavior, environmental factors, society, and family.

4. CONCLUSIONS

There is a relationship between elderly behavior and the frequency of visits to the elderly Posyandu in Pekanbaru District, Kota in 2021. There is no relationship between elderly behavior and the frequency of visits to the elderly Posyandu in Pekanbaru District, Kota in 2021.

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