

Original Research

## Level of Family Knowledge and Elderly Activity in The Elderly Integrated Health Center

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### ABSTRACT

The elderly Integrated Health Center is one of the government's efforts to foster the elderly health of the elderly. However, problems are often encountered in its implementation, such as the lack of active elderly in the Integrated Integrated Health Center due to the lack of family knowledge about the Elderly Integrated Health Center. We aimed to determine the relationship between the level of family knowledge about the Integrated Health Center of the elderly with the activeness of the elderly in the Integrated Health Center. The design of this study used the Correlation Analytic Description method with the Cross-Sectional approach. The sample had 44 respondents using the Purposive Sampling technique. The questionnaire was used for collecting data, and for processing data, we used the Spearman Rho analysis test. The results showed that there was a relationship between family knowledge level about the Elderly Integrated Health Center and the activeness with the results of the p-value <0.001. Based on this, the level of family knowledge about the Integrated Health Center for the elderly is related to the activeness of the elderly in the Integrated Health Center for the elderly. Thus it is necessary to increase family knowledge about the Integrated Health Center for the elderly so that the elderly can actively participate in the Integrated Health Center for the elderly.

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## Introduction

Regulation of the Minister of the Republic of Indonesia Number 25 of 2016, which discusses the 2016-2019 National Action Plan for Elderly Health, states, "the government is obliged to provide availability of health service facilities and seek health care for the elderly group." This effort is aimed at keeping the elderly in good health, living independently without dependence, and living productively socially and economically (Intarti dan Khoiriyah, 2018). World Health Organization (2012), the estimated number of elderly worldwide is more than 629 million people; by 2025, it will increase to 1.2 billion people. In Indonesia alone, the number of older people in the last five years has increased to 27.08 million people. The population in East Java Province in 2017 reached 6,541 million people. In Malang Regency, the number of older adults in the last five years has also increased, reaching 905,869 elderly (BPS Kabupaten Malang, 2015). In Tegalsari Village, the total number of elderly people is 903.

An increase in the number of elderly can be beneficial if the population is healthy, active, and productive. On the other side, a significant old population might become a burden if their health deteriorates and they become disabled. As a result, productivity is low, income is low, and health care is expensive. The elderly require socializing, diverse feelings with peers, and proper health care, all of which can be obtained at the Elderly Posyandu. Older Posyandu is a community-driven integrated service post for elderly persons in agreed-upon locations (Kemenkes RI, 2020).

The impact is increasing the life expectancy of the elderly. Furthermore, this makes issues e.g. the ongoing aging process, which results in physical, mental, and social problems, low work productivity levels for the elderly, often found elderly people living in poverty, disabilities, and even neglected living. Most definitions of "successful aging" have traditionally been based on a lack of distractions, with fewer psychological elements included. However, the relevance of psychological variables later in life and in predicting quality of life in older adults by maximizing self-efficacy and resilience is not surprising because they are involved in emotional regulation and are related to health

through several pathways: at a physiological level through the immune system. and finally, at the level of motivation, through health-relevant behavior, through experiences, building psychological resources, and getting social support to deal with adversity (Paul et al., 2017).

The state of declining health at age affects how independence and quality of life of the elderly themselves (Astuti, 2017). In this case, the knowledge and role of the family or the closest person is essential to motivate the elderly to check their health-to-health services. One of the government's efforts to foster the health of the elderly is by carrying out elderly integrated health center, a.k.a elderly posyandu activities. The purpose of the elderly Posyandu itself is to improve the health status and quality of elderly health services in the community. However, during the implementation of posyandu activities for the elderly, problems faced by many ages are often found in their active participation in posyandu activities, such as lack of knowledge of the elderly, lack of family knowledge, and lack of family support.

The elderly's insufficient knowledge of the Posyandu's benefits, the distance between their home and the Posyandu location, and a lack of family assistance to escort or remind the elderly to come to the Posyandu are all barriers to participation in the Elderly Posyandu activities. Family support is crucial in encouraging the elderly to participate in elderly Posyandu activities.

In elderly Posyandu activities, family knowledge greatly influences the activity of the elderly in the elderly Posyandu (Sulistyo, 2017). To increase the activity of the elderly in the elderly Posyandu, families should have more insight into the functions and benefits of the elderly Posyandu. Family knowledge helps motivate the elderly to be active in elderly Posyandu activities, considering that the family is the closest person and often interacts (Wahono, 2016).

The results of a preliminary survey conducted by researchers in Tegalsari Village found that a problem that has been happening in the community is that the elderly are not fully active in the elderly Integrated Health Center, as known as Posyandu activities which are held every month. According to Wahono (2016), the use of the elderly posyandu is so that the elderly are healthy and can live

independently. The results of interviews conducted by researchers involving ten elderly families were that six families knew about the time and utilization of the elderly Posyandu, and four families did not know about the importance of the elderly Posyandu. Family knowledge is needed to encourage the activeness of the elderly in the elderly Posyandu. From the problems found, researchers are interested in researching the relationship between family knowledge and the activity of the elderly in the elderly Posyandu in Tegalsari Village.

### Method

This quantitative study used a correlation analytic description method with a cross-sectional approach. The population in this study were families with elderly people in Tegalsari Village, Kepanjen District, with a total of 50 people. This research used a purposive sampling technique. The sample in this study were families with elderly registered at the Elderly Posyandu in Tegalsari Village, Kepanjen District, who fit the inclusion criteria. The inclusion criteria for this study are families with the elderly, families who care for the elderly, and families who are willing to be respondents and can communicate well. The exclusion criteria are elderly families who do not attend the elderly posyandu and families who live with the elderly but are rarely at home. We had a total of 44

respondents. For the data collection itself, the researcher used a data collection tool in the form of questions or questionnaires made by the researcher regarding theories and concepts which have been tested for validity. All question items total nine questions with valid status because all r-counts are greater than tables. Their reliability result of the reliability test is 0.765, which is declared reliable because it has a Cronbach Alpha value greater than 0.7. The questionnaire contains knowledge data regarding the knowledge of elderly families about the elderly Posyandu by using a closed-ended form questionnaire. The questionnaire created to measure the knowledge of elderly families totaled 09 questions; the time needed to complete the questionnaire was estimated to be 10-15 minutes. To measure the activity level of the elderly in the elderly Posyandu using the attendance of the elderly for the last one year.

### Results and Discussion

The results are described in tabular forms, about the frequency of the socio-demographic characteristics of the respondents, family knowledge level about the elderly posyandu, the elderly activeness in the Posyandu, and the results family knowledge level between the elderly Posyandu with the activeness of the elderly in the elderly Posyandu.

### Socio-Demographic Characteristics of Elderly Families

**Table 1. Socio-Demographic Characteristics of Elderly Families in Tegalsari Village, Kepanjen District**

Respondent Characteristic	n	%	
<b>Age</b>	17 - 25 y.o	1	2.3 %
	26 - 35 y.o	13	29.5 %
	36 - 45 y.o	17	38.6%
	46 - 55 y.o	13	29.5 %
<b>Gender</b>	Males	6	13.6 %
	Females	38	86.4 %
<b>Education</b>	Universities	1	2.3 %
	High School	21	47.7 %
	Junior High School	10	22.7 %
	Elementary School	8	18.2 %
	None	4	9.1 %
<b>Jobs</b>	Government Employees	1	2.3 %
	Self-Employed	21	47.7 %
	Farmers	12	27.3%
	Homemakers	10	22.7 %

(Source: Primary Data,2020)

**Description of the Knowledge Level of Elderly Families About the Elderly Posyandu**

**Table 2. Frequency Distribution of The Level of Family Knowledge About The Elderly Posyandu**

Knowledge Level of Elderly Families About Elderly Posyandu	Frequency	Percentages
Good (76% - 100%)	5	11.4 %
Fair (56% - 76%)	27	61.4 %
Less ( <55% )	12	27.3 %
<b>Total</b>	<b>44</b>	<b>100 %</b>

(Source: Primary Data,2020)

Based on table 1, it was found that the characteristics of most respondents were 36-35 years old (38.6%), with the majority of respondents being female, as many as 38 respondents (86.4%). Respondents of elderly families based on their educational history were in high school as many as 21 (47.7%), and

their daily activities were as entrepreneurs as many as 21 (47.7%). Based on table 2, it was found that the level of family knowledge about the elderly Posyandu was categorized as sufficient with a frequency of 27 respondents (61.4%).

**The Activeness of the Elderly in Participating in the Elderly Posyandu**

**Table 3. Distribution of The Frequency of The Activity of The Elderly In The Elderly Posyandu**

The activeness of the Elderly in the elderly Posyandu	Frequency	Percentages
Active (9x - 12x attending)	11	25.0 %
Less active (4x - 8x attending)	15	34.1 %
Not Active (0x - 3x attending)	18	40.9 %
<b>Total</b>	<b>44</b>	<b>100 %</b>

(Source: Primary Data,2020)

**Correlation between family knowledge level about the elderly Posyandu and the activity of the elderly in the elderly Posyandu. The activity of the elderly in the Elderly Posyandu.**

**Table 4. Relationship Between the Level Of Family Knowledge About The Elderly Posyandu**

Knowledge	Activeness	
	<i>R</i>	0.570
	<i>P</i>	0.000
	<i>N</i>	44

(Source: Primary Data,2020)

Based on table 3, the data processing results found that the elderly were not active in the elderly posyandu, namely 18 people (40.9%). From the analysis results using the Spearman Rho statistical test exposed in table 4, it was found that p was <0.001. It could be concluded that the p-value was <0.05. It is known that the factor influencing the activity

of the elderly in the elderly Posyandu is the level of family knowledge that can motivate the elderly. So H1 is accepted thus, there is a relationship between family knowledge level about elderly Posyandu and elderly activeness in the elderly Posyandu.

The level of one's knowledge can be caused by several factors, one of which is the

educational factor. Angelika et al. (2017) stated that higher education also affects good knowledge. Good family knowledge about the elderly Posyandu positively impacts the activity of the elderly because good knowledge generates motivation and support for the elderly to participate in the activities of the elderly Posyandu. The results of research conducted in the village of Tegalsari showed that most respondents have a high school education; because of higher education and knowledge, families can develop their knowledge and can motivate and encourage their availability to remind the posyandu schedule and accompany the elderly to the elderly posyandu. Because for the elderly, the family can be a strong motivator if the family wants to accompany, accompany, and remind the schedule so that the health of the elderly can be well controlled. One factor that can affect the activity of the elderly, namely the lack of family knowledge about the elderly Posyandu, so that the elderly do not have support for their activity in the elderly Posyandu. The inactivity of the elderly in the elderly Posyandu causes their health to be out of control so that if they experience a risk of disease due to a decrease in their body's health condition, it can be fatal and can threaten their lives (Syafi'i, 2016).

Most of the elderly who visited Posyandu did so alone, without being escorted or accompanied by their relatives. Furthermore, the elderly with health issues or other barriers to attending the activities of the elderly Posyandu frequently opt not to attend the elderly Posyandu. Because of this condition, some seniors become less active in elderly posyandu activities. Meanwhile, 12 older adults only actively participated in events despite receiving family support. This is likely due to the seniors claiming they are too lazy to come to the elderly Posyandu and do not want to be directed to engage in the elderly Posyandu activities. This is why, despite the family's assistance, the old do not wish to join the elderly Posyandu (Gestinarwati et al., 2017).

The presence of familial support for the elderly can result in inner calm and emotions of pleasure in the old. Furthermore, family support affects the elderly's ability to participate in activities at the old Posyandu. The family also plays an essential role in encouraging the elderly before other parties

do. The pattern of the association between family support and activity demonstrates that the greater the family support, the greater the training in participating in elderly posyandu activities. On the other hand, the lower the level of family support, the lower the level of active involvement in elderly Posyandu activities. The activeness of old visits to the elderly Posyandu can also be influenced by age, education, and income. In the absence of family support, the elderly will not come to the posyandu, especially those who are no longer able to walk alone. In turn, with family assistance, the family can indirectly enhance the frequency of elderly trips to Posyandu (Friandi, 2022).

Previous research also revealed that some older adults were unaware of the elderly posyandu and its benefits. Therefore, the elderly was hesitant to visit the elderly posyandu since their knowledge was still missing, and they believed the elderly posyandu to be unimportant. Suggestions should be carried out in counseling regarding the necessity of utilizing the elderly posyandu and the activities of the elderly posyandu so that the elderly realize how vital it is to utilize the elderly posyandu. The higher the respondent's knowledge, the more the elderly Posyandu will be used, and vice versa. The worse the respondent's understanding, the less they would use the elderly Posyandu. In addition, it also stated that the elderly said the family did not provide information about the elderly Posyandu's activities and did not recall the elderly Posyandu's timetable. Suggestions for counseling with elderly families for elderly families to give support for the elderly to use the elderly posyandu, namely information support and emotional support. Individuals gain social support from other people or groups around them by making them feel comfortable, loved, and appreciated. Social support may also be defined as a state that benefits individuals and is gained from other trustworthy individuals such as family members, friends, relatives, or coworkers. Support is provided so that individuals understand that others notice, respect, and love them. This assistance is provided by: 1) Emotional support: which comprises affection, trust, attention, listening and being heard, and providing a sense of comfort, safety, and respect from family for the elderly. 2) Appreciation support consists of giving praise,

support, and appreciation and building self-confidence. 3) Instrumental assistance involves providing materials (money), goods, and services. 3) Instrumental assistance: comprises the provision of supplies (money), items, food and drink, and transportation from families to the elderly. 4) Information support entails providing advice, suggestions, directions, and information about items the elderly require. 5) Network support includes family encouragement for the elderly to meet health workers at Posyandu and participate in Posyandu activities with other old (Gestinarwati et al., 2017).

It is expected that elderly families will provide good support to the elderly, so they wish to take advantage of the elderly Posyandu by suggesting and accompanying the elderly to visit the elderly Posyandu to maintain the elderly's health state (Sesanti et al., 2022).

The family plays a vital role in encouraging the elderly's interest or willingness to participate in elderly Posyandu activities. However, aging process affects the elderly because all functions of memory, vision, hearing, concentration, and physical abilities begin to decline, requiring other people to fulfill their needs in maintaining active participation in the Posyandu elderly (Ginting dan Brahmana, 2019). The activeness of the aged to go to the Posyandu is an actual behavior or action that may be noticed in the regularity and involvement in Posyandu activities. Family support is an essential aspect of taking part in elderly Posyandu activities. Family support is the attitude, activity, and acceptance of the family to support and provide aid in the form of emotional support, information, instrumental, and assessment.

## Conclusion

From the results of research conducted at the elderly Posyandu in Tegalsari Village, it was found that the elderly was less active in Posyandu visits. This could be due to the family's lack of support and motivation for the elderly.

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## Conflict of Interest

This research declares there is no conflict of interest.

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