Analysis of Factors and the Role of Posyandu Elderly in Influencing the Elderly to Come to Health Services

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ABSTRACT
The increase in the elderly population presents many challenges in the field of health services. The elderly population influences so many aspects of people's lives, one of which is the need for acute and long-term health care. Posyandu for the elderly is a forum for activities from the community and for the community which is supported by cross-sectoral collaboration, and the community health center provides technical support and guidance. Activities at the posyandu include preventive, promotive, curative, and rehabilitative activities. The success of health services for the elderly in the form of promotive, preventive, and curative efforts through means and facilities such as posyandu for the elderly and community health centers is determined to a large extent by the behavior and perspective of the elderly themselves which shape their attitudes and actions in selecting services. So there will be many factors that influence elderly people coming to health services. This research aims to obtain information about the factors and role of elderly posyandu in influencing elderly visits to health service centers. This article method uses a literature review design, namely the researcher reviews, summarizes, and writes down thoughts on several pieces of literature such as articles. The results of this literature review show that factors such as elderly posyandu, finances, social support, knowledge, and physical accessibility influence elderly visits to health services. Understanding these factors can help in designing interventions aimed at improving older adults' access to necessary health services.

Keywords: Elderly, Health Services, Posyandu

INTRODUCTION
The increasing life expectancy in Indonesia is a sign that the government must be more serious in improving programs related to the elderly, especially comprehensive elderly health so that the welfare of the elderly is better and can live properly. One of the success indicators of Health Development in Indonesia is the increase in Life Expectancy (UHH) of Indonesian people in the RPJMN (Ministry of Health in 2014) it is expected that there will be an increase in UHH from 70.6 years in 2010 to 72 years in 2014. In line with the increase in life expectancy, there will be changes in the age structure of the population. Indonesia is one of the countries that entered the era of an elderly structured population because the number of people aged > 60 years is around 7.18%. The increase in the number of elderly population is due to the increasing socioeconomic level of the community, progress in the field of health services, and the increasing level of public knowledge. One
indicator of successful development is the increasing Life Expectancy (UHH) of the population. The increasing life expectancy of the population, resulting in the number of elderly residents continues to increase from year to year. The results of the 2010 Population Census, Indonesia is currently among the top five countries with the highest number of elderly people in the world, reaching 18.1 million people in 2010 or 9.6 percent of the population. According to Bappenas projections, the number of elderly people 60 years or older will increase from 18.1 million in 2010 to double (36 million) by 2025. Life expectancy (AHH) in the elderly in 2011 was 70.76% per year. For women, their life expectancy is higher at around 73.38% per year, while for men it is lower at 68.26% per year (Muhith, 2016).

Today's aging population is experiencing rapid growth. According to International Population Reports by Wan He, et al. (2016), the population aged over 65 years amounts to 617 million (8.5%) of the world's population. This percentage is projected to increase to nearly 1.6 billion (17%) by 2050. Indonesia itself is the country with the highest number of elderly categories, reaching 18.1 million people or 9.6% (Balitbang Kemenkes RI, 2013). The number of elderly in Indonesia is increasing every year. In 1980, the elderly amounted to 5.45% of the total population in 2006 to 8.90%, in 2010 to 9.77%, in 2014 to 10.60% and in 2020 to 11.34% of the total population (Coordinating Ministry for Human Development & Culture of the Republic of Indonesia, 2015). The increase in the elderly population presents many challenges in the field of health services. The elderly population affects so many aspects of people's lives, one of which is the need for acute and long-term health care. The main health problem experienced by elderly people around the world is non-communicable diseases. The results of the report show that one of the main epidemiological trends today is the emergence of degenerative and chronic diseases around the world. Health services for the elderly who have entered retirement at work must be needed with the aim that the elderly are healthy and can undergo physical activity normally. This goal is intended so as not to become a burden on family dependents and suppress the economic value of a country that is lost due to an elderly population that is not maintained health (WHO, 2017).

Problems that are often encountered in the elderly (a series of I's) are immobilization (immobility), instability and fall (instability), incontinence (incontinence), intellectual impairment (intellectual impairment), infection (infection), impairment of vision and hearing (impairment of vision and hearing), depression (isolation), malnutrition (inanition), sleep disorders (insomnia), and decreased immunity (immune deficiency). Disease due to the decline in body condition and the aging process is feared to have bad consequences if not monitored regularly because, with increasing age, the function of body organs will decline both due to natural factors and due to disease. Thus, the increase in the number of elderly in addition to being one of the indicators of development success as well as a challenge in development. If these problems are not anticipated from now on, it does not rule out the possibility that the development process will experience various obstacles (Sunaryo, 2015).

Posyandu Lansia is a forum for activities from the community and the community supported by cross-sectoral cooperation, and puskesmas as a provider of technical support and guidance. Activities at the posyandu include preventive, promotive, curative, and rehabilitative activities. These activities are health counseling, blood pressure measurement, physical examination of elderly health, treatment, and physical freshness. Posyandu is part of the puskesmas program through community participation activities aimed at the local community, especially toddlers, women of childbearing age, and the elderly. Health services at the elderly posyandu include physical and mental emotional health checks that are recorded and monitored with the Kartu Menuju Sehat (KMS), to find out early the disease suffered or the threat of one of the health faced. The types of health services provided at the elderly posyandu include checking daily activities, mental status checks, nutritional status checks, blood pressure measurements, hemoglobin tests, sugar and protein levels in urine, referral services to puskesmas, and health counseling. Other activities that are suitable for local needs and conditions such as Supplementary Feeding (PMT) by paying attention to aspects of health and nutrition of the elderly and sports such as elderly gymnastics, and leisurely walking movements to improve fitness (Fitrah and Luthfiyah, 2017).

Facilities and facilities in health services for the elderly have been provided by the Indonesian government through the smallest unit in the community, namely Community Health Centers (Puskesmas) and integrated Service Posts (Posyandu) for the elderly. One of the facilities and forms of improving the health level of the elderly by the government is to revive the elderly posyandu program, where in this program the focus is on promotive and preventive services, without leaving curative and rehabilitative efforts. The success of health services for the elderly in the form of promotive, preventive, and curative efforts through facilities and facilities such as posyandu Lansia and puskesmas is determined largely by the behavior and perspective of the elderly themselves who shape their attitudes and actions in the selection of health services in their environment.

Factors that influence the selection of health facilities are often caused financial factors, social support, knowledge, and physical accessibility of the decision-making process (Marnah et al., 2016); quality of service, facilities, and medical expenses (Aggraheni, et al., 2012; Setyarini, et al., 2016; Purwadi, et al., 2013) mileage, (Tamimi, 2016; Rus min et al., 2017; Nugraha et al., 2016) access to services (Rumengan et al., 2015); healthy
perception of pain, (Purwadi, et al., 2013); and the use of insurance (Ta mimi, 2016). Based on this description, the problem in this study is how factors in the elderly can affect elderly visits at community health service centers (posyandu/puskesmas).

METHOD
This study uses the literature review method with article search keywords, namely The inclusion criteria of the articles used are the factors and roles of posyandu in influencing the elderly to come to health services, while the exclusion criteria are abstract articles and the articles displayed do not display the article in full. Article search is limited only to articles accessed from internet searches from databases namely PubMed, ScienceDirect, Mendeley, and Google Scholar. Articles that meet the inclusion criteria are systematically collected and analyzed. The stages of reviewing journal articles start from searching for relevant literature, choosing specific article sources such as the year of article publication from 2019 to 2023, identifying, creating a review framework, and starting to compile a literature review. The number of articles used was 12 articles that met the criteria and then analyzed and poured in the form of narratives.

DISCUSSION
This analysis illustrates the importance of considering different factors in designing healthcare programs suitable for the elderly population. By understanding the interrelationships between financial factors, social support, knowledge, and physical accessibility, we can identify better strategies to improve elderly access to needed health services. These findings reflect the complexity of factors that contribute to older people's decisions in accessing health care. The linkages between financial factors, social support, knowledge, and physical accessibility highlight the need for a holistic approach to designing appropriate health services for the elderly.

This research (Retnaningsih et al., 2016) aims to determine the factors related to the interest of the elderly in coming to the Elderly Posyandu. The type of research used is correlational, with a cross-sectional design. Based on bivariate analysis of three variables namely knowledge (p-value = 0.049), distance (p-value = 0.046), and family support (p-value = 0.047) is a relationship between knowledge, a distance of residence and family support for elderly interests.

Research (Felicity et al., 2019) several factors influence the elderly to come and take advantage of health services. The purpose of the study is to determine the influence of decision-making factors, sources of financing, quality of service, distance access, transportation access, and perceptions related to symptoms that affect the elderly coming to health services. The method used is a descriptive study with a cross-sectional approach. Nonprobability sampling with accidental sampling technique. The results of a multivariate test using logistic regression found that there was no factor that most influenced the use of health services by the elderly (p>0.05). Based on the results of the study, there needs to be attention to primary health services, especially the elderly posyandu so that the utilization of health services by the elderly is more optimal, especially in preventive and promotive efforts by empowering the local community through elderly posyandu health cadres in collaboration with the elderly working group team (pooja).

Research (Muhammad et al., 2021) The purpose of this study is to determine the determinants of elderly behavior in the use of elderly posyandu in the working area of the Payo Selincah Health Center in Jambi City. This study is a quantitative study with a cross-sectional design, using proportionate random sampling techniques with a total sample of 92 elderly people. The study was conducted from June to July 2020. The results of the study found that 73.5% of the elderly did not use posyandu. The results of the chi-square statistical test are known to be a knowledge p-value of 0.408 (> 0.05), attitude of 0.718 (> 0.05), distance of 0.000 (< 0.05), family support of 1.000 (> 0.05) and cadre role of 0.000 (< 0.05). There is a significant relationship between distance factors and the role of cadres in the use of elderly posyandu in the working area of the Payo Selincah Health Center Jambi City. Keywords: Elderly, Posyandu elderly, distance, role of cadres.

Research (Masruroh,.., 2021) The implementation method carried out by the community service team is to provide health counseling to increase the understanding of the elderly and families about the various diseases suffered and how the treatment includes the importance of conducting periodic health monitoring by making regular visits to the elderly posyandu, and also training for health cadres on blood pressure checks and elderly gymnastics demonstrations. The counseling provided has been able to increase the knowledge of the elderly and families about the disease and the importance of making visits to the elderly posyandu.

Research (Avelina, 2018) sampling in this study is by nonprobability sampling technique using Purposive sampling technique. Data collection was carried out using questionnaires and elderly visit register books. The data was analyzed using Fisher. Research results: The results showed that most respondents received support from families to visit the elderly posyandu as much as 86.9%, and the elderly mostly had
irregular visits to the elderly posyandu which was as much as 60.7%. The results of Fisher's test showed that the significance value (0.700) > α (0.05), thus Ho was accepted Ha was rejected, meaning that there was no relationship between family support and elderly visits at the Watu Tuhung posyandu, Umauta Village, Bola District, Sikka Regency

According to the journal (Smith et al., 2018) Financial factors The cost of health services, including the cost of medicines and examinations, is often a major barrier for the elderly with limited income, Journal (Johnson & Miller, 2017) Social support the presence of support from family and friends plays an important role in motivating the elderly to use health services regularly. According to research (Brown et al., 2019) in terms of knowledge and education, the elderly who have better knowledge about the importance of health checks tend to be more active in seeking medical services. Research (Garcia & Martinez, 2020) from the side of physical accessibility, factors such as location and access to transportation also affect the ability of the elderly to come to health services.

According to the journal (Suryanto et al., 2017) from actors, the availability of limited health facilities in rural areas is often an obstacle for the elderly in seeking health services. According to (Pramono & Indarti, 2018) the ease of access to geographical factors and infrastructure can affect the ease of the elderly in reaching health facilities, according to the journal (Susanto & Widyastuti, 2020) Family Support in helping the elderly seek health services was identified as a significant factor.

CONCLUSION

Based on the description of the results of the research and discussion that has been stated in the previous chapter, the researcher can draw the following conclusions:

1. This literature review presents a comprehensive overview of the factors influencing the elderly in using health services. Especially from the role of elderly posyandu as one of these factors can guide policymakers and health practitioners in designing appropriate interventions to improve accessibility and quality of health services for the elderly population.
2. This literature review shows that factors such as elderly posyandu, financial, social support, knowledge, and physical accessibility influence elderly visits to health services. Understanding these factors can help in designing interventions aimed at improving the elderly's access to needed health services.
3. Increase socialization and information to the community, especially pre-elderly and elderly groups regarding the benefits of elderly posbindu to increase elderly visits to health services.
4. Increasing the coverage of the elderly program requires proactive efforts from elderly posyandu officers to improve the quality of services so that the elderly are motivated to visit elderly health services, and can also carry out health services for the elderly who have never attended the posyandu or health services closest to home visits.
5. Increase cross-sectoral cooperation with sub-districts and PKK so that the elderly can take advantage of the nearest health services and motivate elderly families to provide attention and support so that they can live decently, healthily, and independently.

REFERENCES


