

Study of the Level of Knowledge of Elderly Posyandu Cadres “Bougenvile” On Degenerative Diseases in the Iroyudan Bantul Community



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ABSTRACT: The definition of degenerative disease is generally said that this disease is a process of decline in the function of organs that generally occurs in old age. Degenerative disease is one of the diseases often suffered by the elderly. Usually included in the elderly category between 45 years and 70 years. The elderly are more susceptible to degenerative diseases such as diabetes, hypertension, and end up with complications. It tends to be more likely that the elderly are affected by degenerative diseases because they don't really know how to handle them and cure them.

This study aims to determine the level of knowledge of cadres and members of the elderly posyandu “bougenvile”. This posyandu consists of posyandu cadres and posyandu members who have an age range between 45 years and 70 years and above.

There are 144 members of the elderly posyandu “bougenvile”. This study uses a purpose sampling technique by taking several samples to be studied. This research is descriptive type by distributing pretest and post test questionnaires. From the results of this study explain that knowledge has increased significantly to the level of knowledge of elderly cadres and elderly posyandu “bougenvile” experiencing changes in knowledge improvement from the pretest “less” from 30% to 20%, the category “Enough” from 23% to 27%, the category “Good” from 37% to 40%, and the category “Excellent” from 7% to 10%. With this, the average increase in knowledge increased by 3% in each category. Hence it can be concluded that the delivery of degenerative disease material can increase the level of knowledge of elderly cadres and elderly posyandu “bougenvile” in iroyudan, Bantul, Yogyakarta.

KEYWORDS: Degenerative diseases, Elderly, Posyandu Bougenvile

I. INTRODUCTION

Degenerative diseases are non-communicable diseases. This disease is caused by a natural decline in the function of cells and organs due to the aging process (Dewi et al., 2021). In addition, degenerative diseases are also caused by lifestyles such as lack of physical activity and unhealthy diets (Hanum & Ardiansyah, 2018). Until finally this disease can affect a person's quality and life activities, and even some cases cause degenerative disease patients to have to undergo treatment, both inpatient and outpatient (Hasby et al., 2019). Generally, degenerative diseases are experienced by the elderly, but recently these cases have occurred at an early age. Some examples of degenerative diseases include heart disease, stroke, hypertension, diabetes mellitus. It is not uncommon to find degenerative diseases that have been complicated by other diseases, causing an increase in morbidity and mortality cases (Mighra & Djaali, 2020). Although degenerative diseases cannot be cured, they can be controlled by managing lifestyle such as diet, exercise, fruit and vegetable consumption and medication (Hanum & Ardiansyah, 2018).

Patients with degenerative diseases generally do not know the symptoms that arise in degenerative diseases, because patients do not feel pain. But degenerative diseases can be said to be diseases that will be felt in the long term. In general, natural sufferers ignore the disease. According to Dr. Gerard Reaven from Stanford University in 1988 called it syndrome X. This metabolic syndrome does not appear suddenly but through a long and slow process and is closely related to a person's lifestyle. It is the end result of an unhealthy diet with high sugar and fat content in food. Metabolic syndrome can be defined as a condition where a person experiences high blood pressure, obesity, high blood sugar levels and abnormal blood fat levels. Detection of metabolic syndrome

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needs to be done in two ways, namely physical examination and laboratory examination. Physical examination includes measurement of waist circumference and blood pressure. While laboratory examinations include Blood Glucose, HDL Cholesterol, Triglycerides, Adiponectin. A collection of symptoms in metabolic syndrome (according to IDF/International Diabetes Federation, 2005). Degenerative diseases that are often experienced by the elderly are diabetes militus, hypertension, heart disease, cancer, and stroke. These diseases are classified as degenerative diseases that are often experienced by the elderly. But the general public has not been able to overcome and identify degenerative diseases experienced.

The results of observations in iroyudan village, Bantul, Yogyakarta, there are 144 elderly people who are active in the elderly posyandu. Of these there are still pre-elderly and elderly. The characteristics of the elderly who prefer to play and focus more on musical activities. Because in this village there is an elderly angklung group that often performs at certain events. In addition, in the village there is an elderly posyandu that is active and often carries out health activities for the elderly. The elderly posyandu called bougenvile has several health cadres who pay attention to the elderly. The cadre is the target to provide more elderly health knowledge, especially degenerative diseases experienced by the elderly. Therefore, researchers will try to find out how well the cadres of the bougenvile elderly posyandu understand degenerative diseases in iroyudan village, bantul, Yogyakarta.

Based on the problems described above, the researchers are interested in conducting further study under the title “Study Of The Level Of Knowledge Of Elderly Posyandu Cadres “Bougenvile” On Degenerative Diseases In The Iroyudan Bantul Community, Indonesia”.

II. METHODS

This type of research is descriptive by focusing on filling out questionnaires by respondents then analyzed by the team then concluded. This research has 2 steps, namely the first step of making a questionnaire as well as validating the questionnaire by experts and disseminating the valid questionnaire. Furthermore, the results of filling out the questionnaire can be seen how much the level of understanding of the elderly's knowledge of degenerative diseases suffered and how to overcome these diseases so as not to make other diseases arise. The respondents who will fill in 30 elderly people in the village of Iroyudan, Bantul, Yogyakarta.

III. RESULTS

The results of the implementation of activities at the posyandu “bougenvile” in the Iroyudan area, Bantul, Yogyakarta Special Region by the research team of the Faculty of Sport and Health Sciences. The research was conducted on Saturday, August 02, 2023 at the house of the village head of Iroyudan, Bantul, Yogyakarta. This research refers to the background of the community who are members of the bougenvile posyandu. This research is entitled Study of the Level of Knowledge of Elderly Posyandu Cadres “Bougenvile” Against Degenerative Diseases of the Iroyudan Community, Bantul. The effort of this activity is to determine the knowledge of degenerative diseases of members and cadres of bougenvile posyandu Iroyudan, Bantul, Yogyakarta.

The above activity shows the team's concern to find out the knowledge of the elderly of Iroyudan about degenerative diseases. Assisted by members of the research team by accompanying elderly cadres and elderly members of the “bougenvile” posyandu to fill out questionnaires related to degenerative diseases. The pretest questionnaire will be used as the main benchmark for the research team to find out how well elderly cadres and elderly people understand degenerative diseases. After evaluating the pretest questionnaire, the level of understanding of elderly and elderly cadres will be generated. The following are the results of the pretest questionnaire for elderly and elderly cadres.

	Kategori	Frekuensi	Presentase
	Very Poor	1	3%
	Poor	9	30%
	Fair	7	23%
	Good	11	37%
	Excellent	2	7%
	Total	30	100%

Figure 1. Table of pretest results

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Then it is known that the initial level of knowledge related to degenerative diseases is still relatively good. Therefore, trying to maximise knowledge by providing material related to degenerative diseases and health in the elderly. It is hoped that the addition of this material can increase the knowledge of elderly cadres and elderly posyandu ‘bougenvile’ in the iroyudan area, Bantul, Yogyakarta. The material to be delivered by speakers Sabda Hussein and Rizky Mulyawan which contains degenerative diseases as well as ways of prevention and treatment, is added in terms of health as well. The presentation of the material lasted about 2 hours and was combined with self-massage practices for the prevention of degenerative diseases. The delivery of material is combined with practice so that cadres and the elderly can memorise independent massage movements with practice, if not combined with practice it will not be optimal delivery of material that can be absorbed by cadres and the elderly.

Kategori	Frekuensi	Presentase
Very Poor	1	3%
Poor	6	20%
Fair	8	27%
Good	12	40%
Excellent	3	10%
Total	30	100%

Figure 2. Table of posttest results

After the posttest was held, the results showed that the level of knowledge of elderly cadres and the elderly was recorded in the ‘Very Poor’ category 3%, the ‘Poor’ category 20%, the ‘Fair’ category 27%, the ‘Good’ category 40%, and the ‘Excellent’ category 10%.

IV. DISCUSSION

The results of observations in iroyudan village, Bantul, Yogyakarta, there are 144 elderly people who are active in the elderly posyandu. But out of 144 elderly people the research team only provided research with purpose sampling to streamline limited time by distributing questionnaires to 30 elderly people. Of these there are still pre-elderly and elderly. The characteristics of the elderly who prefer to play and focus more on musical activities. Because in this village there is an elderly angklung group that often performs at certain events.

In addition, in the village there is an elderly posyandu that is active and often carries out health activities for the elderly. The elderly posyandu called bougenvile has several health cadres who pay attention to the elderly. The cadre is the target to provide more elderly health knowledge, especially degenerative diseases experienced by the elderly. Therefore, researchers will try to find out how knowledgeable the cadres of the bougenvile elderly posyandu are about degenerative diseases in iroyudan village, bantul, Yogyakarta.

After the presentation of material related to degenerative diseases to elderly cadres and elderly posyandu ‘bougenvile’ there was an increase in the level of knowledge of elderly cadres and elderly posyandu ‘bougenvile’ experienced a change in knowledge increase from pretest ‘less’ from 30% to 20%, category ‘Enough’ from 23% to 27%, category ‘Good’ from 37% to 40%, and category ‘Excellent’ from 7% to 10%. With this, the average increase in knowledge increased to 3% in each category. Hence it can be concluded that the delivery of degenerative disease material can increase the level of knowledge of elderly cadres and elderly posyandu ‘bougenvile’ in iroyudan, Bantul, Yogyakarta.

V. CONCLUSION

The conclusion of this activity shows that by delivering materials related to degenerative diseases and health, it has succeeded in increasing knowledge of the community in Iroyudan, Bantul, Yogyakarta. Following the delivery of material helps improve degenerative and health knowledge for the welfare of the community.

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Ultimately, the success of this programme shows that the delivery of materials related to degenerative diseases and health can be used to maintain the health of the elderly, preventing the occurrence of diseases that result in death. Diseases are often experienced by the elderly who are sometimes late in prevention. Because only by preventing it can reduce other diseases that will arise. Usually experienced by the elderly are hypertension, diabetes, and many others.

That is why this research was conducted to support the government's programme to care for the elderly who tend to be a large population but do not know how to maintain health. By always checking health can extend the life of an elderly person and do activities to the fullest. There is an increase in the level of knowledge of elderly cadres and elderly posyandu ‘bougenville’ iroyudan, Bantul, Yogyakarta.

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