

## Qualitative Study Of Elderly Independence In Fulfilling Daily Living Activities In Sindang RW 03 Margasari Village Tasikmalaya District

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### ABSTRACT

The aging process occurs naturally. This can lead to physical, mental, social, economic and psychological problems. Physical changes in the elderly will affect, especially in fulfilling the activities of daily life of the elderly themselves. Objective: This study aims to determine the level of independence of the elderly in fulfilling daily living activities in Kp. Sindang RW 03 Margasari Village. Method: the method used in this research is analytical descriptive research with a qualitative approach, using source triangulation techniques, where the instruments were interview form and observation form. Results: Key respondents need the help of others or loved ones to carry out their daily activities. Conclusion: The capacity of key respondents in fulfilling the needs of daily living activities requires several other people, because it is influenced by the physical condition of the elderly themselves due to falls. Suggestion: It is recommended for families to provide support to the elderly in order to increase the independence of the elderly in activities, especially in the elderly with dependence so that the quality of life of the elderly is getting better.

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## 1. INTRODUCTION

Elderly is a condition that occurs in human life. Aging is a lifelong process, it can not only start from a certain time, but starts from the beginning of life. Growing old is a natural process, which means a person will go through three stages in life, namely childhood, adulthood and old age (Mawaddah, 2020).

The elderly have reached a scientific process where they have gone through the stages of childhood, adulthood and old age (Nugroho, 2010). When entering old age, seniors hope to be able to live their lives lovingly, calmly and enjoy their old age. As the elderly age increases, there will be more health changes, more attention will be paid to maintaining the welfare of the elderly (Herzon et al. 2017). The aging process occurs naturally. This can cause physical, mental, social, economic and psychological problems (Mustika, 2019). As humans age, a degenerative aging process occurs which usually has an impact on changes in the human soul or self, not only physical changes, but also cognitive, emotional, social and sexual (National & Pillars, 2020)

The World Health Organization (WHO) Global Status Report on NCDs in 2013 reported that 60% of deaths of all ages in the world were due to NCDs and 4% died before the age of 70 years. All deaths due to NCDs occur in people aged less than 60 years, 29% in developing countries, while in developed countries it is 13%. Non-communicable diseases are diseases that do not have specific clinical signs so that a person does not know about them. and be aware of this condition from the beginning of the disease course. This condition causes delays in treatment and causes complications from NCDs and even results in death. (Indonesian Ministry of Health, 2014)

The use of health services is influenced by many factors, the factors that influence these are demographic factors in the form of age, gender, level of education, and socio-economics as well as supporting factors, namely attitude, availability of facilities and facilities, geographical location, health services, and family support (Stanley and Pricia, 2006). Based on research conducted by Henniwati (2008), the results showed that several factors that influence the use of Posyandu for the elderly are the knowledge of the elderly about Posyandu, the attitude of the elderly towards the use of

Posyandu, family support, and the role of Posyandu cadres. Analysis shows that the significant determining factors for the use of Posyandu for the elderly are knowledge of the elderly, family support, and the role of cadres (Mardiana Zakir, 2014). Independence is the ability of an elderly person to carry out daily activities without personal assistance while still being active. An assessment of the level of independence of the elderly is very necessary to determine the level of dependence of the elderly in order to determine the level of assistance (Setiawati, 2021).

The reduced ability of the body in old age can cause the physical condition of the elderly to sometimes change, for example a decrease in the number of cells, the respiratory system, a disturbed digestive system, as well as a lack of fat tissue and muscle strength over a long period of time which can affect their daily life activities. Physical changes in the elderly will affect the degree of freedom. Independence is the opportunity to act, not depend on other people and make it possible to direct oneself or one's individual activities, either separately or in groups, regardless of health or disease. Changes in nature with the absence of entertainment, inadequate transportation, can also affect the daily life activities of the elderly themselves (Apriliyasari, 2016).

Activities of daily living are important activities that support survival, such as eating, dressing, bathing and traveling around the house (Ariswanti Triningtyas & Muhayati, 2018). Based on United Nations (UN) data on World Population Aging in 2019, the total number of elderly people was 705 million or 9.18% of the world's elderly population (Tribun News, 2019). As life expectancy increases, it is estimated that the number of elderly people will also increase. According to the UN, the projected number of elderly people in the world in 2025 will reach 77.37% of the world's population.

According to data from the Directorate General of Population and Civil Registration (Dukcapil) in 2021, there are 30.16 million elderly people (seniors) in Indonesia. Elderly residents are those aged 60 years and over. This group accounts for 11.01% of Indonesia's total population of 273.88 million people. If detailed further, as many as 11 million people (37.48%) are elderly people aged 60-64 years old. Then there are 7.77 million (25.77%) who are aged 65-69 years. After that, there were 5.1 million residents (16.94%) aged 70-74 years, and 5.98 million (19.81%) aged over 75 years.

Minister of Social Affairs Tri Rismaharini said that the location with the largest elderly population in Indonesia is that many live in Tasikmalaya Regency, West Java. Especially as the largest single elderly population in all of Indonesia. The reason is because the elderly are not there are families, and many say that the elderly are considered a hassle, as well as an economic influence. With the number reaching 28,000 people. (Tasikmalaya Central Statistics Agency, 2021).

Central Bureau of Statistics (BPS) of Tasikmalaya Regency, Basworo Wahyu Utomo, said that the number of elderly people in Margasari Village, Ciawi District, Tasikmalaya Regency in 2022 will be 945 elderly people. Meanwhile, the number of elderly people in Kp. According to the Head of Margasari Village, Sindang RW 03 has 74 elderly people. Margasari Village, Ciawi District, Tasikmalaya Regency is in the working area of the Ciawi Health Center. Village problems. This is the village that has the largest number of elderly people among the villages in Ciawi sub-district, totaling 657 people. Meanwhile, the health condition and level of independence of the elderly in the village is given less attention, because there is no posbindu or treatment for the elderly in the village and transportation to the health center is limited.

Based on a preliminary study carried out on February 16 2023 at Kp. Sindang RW 03 Margasari Village regarding the health conditions of the elderly, their environment, and their level of independence, the results obtained from the interview with the head of RW 03 stated that there were no health checks and treatment for the elderly. And no health research has ever been conducted regarding the health conditions of the elderly, their environment and their level of independence.

Interviews were conducted with 3 people, including 1 main respondent, 80 year old female, 1 close family member, and 1 neighbor of the respondent. It was obtained from the respondent's family and neighbors that the main respondent, namely an 80 year old elderly person, had a heavy level of dependency. From this background, the researchers were interested in researching the "Qualitative Study of the level of independence of the elderly in fulfilling daily living activities in Kp. Sindang RW 03 Margasari Village, Tasikmalaya Regency", so that the results obtained can hopefully be used as a reference in providing nursing care. The aim of this research is to determine the independence of elderly people in fulfilling daily living activities in Kp. Sindang RW 03 Margasari Village.

## 2. METHODS

The type of research used in this research is analytical descriptive research with a qualitative approach. According to Moleong (2017), qualitative research is research that intends to understand phenomena about what research subjects experience, such as behavior, perception, motivation, actions, etc. holistically and by means of descriptions in the form of words and language, in a special context. natural by utilizing various natural methods. This research design uses qualitative research with a phenomenological approach. Qualitative research was chosen for the reason that it is more adaptive to the various influences that arise. Apart from that, we use qualitative research because researchers want to obtain data by understanding human experiences as individuals. With this approach, it is hoped that it can help research in observing, thinking, feeling and understanding phenomena that occur directly in the field. The research process places greater emphasis on efforts to understand the meaning of an event or person's interaction in a particular situation. In determining the type of sample that will be used in this research, use a purposive sampling technique. According to Sugiyono (2016), purposive sampling is a probability sampling method carried out using certain criteria for this research sample.

According to Sugiyono (2020), a research variable is a characteristic or attribute of an individual or organization that can be measured or observed and has certain variations determined by the researcher to be used as a lesson and then conclusions drawn. In this study, one variable was studied, namely: Independence in the Elderly. The instrument in this research is the researcher as interviewer and so that the results of the interview can be recorded properly, and the researcher has evidence of having conducted interviews with informants or data sources, the following tools are needed.

1. Interview form
2. Notebook/laptop
3. Camera/cellphone

Data Collection Procedures According to Sugiyono (2016) In order to obtain valid data in this research, appropriate data collection techniques need to be determined. In this case the author uses the method:

1. Observation
2. Deep interview
3. Documentation

Acknowledgment of research limitations; research ethics and subject consent; efforts to ensure the reproducibility of research results; information on references and data sources; statistical outcomes and data visualizations, as well as tables and figures that support research findings. This comprehensive information is crucial for understanding and evaluating the research reported in the journal.

## 3. RESULTS AND DISCUSSION

### Controlling bowel movements

From the results of observations, key respondents were still able to control when carrying out the action Defecate, when defecating the patient can go to the bathroom. Respondents also did not use diapers because they were complicated and also hot. Respondents defecate once a day and have no problems. According to the theory of Feldman M, et al (2020), elderly people aged > 65 years can experience incontinence alvi, which is a condition where the body is unable to control defecation. Feces come out suddenly without the sufferer realizing it, but in contrast to the key respondents studied, from the results of interviews and observations it was found that the key respondents were still able to control their defecation, and the respondent defecated regularly every day, when the patient wanted to defecate. The patient walks alone to the bathroom by stomping.

### Recognizing BAK stimuli.

According to Potter and Perry's (2008) theory, the elderly experience a decrease in the number of nephrons atrophy and the urinary bladder muscles become weak, so that the frequency of urination increases, matter That named with urinary incontinence or frequent bedwetting without realizing it. But it was different from the key respondents studied, during the interview nor observation

respondentkey respondents can still perform BAK normally and regularly, key respondents can still hold their BAK, key respondents perform BAK 4 times or more, respondents do not wear diapers or trousers, only use sarongs.

#### **Cleaning yourself (washing your face, brushing your hair, brushing your teeth)**

Changes that occur in hair when it starts to age include changing color, hair becoming thinner, losing volume, hair breaking easily, growing more slowly, dryness, changes in texture from initially smooth hair to coarser, finally dull (Pearce, 2006). From the results of interviews and observations, key respondents needed help to clean themselves, key respondents washed their hair once every 2 days so that when they were observed the respondent's hair smelled bad, the respondent's hair was irregular and untidy, looked gray, the respondent's hair was thinning, this is in line with with Pearce's (2006) theory. Apart from that, it was also found that the patient's teeth were missing.

#### **Toilet use (going in and out of the toilet, taking off/putting on pants, washing, flushing)**

From the results of observations, key respondents needed assistance with several activities when using the toilet or bathroom. For example, when going to the bathroom the respondent can wash himself, but he will help him wash his pants and put on pants. Respondents also did not wear trousers but sarongs because wearing trousers was difficult to put on, so they wore sarongs to make it easier. Wearing gloves is also changed every day.

#### **Eat and drink**

Lost tooth Which gradually as a result of extraction or certain indications, It reduces food yang consumed by the elderly, health tooth Whichbad, decreased taste sensation, decreased feeling of hunger and limiting the type of food consumed, decreased function of peristaltic movements and weakened absorption capacity. (Azizah, 2011).

#### **Move to wheelchair to seat**

From the results of observations, key respondents were sometimes helped to move to a chair and move to bed, lifted by their husband and daughter-in-law. In daily life, key respondents can only sit and sometimes move to move places.

#### **Walk on level ground**

The results of interviews and observations showed that the key respondent was unable to walk alone and had to be helped by another person, because the key respondent had an injury to his left leg so that the respondent could not walk, the respondent carried out activities by sliding. This is in line with the theory of Efendi, et al (2009) where bones lose density and become more brittle, so they become stiff, and a person's movements become slow, especially if someone has an injury, moving or walking will be difficult.

#### **Get dressed**

From the results of observations, the key respondents were assisted in getting dressed, including wearing clothes even though the respondent was wearing a buttoned shirt, as well as wearing a sarong, the respondent could only wear a sarong and not wear pants because it was difficult to wear and the respondent had to stand up first and it required 2 people to lift it, respondent usually change clothes and sarongs every day.

#### **Go up and down stairs**

A person's physiological health can influence the ability to participate in activities of daily living, for example the nervous system collects, transmits and processes information from the environment. The musculoskeletal system coordinates with the nervous system so that it can respond to incoming sensors by making movements. Disturbances in this system, for example due to illness or traumatic injury, can disrupt the fulfillment of daily living activities (Hardywinoto, 2007).

This theory is in line with the condition of the key respondents who were interviewed and observed. It was found that the key respondent had an injury to his left leg so that the key respondent had difficulty walking as well as going up and down stairs. The key respondent was unable to do it himself, so he needed help in carrying out his activities.

#### **Bathe**

From the results of observations, key respondents were assisted when bathing. Just like brushing teeth, washing hair and bathing and applying soap, respondents are sometimes assisted by their husband or son-in-law. Changes that occur in the skin system (integumentary system) include



skin shrinking or wrinkling due to loss of fatty tissue, rough, scaly skin surface due to loss of keratinization process, fiber, changes in the shape of epidermal cells, thinning gray scalp and hair, hair in the nose and thickened ears, reduced elasticity due to decreased fluid and vascularization, slower nail growth, finger nails become hard and brittle, fade and lack shine, sweat glands decrease in number and function, an unpleasant odor appears. (Nugroho 2010).

#### 4. CONCLUSION

Respondents were still able to control their defecation, and respondents defecated regularly every day, when the patient wanted to defecate, the patient walked alone to the bathroom by walking slowly. Meanwhile, when performing BAK, key respondents were still able to perform BAK normally and regularly, key respondents were still able to hold their BAK, key respondents performed BAK 4 times or more, respondents did not wear diapers or pants, only used sarongs. Respondents in cleaning themselves such as washing their faces, brushing their hair and brushing their teeth need help to clean themselves, respondents wash their hair once every 2 days so that when they observe the respondent's hair it smells bad, the respondent's hair is irregular and not neat, it looks gray, the respondent's hair it's thinning. Apart from that, it was also found that the patient's teeth were missing. Likewise, with the use of the toilet/bathroom, the respondent needs help in several activities. For example, when going to the bathroom, the respondent can go to the bathroom on his own, but he can help him wash his pants and put on trousers. Respondents also don't wear trousers but sarongs because if they wear trousers it's difficult to put them on, so they wear sarongs to make it easier. Wearing gloves is also changed every day. When eating and drinking, the respondent needed help because the respondent lost teeth and reduced the food consumed, the respondent often consumed liquid and soft food, but respondents also sometimes eat solid food and have to be helped to cut the food, so that when observed the respondent's body looks small and thin. The condition of the respondent's legs is difficult to move. He has been unable to walk for almost 3 years, because the respondent fell from a chair after going to the bathroom, so that after this incident the respondent, in moving places, walking and climbing stairs, needed the help of other people and sometimes the key respondent had to resort to carrying out activities at home. The key respondent in cleaning himself or bathing needed the help of another person, as well as when getting dressed the key respondent was assisted, including putting on clothes, even though the respondent was wearing a shirt with buttons, so it looked like the respondent's clothes were not neat, even when wearing a sarong, the respondent could only wear a sarong, not wearing trousers. The respondent usually changed clothes. and sarong every day. For respondents, Based on the results of the research conducted, it is hoped that respondents will be able to independently carry out daily activities, especially in bathing, dressing, eating and drinking. For future researchers, It is hoped that this research can be used as basic data for further research and can increase the number of research samples. And future researchers should conduct research on self-care in the elderly. For institutions, It is hoped that the results of this research can be used as a basis for research in the field of nursing in particular ilmu gerontic nursing to improve the elderly in fulfilling their daily activities. For Families, It is recommended that families provide support to the elderly, including paying particular attention to the personal hygiene of the elderly so that the cleanliness and health of the elderly are maintained..

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