

Counseling on Improving the Quality of Life for the Elderly Through the Implementation of Healthy Lifestyles in the Land of Java, Simalungun

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ABSTRACT

This research is a real action Counseling on Improving the Quality of Life of the Elderly Through the Implementation of Healthy Lifestyles in the Land of Java Simalungun. Old age is a time when people will eventually experience it. Many people can enjoy old age, but few experience illness and die without being able to enjoy old age happily. Everyone certainly wants to have a happy old age, but wishes cannot always be realized. In real life, many elderly people become depressed, stressed and suffer from chronic diseases. A study program-based community service activity has been carried out by the Undergraduate Nursing Study Program, Faculty of Public Health, Efarina University. A partner village is Nagari Sumaniak, Simalungun Regency, which is a village fostered by Andalas University. The service activity is entitled Improving the Quality of Life of the Elderly Through the Implementation of Healthy Lifestyles in Tanah Jawa, Simalungun Regency in 2020. The service activity was carried out for two days. The first day's activity was mutual cooperation in creating a medicinal plant garden in the yard of the elderly posyandu by the Undergraduate Nursing Study Program students. The second day's activities included the distribution of tensiometers, the distribution of elderly pocket books, and elderly health education regarding meeting the elderly's nutritional needs and physical activity.

Keywords: Improvement, Quality of Life, Elderly, Healthy Lifestyle

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INTRODUCTION

Advances in science and technology, along with socioeconomic improvements, have improved public health and life expectancy, leading to an increase in the elderly population. This increase in the elderly population will affect various aspects of life. The primary impact of this increase in the elderly population is increased dependency.

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This dependency is caused by physical, psychological, and social declines in the elderly (Zhu et al., 2020).

Old age is the time when people ventually experience hardships. Many people enjoy old age, but a small number experience illness and die without enjoying it. Everyone desires a happy old age, but this desire is not always realized. Many seniors experience depression, stress, and chronic illnesses (Hong, 2021).

Physical fitness is an inseparable part of sports. Physical fitness is a key element in supporting daily activities. People sometimes forget the importance of health, particularly in old age. Currently, people neglect the importance of maintaining health, especially physical health. This multitude of activities makes them forget to maintain and care for their bodies (Labadzhyan & Melmed, 2022). However, there is a lack of knowledge and understanding of the importance of physical fitness and a healthy lifestyle, especially in old age. Many people neglect physical fitness, especially in old age, without realizing that physical awareness greatly supports daily activit. However, people think that exercise is not important in maintaining physical fitness, especially physical fitness (Mulyasari et al., 2023).

In order to be able to face old age and enjoy life and maintain both strength and fitness, the elderly must do regular sports activities, adopt a healthy lifestyle, take breaks from smoking and have health checks (Sumiyati, Anggriyani, & Mukhsin, 2022).

Partner Issues

Tanah Jawa, located in the Tanah Datar Regency, has a significant elderly population. A survey conducted by the community service team, including interviews with the village head, Sumaniak, revealed that the high elderly population in Tanah Jawa is a shared concern for the community and village government. However, several issues related to the health of older adults remain (Ramdani et al., 2024).

First people in Java lack sufficient knowledge about the quality of life of the elderly. As public health improves, life expectancy has increased. This has led to an increase in the elderly population. The elderly require special attention, especially because they are vulnerable to degenerative diseases and a declining quality of life (Iswanto & Widayati, 2021). This decline in quality of life is characterized by the inability of the elderly to perform routine activities such as bathing or dressing, to enjoy activities with family members, and to socialize with others, such as religious or other social activities. In Java, the elderly population is quite large, but many still don't understand what a quality elderly life is like (Admadja, Wibowo, Widjaja, & Setiadi, 2023).

The second issue that requires attention is the physical condition of the elderly people in Nagari Sumaniak. Physical health is inseparable from physical exercise. People sometimes forget the importance of health, especially in the later years. Many elderly people in Java are unaware of the many physical activities that they can perform at home. Physical activity is essential for maintaining muscle and nerve function and preventing stiffness in the elderly population.

The third problem is the lack of infrastructure for elderly community health posts (Posyandu) in Tanah Jawa. The Wali Tanah Jawa (Wali Tanah Jawa) learned that the Posyandu is operating effectively. It holds exercise sessions for the elderly every

Sunday morning. It even has its own building, funded by the village government and self-funded by the village community (Agus Mulyana et al., 2024). However, it appears that the courtyard of Posyandu has not been utilized as a garden for medicinal plants and vegetables that can be consumed by the elderly community when visiting Posyandu. Furthermore, the blood pressure monitors at the Posyandu are no longer suitable for use (Díez-Villanueva, Jiménez-Méndez, & Alfonso, 2021).

Solutions and Output Targets

Solutions Offered

The fundamental contribution of this activity is improving the quality of life of seniors through the adoption of healthy lifestyles, starting with health education, physical activity, and improving infrastructure at the senior community health post (Posyandu).

The community service team offers several solutions related to the health of elderly people in Java. First, there is a need to educate the elderly in Java about the quality of life and ways to live a quality life in old age (Yuniartika & Muhammad, 2019). This activity is conducted through health education for the elderly. Second, the elderly in Java are provided health education on how to perform physical activities at home. The techniques taught included gripping with the fingers, raising hands, and grasping with the toes. The third solution is to improve the infrastructure of the elderly health post (posyandu) by establishing a medicinal plant garden and providing high-quality blood pressure monitors (Chakrawarty et al., 2021).

To implement this activity, the community service team requires Wali Tanah Jawa (Javanese Guardian) as a community service partner. The partner's expected contribution is to act as an intermediary between the implementation team and the community, particularly the elderly, in Nagari Sumaniak (Juliansyah, Sugiyanto, & Hita, 2021). Through close partnerships with the community, the implementation team can gather the community, especially the elderly, communicate the activity's objectives, implementation agenda, and location, and provide input to improve the activity according to the local characteristics and needs (Purwanto & Wahyudi, 2022).

Targets and Outputs

The target output of this activity is the implementation of a program to improve the quality of life of the elderly through the implementation of healthy lifestyles, starting with counseling and revitalizing integrated health posts (Posyandu) in Tanah Jawa, Simalungun Regency (Yuniartika, Sudaryanto, & Kumalasari, 2021). The output of this community service activity is a presentation at a national seminar (Alharbi et al., 2022).

METHOD

The first stage

The first stage involved planning the activities to be undertaken. The planning process includes identifying needs, identifying existing potentials and weaknesses, determining solutions and activities to be undertaken, and organizing the activities (Sumendap, Rompas, & Simak, 2020);(AbuRuz, 2022).

The first phase began with a field survey in Tanah Jawa. The field survey was conducted by a community service team on April 4, 2020. The team held discussions with the Tanah Jawa Sub-district Head, who also served as the Secretary of the Tanah Jawa Posdaya (Education and Community Empowerment Post) (Aeni, Yosep, Sriati, & K, 2023);(Aggelopoulou et al., 2017).

Second Stage

The second phase involved implementing community service activities, including solutions approved by the village heads in Tanah Jawa and Simalungun Regency. The activities spanned two days. The first day featured a collaborative effort by students from the Public Health Undergraduate Program, and the second day featured education for the elderly and the distribution of blood pressure monitors by lecturers from the Nursing Undergraduate Program (Güeita-Rodríguez et al., 2021);(Firdaus & Azizah, 2021).

RESULTS AND DISCUSSION

Activity Planning

Activity planning began with a field survey conducted by a community service team on April 10, 2020. The community service team held discussions with the Acting Head of the Tanah Jawa District.

In this discussion, the community service team identified issues related to elderly health facing Tanah Jawa. The issues identified included low public knowledge about the quality of life for the elderly, limited health promotion activities for the elderly, and a lack of infrastructure at the elderly health post (posyandu) (Malik, Parveen Kiyani, Rana, Hussain, & Bin Aslam Zahid, 2021).

The community service team proposed several solutions to address these issues. These included educating the elderly in Tanah Jawa about quality of life and ways to achieve a quality life in their later years, providing physical activities for the elderly at home, and improving the infrastructure of the integrated health post (Posyandu) for the elderly by establishing a medicinal plant garden and providing high-quality blood pressure monitors (Setiawan, 2023);(Nesbitt et al., 2024). These solutions were approved by community service partners and were implemented on April 12, 2020.

Implementation of Activities

The second phase involved implementing community service activities in the form of solutions approved by the village head in Sumaniak Village, Simalungun Regency. The activity began on April 12, 2020, with a collaborative effort to clean the courtyard of the Posdaya (Integrated Service Post), which also serves as the Elderly Posyandu (Integrated Service Post) for Sumaniak Village. The collaborative efforts were carried out by undergraduate nursing students. The result of this activity was the utilization of the Posyandu (Integrated Service Post) courtyard for the elderly as a medicinal plant garden, which can later be utilized by the Tanah Jawa community (Hayeah, Saifan, AbuRuz, & Aljabery, 2017).



Figure 1. Implementation of Activities

CONCLUSION

A study program-based community service activity was conducted by the Undergraduate Nursing Study Program, Faculty of Public Health, Efarina University. The partner village is Sumaniak Village, Simalungun Regency, a fostered village at Andalas University. The community service activity was entitled "Improving the Quality of Life of the Elderly Through the Implementation of Healthy Lifestyles in Tanah Jawa, Simalungun Regency in 2020."

Community service activities were conducted over two days. The first day involved a collaborative effort by undergraduate nursing students to create a medicinal plant garden in the courtyard of the elderly health post (Posyandu). The second day included the distribution of blood pressure monitors, pocket books for the elderly, and health education on meeting nutritional needs and physical activity.

Suggestion

The community service team recommends that the elderly in Java put into practice the knowledge they have gained regarding meeting their nutritional needs and physical activities that can be performed at home. Furthermore, the distributed elderly health pocketbooks can be used by community and elderly health posts (Posyandu) cadres to routinely record elderly health indicators and detect the risk of degenerative diseases early.

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