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FACTORS RELATED TO ELDERLY ABSCENE AT POSYANDU LANSIA IN DESA RUBARU KABUPATEN SUMENEP

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FACTORS RELATED TO ELDERLY ABSCENE AT POSYANDU LANSIA IN DESA RUBARU KABUPATEN SUMENEP

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Posyandu Lansia is an Integrated Service Post which is intended to provide health services for the elderly who consist of promotive and pre-determined, curative and rehabilitative. Based on the data, the absence of the elderly was 68.2% which was less than the target coverage. The study was conducted to find out about factors related to elderly absentee at the Posyandu Lansia in Rubaru.

This type of research is descriptive with an observational approach. Population of elderly who were absent 43 people and the sample taken were 15 people, with **Simple Random Sampling technique**. The instrument used in this study was a questionnaire with data analysis using Frequency Distribution.

From the results of the study showed that most of the elderly with job who were absent at posyandu were 10 elderly (67%), and more than half of the elderly who were absent from posyandu lansia did not attend school were 9 elderly (60%), and almost half of the elderly those who were not present at the posyandu with lacking knowledge were 6 elderly (40%).

It can be concluded that the elderly who were absent at posyandu lansia activities were caused by several factors, namely education, knowledge about posyandu lansia and the job. Efforts to increase the coverage of posyandu lansia by health education to the elderly from health workers about the important at posyandu for the elderly.

Keywords: Posyandu, Elderly, Absence.

PRELIMINARY

Elderly is a human who has reached maturity in terms of both size and function that has shown a decline with time. (Notoadmodjo, 2007). The elderly often experience problems with health problems and psychological problems. Health problems that often appear are fatigue, muscle aches, sleep disturbances, digestive

disorders etc. As for psychological health problems that often occur in the elderly, among others, are easily offended, easily disappointed, often feeling unhappy and feeling that they are no longer useful.

With the problem of problems that are commonly found in the elderly, this shows that the elderly need special care and attention from health workers. Therefore,

the posyandu for the elderly exists as a place to provide services and care needed by the elderly who are close to the community. In addition, the posyandu for the elderly exists as a place to provide health information needed for the elderly and motivate the elderly to live efficient and independent lives.

From the results of a preliminary study conducted at the posyandu for the elderly in Rubaru village, Rubaru sub-district, Sumenep district, data on visits to elderly posyandu from January to May was obtained, with only 28.7% with a target coverage of the elderly, namely 60%. There were 43 elderly people out of 63 who did not attend the elderly posyandu. This shows that the low visit of the elderly to check health is regularly guided by the elderly, because it is still far from coverage.

RESULTS

1. Frequency Distribution

Work

Table 1. Frequency distribution of respondents based on the work of the elderly in Rubaru Village, Rubaru District, Sumenep Regency in 2015.

No.	Job	Frequency	Percentage
1	Work	10	67 %
2	Not Working	5	33 %
	Amount	15	100

From table 1 above it can be seen that out of 15 respondents in Rubaru Village, Rubaru Sub-District, Sumenep Regency, in

Education

METHOD

This research is included in the type of descriptive observational research. The sampling technique used was simple random sampling with a sample of 15 elderly who were not present to the elderly posyandu in Rubaru Village, Rubaru District, Sumenep Regency in May 2015. The research variables in this study were: Employment, Education, Knowledge.

This research was carried out at posyandu lansia, rubaru village, rubaru sub-district, Sumenep regency and the time of this research was carried out starting in June 2015.

Data was collected using a questionnaire sheet which was then analyzed using the frequency distribution and percentage of each variable.

June 2015 most of them were 10 respondents (67%) who worked

1 **Table 2.** Frequency **distribution of respondents based on** elderly **education** in Rubaru Village, Rubaru District, Sumenep Regency in 2015.

No	Education	Frequency	Percentage
1	No school	9	40
2	SD/MI	6	60
Total		15	100%

Based on Table 2 above it can be seen that out of 15 respondents in Rubaru Village, Rubaru District, Sumenep Regency, in June 2015, more than half of them were 9 respondents (60%) who were not in school.

Knowledge

1 **Table 3** Frequency **distribution of respondents based on** the knowledge **of** the elderly in Rubaru Village, Rubaru District, Sumenep Regency in 2015.

No	Knowledge	Frequency	Percentage
1	Good	5	33
2	Enough	4	27
3	Less	6	40
Total		15	100%

From table 3 above it can be seen that out of 15 respondents in Rubaru Village, Rubaru Sub-District, Sumenep Regency, in June 2015 Almost half of them, namely 6 respondents (40%) have less knowledge.

DISCUSSION

1. Elderly Work That Does Not Present at Elderly Posyandu

Based on the research data in table 5.2, the results showed that out of the 15 elderly who did not attend the elderly posyandu in Rubaru village who worked as many as 10 elderly (67%), and those who did not work were 5 elderly (33%).

According to Notoadmodjo (2007), work is a human activity in order to maintain his life and obtain a decent life. The style and type of activity is different from the ability of the community

concerned. The livelihood systems of a society are increasingly multiplying and experiencing changes from time to time. This difference in livelihoods is due to differences in the nature, talents and abilities and level of local culture. Types of work, namely: Housewives, Farmers, Self Employed, Civil Servants.

According to Harianto (2007) One of the causes of someone not participating either in the posyandu is because of work. Someone who has a job with sufficient time will affect the absence of the posyandu. In general, parents do not have free time, so the

higher the work activity, the more difficult parents come to the posyandu. From the results of the research, it is known that the work of the elderly who did not attend the posyandu for the elderly from 15 elderly, there were 8 people who worked as farmers, 2 people worked as traders, and 5 others who did not work. Of the 10 elderly who work, there cannot be an elderly boarding school because the posyandu time collides with the elderly job. But the results of the study there were 5 elderly people who did not work and were not present at the elderly Kepsyandu, this was due to not from the work factor, perhaps due to other factors, such as according to Notoadmodjo, (2003) there were several factors that influence elderly visit by elderly, namely internal factors. consists of family participation, socio-culture, attitudes, and external factors, namely the role of officers, community participation, the role of cadres.

From the description above that older people who do not actively participate are more elderly who work than older people who do not work, therefore they must increase the socialization of the importance of the elderly posyandu and must be able to manage the time to come to the elderly counselor such as the elderly posyandu is held before the elderly work.

2. Elderly Education Not Present at Elderly Posyandu

Based on the research data in Table 5.3, the results showed that out of the 15 elderly who did not attend the elderly posyandu in Rubaru Village more than half of them were 9 elderly (60%) who were not in school and 6 elderly (40%) who graduated from elementary school.

According to Notoadmodjo, 2010 Education is a process of delivering material or material by the material or material provider to the target in order to achieve behavioral change. Education is a factor that influences a person's behavior. The higher one's education, the more knowledge they have. Conversely, if low education will hamper the development of one's attitude towards the acceptance of information and new values introduced.

This is consistent with the results of the study seen from the factors of elderly education who did not attend the elderly posyandu in Rubaru village, Rubaru sub-district, Sumenep regency, it turned out that out of 15 elderly people who were not present at the elderly posyandu there were none who were highly educated. others don't take school. The low level of elderly education will lead to a lack of knowledge of the elderly in dealing with problems, especially in actively participating in posyandu activities. While the elderly who have a high level of education are generally open to accept changes or new things to

maintain their health. This is what causes the elderly to be absent from senior citizens.

From the description above, the intervention can be done by giving more attention to the elderly who are less educated, so that they can more easily understand the benefits of coming to the school so that better behavior arises in the utilization of posyandu services for the elderly.

3. Knowledge of the Elderly Who Does Not Present at the Elderly Posyandu

Based on the research data in table 5.4, it was found that out of the 15 elderly who did not attend the elderly posyandu in Rubaru village who were well informed, there were 5 elderly people (33%), just 4 elderly people (27%) and less than 6 elderly people (40%).

According to Notoadmodjo, 2011 ¹ Knowledge is the result of knowing from humans who just answer questions. Types - types of knowledge namely Know, Understand, Application, Analysis, Synthesis, and Evaluation. Basically, ¹ knowledge is a domain that is very important for the formation of one's actions. Knowledge based behavior will be better than behavior that is not based on knowledge. One factor that influences a person is knowledge. However, the formation of behavior itself is not solely based on knowledge, but is still influenced

by many very complex factors. This is in accordance with the results of the study seen from the factor of knowledge of the elderly in Rubaru village, Rubaru sub-district, Sumenep regency, it turns out that the knowledge of the elderly is almost half that is 6 respondents (40%) who are lacking. the lack of knowledge possessed by the elderly regarding posyandu for the elderly affects the formation of the behavior of the elderly to come to the elderly counselor. If the behavior is not based on knowledge, it will be difficult to maintain permanence, and vice versa if the behavior is based on knowledge, then the behavior is lasting.

However, from the results of the study, there were 5 elderly people who had good knowledge and were not present with an elderly counselor. This was contrary to the existing theory. After further examination of the employment factors, the 5 elderly who had good knowledge worked as farmers, namely 4 elderly and 1 elderly trader, so even though their knowledge was good, they did not have the time to come to the elderly counselor because of work.

Seeing the above conditions, there is a solution that can be done to improve the posyandu visit for the elderly, by providing counseling on the importance of the posyandu visit for the elderly so that the elderly can understand the activities and benefits of the elderly posyandu visits to the elderly who really understand, understand

and the elderly are willing to come to Keposyandu.

CONCLUSIONS AND SUGGESTIONS

Conclusion

Based on the results of the study it can be concluded several things as follows:

1. Most of the elderly who were not present at the posyandu in Rubaru Village, Rubaru Sub-district were the ones who worked ...
2. More than half of the elderly who were not present at the posyandu in Rubaru Village, Rubaru Subdistrict were those who did not attend school ...
3. Almost half of the elderly who were not present at the posyandu in Rubaru Village, Rubaru Subdistrict were those whose knowledge was lacking

Suggestion

For Practice Land

1. As input for practice land to improve performance in order to improve the quality of posyandu in the village of Rubaru. Improve the quality of services, especially in posyandu activities by providing information and counseling to the community, especially for the elderly.
2. Cadres are always active in improving posyandu activities, so that the elderly are interested and motivated to visit Keposyandu.

For the community

Utilizing the existence of posyandu activities by always visiting the posyandu activities to get additional knowledge and information about the examination of care that must be done for the elderly for themselves

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