

Original Article

***Activeness of Visits to Integrated Healthcare Post and the Quality of Life among the Elderly in Peguyangan Kangin Village, North Denpasar, Bali***

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**ABSTRACT**

The number of people aged over 60 years exceeds seven percent of the total world population which is currently in the era of aging population. Elderly Integrated Healthcare Post (Posyandu) provide social, religion, education, skills, sports, arts and culture services and other services with the aim of improving the quality of life of the elderly. This study aims to determine the relationship between activeness of visits to Posyandu and the quality of life among the elderly. This was a cross-sectional study conducted in Peguyangan Kangin Village, North Denpasar, Bali from April 2022-May 2022. The independent variable was the activeness of visits and the dependent variable was the quality of life of the elderly. The samples involved 158 respondents who were selected using a purposive sampling technique. Demographic data and questions related to quality of life were obtained by distributing questionnaires containing informed consent during the elderly Posyandu activities. Meanwhile, data on the activeness of the elderly for the last six months was taken from attendance data recorded by cadres in 10 banjars/hamlets. Bivariate analysis towards data with ordinal and nominal scales using the Spearman rho test obtained a p value of 0.873. Thus, statistically there was no relationship between the activeness of visits to Posyandu and the quality of life among the elderly in Peguyangan Timur Village, Denpasar. Healthcare workers and elderly Posyandu cadres are recommended to focus not only on the presence of the elderly at the Posyandu, but also try to implement the elderly Posyandu program properly.

**Keywords :** *Activeness, Quality of Life, Integrated Healthcare Post (Posyandu), Elderly.*

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**INTRODUCTION**

Indonesia is starting to enter an era of aging population, where it is estimated that there will be an increase in the number of elderly people to 15.77% (48.2 million people) in 2035. One of the reasons for this increase in the number of elderly people is an increase in life expectancy. Elderly who are independent, active, healthy, productive and qualified and have a lot of experience can provide useful contributions to the Indonesian state. An increase in the number of elderly will be a challenge due to suboptimal quality of life of the elderly<sup>1</sup>. Based on a study conducted by

Malairu (2020), it was found that 70% of 20 respondents had a moderate quality of life. Furthermore, a study conducted by Indrayani (2017) also found that 46.7% of 242 samples had a poor quality of life<sup>2,3</sup>.

World Health Organization-Quality of Life (WHOQOL) (2015) explains that quality of life is an individual's perception in the context of culture and related value systems in society in achieving goals, expectations, standards and concerns for their lives. Physical health, social relationships, individual relationships, personal beliefs and psychological states are involved in a complex concept that underlies the quality of life of the

elderly<sup>4</sup>. According to Nakane (1999), psychiatric psychological disorders often appear along with the aging process which results in a decrease in the quality of life among the elderly<sup>5</sup>. Depression is a psychiatric disorder that appears in the elderly as a result of natural processes. According to a study conducted by Puspawati (2017), 57.4% of the elderly experienced depression and a study conducted by Livana (2018) further showed that 41.6% and 11.5% of the elderly had mild and severe depression, respectively<sup>6,7</sup>.

According to the Central Bureau of Statistics (2020), the Elderly Integrated Healthcare Post or so called The Elderly Posyandu is a strengthening program of community-based health efforts to facilitate the elderly. Such services focus on promotive and preventive efforts carried out by the community together with non-governmental organizations, the private sector, government and social organizations. Posyandu for the elderly provides social, religious, educational, skills, sports, arts and culture services, and other services with the aim of improving the quality of life. Such goal can be achieved by improving the health and welfare needed by the elderly, as well as helping encourage the elderly to be active and develop self-potentials. Education and health are important aspects that have an impact on the quality of life of the elderly<sup>8</sup>.

Several studies regarding the correlation between visits to posyandu and the quality of life among the elderly showed inconsistent findings. A study conducted by Arbiah (2016) in Pontianak found that there was no significant relationship between visits to Posyandu and the quality of life among the elderly. In contrast, a study conducted by Hidayah et al (2021) revealed a correlation between activeness of visits and the quality of life. Another study was also carried out by Malairu in 2020 which only involved the elderly in nursing homes. The current study involved the elderly in one village who had various characteristics<sup>9,10,2</sup>.

There is the Elderly Family Development (BKL) involved in the Posyandu program which includes counseling, home visits, recording, reporting and referral activities in order to create better quality of life among the elderly. The elderly are not a threat if they are productive in terms of education and health that are developed which further aims to make the tough elderly

program<sup>8</sup>. Based on the results of a preliminary study conducted in November 2021 in Peguyangan Kangin Village, there were 260 elderly and as many as 195 elderly were active in elderly posyandu activities. This study aims to determine the relationship between activeness of visits to Posyandu and the quality of life among the elderly.

## **METHOD**

This was a quantitative study with a correlational design and a cross-sectional approach conducted in Peguyangan Kangin Village, Denpasar, Bali from April to May 2022. The study variables consisted of the independent variable, namely the activeness of visits to posyandu and the dependent variable, namely the quality of life. The questionnaire applied to assess the quality of life was the standard WHOQOL-BREF questionnaire (World Health Organization, 2015)<sup>4</sup>. The questionnaire consisted of 26 questions regarding the characteristics and the quality of life of the elderly. The quality of life was focused on how often an activity/phenomenon was experienced by the elderly during the last four weeks. Elderly visit was considered to be active if a respondent visited  $\geq 75\%$  of 11 Posyandu activities and was considered to be not active if respondent visited less than 75% of 11 Posyandu activities. Data on attendance for one year was obtained from posyandu cadres from each banjar in Peguyangan Kangin Village.

The sample size was 158 respondents who were selected using a non-probability sampling, namely purposive sampling technique. Data collection was carried out every Sunday according to the Posyandu schedule in each banjar. The researchers together with five enumerators further selected the study samples based on certain inclusion criteria, namely the elderly registered at the Posyandu for more than one year and those who agreed to be respondents. The elderly who were sick and being treated at the hospital were not involved. Samples were taken by distributing

questionnaires to elderly Posyandu activities which had inserted an informed consent form provided by the ITEKES Bali research ethics commission. This study has obtained permission for its implementation as well as a statement of ethical clearance No: 04.0042/KE-

PITEKES-BALI/II/2022. Univariate analysis showed the percentage of each variable. In addition, bivariate analysis towards data with ordinal and nominal scales used the Spearman rho test to determine the relationship between the two variables.

**Table 1. Distribution of Respondents' Characteristics (n=158).**

Characteristic	Frequency	%
Age		
60-74 years	135	85.4
75-90 years	23	14.6
Education		
No Formal Education	45	28.5
Elementary	62	39.2
JHS	23	14.6
SHS	11	07.0
Higher Education	17	10.8
Employment Status		
Employed	66	41.8
Unemployed	92	58.2
Gender		
Male	52	32.9
Female	106	67.1
Distance to the Posyandu		
Close	140	88.6
Far	18	11.4

Table 1 revealed that most of respondents were in the age range of 60-74 years. Furthermore, 62 respondents (39.2%) had an Elementary education, 92 respondents

(58.2%) were unemployed, 106 respondents (67.1%) were female, and 140 respondents (88.6%) had a long distance to the Posyandu.

**Table 2. Activeness of Visits to Integrated Healthcare Post among the Elderly in Peguyangan Kangin Village, North Denpasar, Bali (n=158).**

Variable	Frequency	%
Activeness		
Active	122	77.2
Not Active	36	22.8
Quality of Life		
Good	94	59.5
Moderate	64	40.5
Poor	0	0

Table 2 revealed found that most of the elderly were active to visit Posyandu, as many as 122 respondents (77.2%) and had a good

quality of life, as many as 94 respondents (59.5%).

**Table 3. Results of Statistical Test on the Correlation between Activeness of Visits to Integrated Healthcare Post and the Quality of Life among the Elderly in Peguyangan Kangin Village, North Denpasar, Bali (n=158).**

		Quality of Life				Total		p-value
		Good		Moderate		f	%	
		f	%	f	%			
Activeness	Active	73	59.8	49	40.2	122	100	0.873
	Not Active	21	58.3	15	41.7	36	100	
<b>Total</b>		94	59.5	64	40.5	158	100	

Table 3 revealed that among 94 respondents (58.3%) who had a good Quality of Life were not active to visit Posyandu. Based on the spearman rho test result, it was found that there was no relationship between the activeness of visits to Posyandu and the quality of life among the elderly in Peguyangan Kangin Village, North Denpasar with a p value of 0.873.

## DISCUSSION

Activeness of Visits to Integrated Healthcare Post among the Elderly in Peguyangan Kangin Village, North Denpasar, Bali. This study found that most of the elderly actively participated in the Elderly Posyandu activities. Compliance is individual behavior towards a recommendation, action or regulation regarding treatment that has been suggested or prescribed by healthcare workers<sup>11</sup>.

The study finding is in line with a study conducted by Hidayah et al (2021) at the Gatak Community Health Center which showed that most of elderly people actively visited the elderly posyandu, as many as 50 out of 80 elderly (62.5%)<sup>10</sup>. However, the study finding is in contrast with a study conducted by Arbiah (2016) which showed that most of the elderly or 74.40% did not actively visit the elderly Posyandu due to the level of education. Education can create the best decision-making attitude<sup>(9)</sup>. In the current study conducted at Peguyangan Kangin, North Denpasar, most of respondents had elementary school level of education but were active in elderly Posyadu activities. Such phenomenon was possibly caused by the distribution of snacks in the form of mung bean porridge and eggs in every elderly Posyandu activity, so that it attracted the interest of the elderly to come.

Quality of Life of the Elderly in Peguyangan Kangin Village, North Denpasar, Bali. The results of this study found that most

of the elderly in Peguyangan Kangin had a good quality of life. Quality of life refers to an individual's perception of his life in society in the context of culture and existing value systems related to goals, expectations, standards and concerns consisting of four dominant factors namely physical, social relations, psychology and environmental factors<sup>4</sup>.

The study finding is in line with a study conducted by Hidayah et al (2021), Rekawati (2022), Putri (2019) and Samper (2017) which found that most of the elderly had a good quality of life<sup>10,12,13,14</sup>. Samper (2017) further stated that this was probably because the elderly could still enjoy old age meaningfully, with a good quality, usefulness, could carry out activities according to their abilities along with a happy feeling<sup>14</sup>. However, the study finding is in contrast with the study conducted by Rohmah (2012) which found that most of the elderly had a moderate quality of life<sup>11</sup>. Rohmah further argued that this could be due to the factors that affected the quality of life according to WHOQOL have not led to an optimal state of well-being<sup>15</sup>.

The researchers argue that the quality of life of the elderly can be different one another because each individual assesses each part of his life differently. When the elderly are able to maintain physical, psychological, social functions and obtain support from the surrounding environment, a good quality of life will be achieved.

Correlation between Activeness of Visits to Integrated Healthcare Post and the Quality of Life among the Elderly in Peguyangan Kangin Village, North Denpasar, Bali. The result of this study found that statistically, there was no relationship between the activeness of visits to the Elderly Posyandu and the quality of life among the elderly in Peguyangan Kangin Village, North Denpasar. Such finding is in line with a study conducted

by Arbiah (2016) in Pontianak which found that there was no significant relationship between visits to the elderly Posyandu and quality of life. Arbiah (2016) explained that Posyandu arranged gymnastic activity for the elderly once a month to maintain the fitness of the elderly, but there were some elderly who said that one of the obstacles was physical pain which affected their quality of life<sup>9</sup>. The achievement of economic and social needs as well as the development of the elderly in their lives tends to affect the quality of life, and places more emphasis on perceptions related to satisfaction with their position and condition<sup>16</sup>. The study finding is in contrast with a study conducted by Hidayah et al (2021) which revealed that the activeness of visits was related to quality of life. There was a tendency of improvement in the quality of life along with the increase in the activeness of visits, the more active the level of activeness of visits, the higher the quality of life of the elderly<sup>10</sup>.

Based on the results of this study, most of the elderly who actively attended in the posyandu activities had a good quality of life, although they did not participate optimally in the elderly posyandu activities. Quality of life is not only influenced by active participation in posyandu (social and environmental relations) but also influenced by physical, economic and psychological factors. Some elderly could not participate in posyandu activities because they were sick and unable to walk, and such condition affected the quality of life. Balinese people, especially in Peguyangan Kangin Village, North Denpasar, still adhere to the extended family. There can be three generations in one family, including the elderly. Some elderly people only came record their names and took the snacks provided and then went home without participating in posyandu activities, sometimes with the excuse of selling or caring for grandchildren. Such finding is in line with the opinion stated by Sarabia (2021) that raising children will require time, money, physical and lead to mental burden, but parenting also has positive aspects to one's satisfaction which can affect quality of life<sup>17</sup>.

Based on the results of the quality of life questionnaire, most of the respondents answered very well to the question "how good are your social skills?". Elderly who came to posyandu could meet their peers so that they could interact and support each other. Social

support among the elderly, one of which is by being active in posyandu activities can affect the quality of life of the elderly. According to Marques (2014), quality life means feeling happy, feeling peace, being able to interact with neighbors, having a healthy body, doing hobbies and having satisfaction in life<sup>18</sup>.

Different finding was obtained from the question "how satisfied are you with your sleep?". Most of the answers were unsatisfied. Lack of sleep can reduce physical activity in the elderly. The elderly have the least need for rest and sleep among the existing aggregates, but if it is not met, the quality of life may decrease.

If associated with one of the characteristics, namely gender, the majority of respondents in this study were female. Campos (2014) states that women who have good physical health and psychosocial health may have a good quality of life. However, it is different from men, wherein the quality of life will be good if it is supported by high socio-economic and good physical conditions<sup>19</sup>. According to Tavares (2013), the quality of life of the elderly may decrease due to lack of interaction with other people, decreased body function, education, illness and low income<sup>20</sup>.

## CONCLUSION

Statistically, there was no relationship between the quality of life of the elderly and the activeness of participating in posyandu in Peguyangan Kangin Village, North Denpasar. advice to health workers and elderly posyandu cadres, focus not only on the presence of the elderly during posyandu activities, but also try to implement the elderly posyandu program properly.

## CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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