

Original Article**Health Education Concerning Posyandu Elderly To Motivation And Family Attitude To Accompany Elderly**I Made Suwena¹¹ Nursing Faculty of Nursing IIK STRADA Indonesia

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ABSTRACT

Background: The increase in life expectancy has led to an increase in the number of elderly people in Indonesia. Welfare services for the elderly in general can be said to be still new. This is because the priority given to the elderly population has only recently begun to be considered. Objective To find out the effect of Health Education on Posyandu Elderly Against Motivation and Family Attitudes to Accompany Elderly to Posbindu, Sinorang Health Center, Batui Selatan Subdistrict, Banggai Regency, Central Sulawesi.

The design used in this study is true experiment. The population is all families with the elderly. The sample size was 40 respondents using Simple Random Sampling technique. The independent variable of research is health education. The dependent variable is Motivation and Attitude. Data were collected using a questionnaire, then data were analyzed using the Wilcoxon and Man Whitney tests with a significance level of $\alpha \leq 0.05$.

The results showed that most of the respondents before the intervention had sufficient motivation as much as 10 respondents (50%), after the intervention had as much motivation as 9 respondents (45%), respondents before the intervention had sufficient attitudes as many as 11 respondents (55%), after the intervention has attitudes of 10 respondents (50%), Wilcoxon statistical test there is an influence of the Posyandu Elderly Health Education Against Motivation to Accompany the Elderly, there is an influence of the Posyandu Elderly Health Education Against the attitude to Accompany the Elderly, Mann-whitney statistical test there are differences in the intervention group with the group Control Against Motivation to Accompany Elderly, there is a difference in the intervention group with the control group Towards Attitude to Accompany Elderly.

There is an influence of Health Education on Posyandu Elderly Against Motivation and Attitudes of Families to Accompany Elderly to Posbindu, Sinorang Health Center, South Batui District, Banggai Regency, Central Sulawesi.

Corresponding Author Contact:

I Made Suwena

Students of Midwifery D-IV Study

Program Surya Mitra Husada

Indonesia Health Sciences Institute

Email: imadesuwena@gmail.com

Introduction

Health development in Indonesia has been quite successful, because in terms of life expectancy has increased. The increase in life expectancy has led to an increase in the number of elderly people in Indonesia. This means that the risk groups in the community become higher, so it is necessary to improve welfare services for the elderly. Welfare services for elderly citizens in general can be said is still a new thing. This is because the priority given to the elderly population has just begun to be considered. Compared to developed countries, such as America and Australia, Indonesia has not provided much welfare for the elderly. Elderly is part of the process of growth and development. Humans do not suddenly grow old, but develop from infants, children, adults and eventually grow old (Azizag, 2011). According to law number 13 of 1998 concerning elderly welfare, an elderly person is someone who reaches the age of 60 years and over.

According to WHO, in the Southeast Asian region the Elderly population is 8% or around 142 million people. In 2050 it is estimated that the elderly population will increase 3 times this year. In 2000 the number of elderly was around 5,300,000 (7.4%) of the total population, while in 2010 the number of elderly was 24,000,000 (9.77%) of the total population, and by 2020 it was estimated that the number of elderly people reached 28,800,000 (11.34%) of the total population. While in Indonesia alone in 2020 the estimated number of elderly is around 80,000,000 (WHO, 2013). In Indonesia based on population projection data, it is estimated that in 2017 there were 23.66 million elderly people in Indonesia (9.03%). The number of elderly population in 2018 is around 2.6% of the total population of Indonesia (Risksdas, 2018). Based on survey data from the beginning of January 2019, the number of elderly people in the Sinorang Community Health Center was 247 elderly, there were 10 Posbindu, with an average visit of 45 elderly in each Posbindu. Based on the results of interviews with 10 elderly people, it was found that 8 elderly did not understand the problem of the elderly. and

2 others did not take to Posbindu, because of the rush of working families, even the elderly said they did not go to Posbindu because they forgot.

Elderly Posyandu is also a communication forum in the form of community participation and social organization in its implementation, in an effort to improve health optimally (Sulistyorini, 2010). There are various kinds of services that must be passed when the elderly come to Posyandu Lansia (Sulistyorini, 2010). The phenomenon on the ground shows a different fact, Posyandu Elderly was only busy at the beginning of the establishment. The elderly do not all want to take part in a program organized by the government. Factors that influence behavior according to Lawrence Green's theory as quoted in Notoatmodjo (2010), (Notoadmodjo, 2010). which is included in the behavioral factors among which are the factors that influence the motivation of the elderly towards a visit to Posbindu. Family behavior to accompany the elderly is very necessary to support the health of the elderly. Supporting factors that cover health facilities are the distance of the Posyandu from the elderly (Sulistyorini, 2010). the distance factor and the cost of health services from home affect the behavior of the use and utilization of health services (Rahmalia, 2014). So we need family assistance to overcome this. If the family's motivation decreases, the elderly will no longer visit Posbindu to check their health.

The solution to the problem, especially in terms of health and well-being of the elderly, needs to get serious attention from all sectors to improve the health and quality of the elderly. One form of attention to the elderly is the implementation of health services in the elderly through the Posyandu Elderly group (Kemenkes, 2012). Elderly Posyandu is an integrated service post for the elderly that has been agreed upon, which is driven by the community. In the Elderly Posyandu, the community receives health services. Based on the background on the previous page, the researcher intends to conduct a study entitled "Health Education About Posyandu Elderly

Against Motivation and Attitude of Families to Accompany Elderly to Posbindu, Sinorang Health Center, Batu Selatan Subdistrict, South Batui, Banggai Regency, Central Sulawesi"

Method

The design used in this study is true experiment. The population is all families with the elderly. The sample size was 40 respondents using Simple Random Sampling technique. The independent variable of research is health education. The dependent variable is Motivation and Attitude. Data were collected using a questionnaire, then data were analyzed using the Wilcoxon and Man Whitney tests with a significance level of $\alpha \leq 0.05$.

Results

Table 1. Frequency Distribution of Respondents based on the motivation of the intervention group in Posbindu Puskesmas Sinorang, Batui Selatan District, Banggai Regency, Central Sulawesi on 18 June-12 September 2019 (n = 40)

No	Motivation	Before		After	
		Frequency	Percentage	Frequency	Percentage
1	Less	8	40,0	3	15,0
2	Enough	10	50,0	8	40,0
3	Good	2	10,0	9	45,0
Total		20	100	20	100

The results showed that most of the respondents before the intervention had enough motivation as many as 10 respondents (50%). The results showed that most of the respondents after the intervention had the motivation of 9 respondents (45%).

Table 2. Distribution of Respondent Frequencies based on motivation of the control group in Posbindu Puskesmas Sinorang, Batui Selatan District, Banggai Regency, Central Sulawesi on 18 June-12 September 2019 (n = 40)

No	Motiv	Before	After
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No	Attitude	Frequency	Percentage	Frequency	Percentage
1	Less	7	35,0	7	35,0
2	Enough	11	55,0	11	55,0
3	Good	2	10,0	2	10,0
Total		20	100	20	100

The results showed that most of the respondents before in the control group had sufficient motivation as many as 11 respondents (55%). The results showed that the majority of respondents after the control group had motivation of 11 respondents (55%).

Table 3. Distribution of Frequency of Respondents based on the attitude of the intervention group in Posbindu Puskesmas Sinorang, Batui Selatan District, Banggai Regency, Central Sulawesi on 18 June-12 September 2019 (n = 40)

No	Attitude	Before		After	
		Frequency	Percentage	Frequency	Percentage
1	Less	7	35,0	5	25,0
2	Enough	11	55,0	10	50,0
3	Good	2	10,0	5	25,0
Total		20	100	20	100

The results showed that most of the respondents before the intervention had sufficient attitudes as many as 11 respondents (55%). The results showed that most of the respondents after the intervention had the attitude of 10 respondents (50%).

Table 4. Distribution of Frequency of Respondents based on the attitude of the control group in Posbindu Puskesmas Sinorang, Batui Selatan District, Banggai Regency, Central Sulawesi on 18 June-12 September 2019 (n = 40)

No	Attitude	Before		After	
		Frequency	Percentage	Frequency	Percentage
1	Less	7	35,0	3	15,0
2	Enough	9	45,0	12	60,0
3	Good	2	20,0	5	25,0
Total		20	100	20	100

The results showed that most of the respondents before the control group had sufficient attitudes as many as 9



respondents (45%). The results showed that the majority of respondents after the control group had motivation of 12 respondents (60%)

Table 5. Test Statistics

Test Statistics ^b		
	Motivasi_Post_KE- Motivasi_Pre_KE	Sikap_Post_KE- Sikap_Pre_KE
Z	-2,972	-2,714 ^a
Asymp. Sig. (2-tailed)	,003	,007

- a. Based on positive ranks
- b. Wilcoxon Signed Ranks Test

Test Statistics ^b		
	Motivasi	Sikap
Mann-Whitney U	118,00	140,500
Wilcoxon W	328,500	350,500
Z	-2,382	-1,752
/Asymp. Sig. (2-tailed)	,017	,030
Exact Sig. [2*(1-tailed Sig.)]	,026	,108 ^a

- a. Not corrected for ties
- b. Grouping Variable: Group

Statistical test on motivation variables using Wilcoxon test with a <0.05 obtained p = 0.003 where H1 was accepted and H0 was rejected which means that there is an influence of Health Education About Elderly Posyandu Against Motivation to Accompany Elderly to Posbindu Sinorang Puskesmas Sinorang Selatan Batu Banggai Regency Sulawesi The middle

Statistical test on the attitude variable using Wilcoxon test with a <0.05 obtained p = 0.007 where H1 was accepted and H0 was rejected, which means that there is an influence of Health Education About Posyandu Elderly Against the attitude to Accompany Elderly to Posbindu, Sinorang, South Batui District, Banggai Regency, Sulawesi The middle

Statistical test on the motivation variable used the mann-whitney test with a <0.05 obtained p = 0.017

where H1 was accepted and H0 was rejected, which means that there were differences in the intervention group with the control group. Banggai Regency, Central Sulawesi Statistical test on the attitude variable using the mann-whitney test with a <0.05 obtained p = 0.030 where H1 was accepted and H0 was rejected, which means that there is a difference in the intervention group with the control group towards Attitude to Accompany Elderly to Posbindu Puskesmas Sinorang, Batui Selatan District Banggai Regency, Central Sulawesi

Discussion

Statistical test on motivation variables using Wilcoxon test with a <0.05 obtained p = 0.003 where H1 was accepted and H0 was rejected which means that there is an influence of Health Education About Elderly Posyandu Against Motivation to Accompany Elderly to Posbindu Sinorang Puskesmas Sinorang Selatan Batu Banggai Regency Sulawesi The middle

Health education or counseling in a general sense is social science that studies the systems and processes of change in individuals and society so that changes can be realized better as expected. Counseling can be seen as a form of education for adults. Counseling is the involvement of a person to communicate information consciously with the aim of helping others give opinions so they can make the right decision (Adrianto, 2009). Counseling is a process of behavior change among the community so that they know, are willing and able to make changes in order to achieve an increase in production, income or profits and improvement of welfare (Subejo, 2008). Health education is a combination of various activities and opportunities based on the principles of learning to achieve a situation, where individuals, families, groups or communities as a whole want to live healthy, know how to do it and do what can be done (Ahira, 2008).



Based on the results of the study that there is an influence of Health Education About Posyandu Elderly Against Motivation to Accompany Elderly to Posbindu Sinorang Puskesmas, Batui Selatan Subdistrict, Banggai Regency, Central Sulawesi. Respondents have factors that influence the success of counseling including Level of Education, Education can affect the way a person views the new information he receives. Then it can be said that the higher the level of education, the easier a person accepts the information he gets. Respondents with different socioeconomic levels, the higher the socioeconomic level of a person, the easier it is to receive new information. Customs, Our society still highly values and regards customs as something that cannot be ignored.

Statistical test on the attitude variable using Wilcoxon test with a <0.05 obtained $p = 0.007$ where H_1 was accepted and H_0 was rejected, which means that there is an influence of Health Education About Posyandu Elderly Against the attitude to Accompany Elderly to Posbindu, Sinorang, South Batui District, Banggai Regency, Sulawesi The middle

Attitude is an important concept in the socio-psychological component because it is an assessment of an object, a person's tendency to act and perceive (Notoadmodjo, 2010). Attitude is a readiness to act or is said to predispose to behavior. Attitudes are also one's closed responses to certain stimuli or objects that involve opinions and emotions (Notoadmodjo, 2010). Attitudes are views or feelings accompanied by a tendency to act in accordance with the object earlier. Attitude is the mental and nervous state of readiness arranged through experience that gives a dynamic or directed influence on individual responses to all objects and situations related to them. intellectual aspects which are owned by humans. The component is in the form of processed one's thinking on external conditions that produce knowledge.

Based on the results of research that there is an influence of Health Education About Posyandu Elderly Towards Attitudes To Accompany Elderly to Posbindu, Sinorang Health Center, Batui Subdistrict, South Banggai Regency, Central Sulawesi. The results showed

that elderly respondents need to check their health by one of them coming to Posbindu, Reponden revealed Posbindu is important in elderly health services, elderly respondents need to routinely check health to Posbindu, Elderly respondents can reduce their complaints by getting treatment and health education in Posbindu.

Statistical test on the motivation variable used the mann-whitney test with a <0.05 obtained $p = 0.017$ where H_1 was accepted and H_0 was rejected which means that there was a difference in the intervention group with the control group on Motivation to Accompany Elderly to Posbindu at Sinorang Public Health Center in Batui Selatan District Banggai Regency, Central Sulawesi. Statistical test on the motivation variable used the mann-whitney test with a <0.05 obtained $p = 0.030$ where H_1 was accepted and H_0 was rejected, which means that there was a difference in the intervention group with the control group Towards Attitudes to Accompany Elderly to Posbindu Puskesmas Sinorang, Batui Selatan District Banggai Regency, Central Sulawesi

Based on its intensity, Notoadmodjo (2010) explains the level of attitude consists of Receiving, which means that the person is willing to accept the stimulus provided. Receiving means that people (subjects) want and pay attention to the stimulus provided (the object). Respond (Responding), Can be interpreted to provide answers or responses to questions or objects encountered. Giving an answer when asked, doing and completing a given task is an indication of attitude because with an effort to answer a question or do a given task. Leaving the job right or wrong means that people accept the idea. Respect (Valuing), Can be interpreted someone gives a positive assessment of an object, trying to discuss and invite others to get involved. Inviting others to work on or discuss with others about a problem is an indication of a third level attitude, for example a person inviting another mother to a neighbor, sibling, etc.) to weigh her child at the posyandu or discuss nutrition is evidence that the mother has an attitude the highest. For example, a mother wants to become a family planning

acceptor, even though she faces challenges from her parents-in-law or her parents.

Based on the results of the study there were differences in the intervention group with the control group on Motivation to Accompany Elderly to Posbindu, Sinorang Public Health Center, Batui Subdistrict, South Banggai Regency, Central Sulawesi. Respondents agreed The atmosphere at the elderly posyandu was very pleasant so if there was an elderly posyandu I would come, the respondent revealed that health workers were not necessarily friendly and smart, so if I opened the elderly posyandu I felt it was not necessary to come. When the elderly posyandu could meet old friends, then I would be present if I open an elderly Posyandu, because it is raining, I will not come to an elderly Posyandu.

Conclusion

1. The results showed that most of the respondents before the intervention had sufficient motivation as many as 10 respondents (50%). The results showed that most of the respondents after the intervention had the motivation of 9 respondents (45%).
2. The results showed that most of the respondents before the intervention had sufficient attitudes as many as 11 respondents (55%). The results showed that most of the respondents after the intervention had the attitude of 10 respondents (50%).
3. Statistical test on motivation variables using Wilcoxon test with a <0.05 obtained $p = 0.003$ where H1 was accepted and H0 was rejected which means that there is an influence of Health Education About Elderly Posyandu Against Motivation to Accompany Elderly to Posbindu Sinorang Puskesmas Sinorang Selatan Batu Banggai Regency Sulawesi The middle
4. Statistical test on the attitude variable using Wilcoxon test with a <0.05 obtained $p = 0.007$ where H1 was accepted and H0 was rejected, which means that there is an influence of Health Education About Posyandu Elderly Against the attitude to Accompany Elderly to Posbindu, Sinorang,

South Batui District, Banggai Regency, Sulawesi The middle

5. Statistical test on the motivation variable used the mann-whitney test with a <0.05 obtained $p = 0.017$ where H1 was accepted and H0 was rejected which means that there was a difference in the intervention group with the control group on Motivation to Accompany Elderly to Posbindu at Sinorang Public Health Center in Batui Selatan District Banggai Regency, Central Sulawesi. Statistical test on the attitude variable using the mann-whitney test with a <0.05 obtained $p = 0.030$ where H1 was accepted and H0 was rejected, which means that there is a difference in the intervention group with the control group towards Attitude to Accompany Elderly to Posbindu Puskesmas Sinorang, Batui Selatan District Banggai Regency, Central Sulawesi

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