The relationship between knowledge level and visits to elderly posyandu in Payunga Village, Batudaa District

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Article Info

ABSTRACT
The Elderly Integrated Service Post (Posyandu) is a forum for elderly health services, whether or not regular visits by the elderly to the posyandu can be influenced by the knowledge of the elderly. The purpose of this study was to determine the relationship between knowledge and visits to elderly posyandu in Payunga Village, Batudaa District. Analytical survey research design with a cross-sectional study approach, elderly population as many as 106 elderly, the number of samples of 52 people using accidental sampling techniques in this study. The results of the study were obtained by all respondents whose level of knowledge was lacking, visits to posyandu were categorized as irregular as many as 16 respondents (30.8%). Respondents whose level of knowledge is quite comparable between visits to posyandu are regular as many as 10 respondents (19.2%) and irregular as many as 10 respondents (19.2%). Respondents with a good level of knowledge were the majority of visits to posyandu categorized as regular as many as 12 respondents (23.1%) and irregular as many as 4 respondents (7.7%). The results of the chi-square statistical test obtained a p-value of 0.000 (α < 0.05). Conclusion There is a relationship between the level of knowledge and visits to elderly posyandu in Payunga Village, Batudaa District. Thus, it is expected to provide health counseling for the elderly in Payunga Village regarding the importance of the elderly posyandu for the development of elderly health.

Keywords: Elderly Knowledge Posyandu

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INTRODUCTION
Elderly or elderly is a closing period in a person’s life span, in this period the elderly have reached a golden age in size and function, reaching the age of 60 years and above (Triningtyas and Muhayati 2018). According to the World Health Organization (WHO) the number of people aged 60 years and over increased from 1 billion in 2020 to 1.4 billion. The prevalence of the elderly in Indonesia according to age groups consists of young elderly aged 60-69 years at 63.65%, middle elderly aged 70-79 years at 27.66%, and elderly aged ≥80 years at 8.68%. 8 provinces enter the old population structure phase because the percentage of the elderly population is above 10%, with the highest province being in the Special Region of Yogyakarta at 15.52% and the lowest being in West Java at 10.18% (Statistics 2021). Data from the Gorontalo Provincial Health Office shows that the number of elderly has increased in the last 2 years, namely in 2020 the prevalence of the elderly was 7.98%. Meanwhile, in 2021 it increased with the age of ≥60 years by 45.3% or 51,911 elderly and the elderly aged ≥70 years by 51.1% or 19,635 elderly.

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The elderly experience a process called the aging process, this aging process causes physical, psychosocial, cognitive, and spiritual changes (Adriani et al. 2021). The changes experienced by the elderly can cause various health problems (Djoar and Anggarani 2021). Health problems in various aspects due to the aging process are overcome by the government through health service programs for the elderly (Adriani et al. 2021). Posyandu for the elderly has an important role in maintaining the quality of life of the elderly in the community (Ruswandi et al. 2022).

The role of the elderly posyandu on the health of the elderly is still not well utilized by the elderly, where the elderly do not regularly visit the posyandu. However, it was found that the most dominating factor in influencing elderly visits to posyandu was knowledge Ermawati & Lukiastuti (2021). Knowledge in the elderly can be measured based on three levels, namely tofo (Know), understand (comprehension), and application (application). (Pakpahan et al. 2021).

The results of the initial data collection on May 30, 2023, found that the number of elderly people registered in the elderly posyandu was 106 people. However, these elderly do not all make regular visits every month because in March 2023 there will be 20 elderly visits to posyandu, in April 2023 there will be 42 elderly and in May 2023 there will be 26 elderly people. Data from the last three months shows that only a few elderly people visit the elderly posyandu every month. Based on the phenomenon that occurred when researchers participated in posyandu activities in June, only a few elderly people came to the elderly posyandu, namely only 10 elderly people.

Based on the results of interviews with health workers, the person in charge of the elderly said that the elderly in Payunga Village experienced a decrease in visiting the elderly posyandu. Researchers also conducted interviews with 5 elderly people in Payunga Village, obtained 2 elderly stated that the elderly posyandu is only for people who are sick so they do not routinely visit the elderly posyandu every month only when sick, and 1 elderly stated that they felt weak so they could not afford to visit the elderly posyandu and 2 elderly stated that they did not know the benefits of the elderly posyandu, Only know to treat sick people so it is not regular in sheltering the elderly posyandu. The results of interviews with the two elderly showed that the level of knowledge of the two elderly had not reached the level of knowledge because they had not been able to describe well about the elderly posyandu.

RESEARCH METHODS

The design of this study is correlational research with an approach cross-sectional study is a study used to measure the strength of the relationship between the independent variable and the dependent variable observed at the same time (Endra 2017). The population in this study amounted to 106 elderly people who were in Payunga Village, Batudaa District, in 2023 in January-May. In this study, the number of samples was 52 respondents.

The type of instrument in this study is a questionnaire sheet covering Knowledge and Visits to Elderly Posyandu.

RESULTS

1. Characteristics of respondents based on gender, age, education, and occupation of the elderly

<table>
<thead>
<tr>
<th>No</th>
<th>Characteristic of Respondents</th>
<th>Sum</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Man</td>
<td>14</td>
<td>26,9</td>
</tr>
<tr>
<td></td>
<td>Woman</td>
<td>38</td>
<td>73,1</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>52</td>
<td>100</td>
</tr>
<tr>
<td>2</td>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>60-64 years old</td>
<td>27</td>
<td>51,9</td>
</tr>
<tr>
<td></td>
<td>65-69 years old</td>
<td>25</td>
<td>48,1</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>52</td>
<td>100</td>
</tr>
<tr>
<td>3</td>
<td>Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>30</td>
<td>57,7</td>
</tr>
<tr>
<td></td>
<td>SMP</td>
<td>10</td>
<td>19,2</td>
</tr>
<tr>
<td></td>
<td>SMA</td>
<td>12</td>
<td>23,1</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>52</td>
<td>100</td>
</tr>
<tr>
<td>4</td>
<td>Work</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Does not work</td>
<td>41</td>
<td>78,8</td>
</tr>
</tbody>
</table>

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The characteristics of respondents based on gender are the most women as many as 38 respondents (73.1%). The characteristics of respondents based on the most age are 60-64 years as many as 27 respondents (51.9%). The characteristics of respondents based on the most education were elementary school as many as 30 respondents (57.7%) and the lowest was junior high school as many as 10 respondents (19.2%). The characteristics of respondents based on the most jobs were not working as many as 41 respondents (78.8%) and the lowest were farmers as many as 5 respondents (9.6%).

2. Knowledge Level of the Elderly in Payunga Village, Batudaa District

The level of knowledge of the elderly about the elderly posyandu is mostly categorized as sufficient knowledge as many as 20 respondents (38.5%) and the lowest is poor and good knowledge with each respondent as many as 16 respondents (30.8%).

3. Visit to Elderly Posyandu in Payunga Village, Batudaa District

Elderly visits to elderly posyandu are mostly said to be irregular (not once a month) as many as 30 respondents (57.7%).
4. Relationship of Knowledge Level with Visit to Elderly Posyandu in Payunga Village, Batudaa District

<table>
<thead>
<tr>
<th>Knowledge Level</th>
<th>Visit to Posyandu</th>
<th>Total</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Orderly</td>
<td>%</td>
<td>Disorganized</td>
</tr>
<tr>
<td>Less</td>
<td>0</td>
<td>0</td>
<td>16</td>
</tr>
<tr>
<td>Enough</td>
<td>10</td>
<td>19.2</td>
<td>10</td>
</tr>
<tr>
<td>Good</td>
<td>12</td>
<td>23.1</td>
<td>4</td>
</tr>
<tr>
<td>Total</td>
<td>22</td>
<td>42.3</td>
<td>30</td>
</tr>
</tbody>
</table>

Sumber: Data Primer 2023

For all respondents whose level of knowledge is lacking, visits to posyandu are categorized as irregular as many as 16 respondents (30.8%). Respondents whose level of knowledge is quite comparable between visits to posyandu are regular as many as 10 respondents (19.2%) and irregular as many as 10 respondents (19.2%). Respondents with a good level of knowledge were the majority of visits to posyandu categorized as regular as many as 12 respondents (23.1%) and irregular as many as 4 respondents (7.7%). Statistical test results chi-square get value p-value 0.000 (α <0.05), then there is a knowledge level relationship with a visit to the elderly posyandu in Payunga Village, Batudaa District. From these results, it is concluded that the better the level of knowledge of the elderly about the elderly posyandu, the elderly tend to regularly visit the elderly posyandu once a month. Conversely, the less the level of knowledge of the elderly about the elderly posyandu, the elderly are not regular in making visits to the elderly posyandu.

DISCUSSION

1. Characteristics of Respondents

The results of the study obtained the gender of respondents in Payunga Village, Batudaa District, consisting of 14 male respondents (26.9%) and 38 female respondents (73.1%). The results show that most of the respondents are female and many female respondents are regular in making visits to the elderly posyandu. According to the theory of Alfianur et al (2023) the factors that influence the visit of the elderly to the elderly posyandu include gender, the elderly women have a better level of visits to the posyandu. In line with the results of the study by Tobe et al (2022) Obtained from 64 elderly who visited the elderly posyandu, dominated by female elderly, namely 44 elderly, compared to male elderly who visited only 20 elderly so it can be seen that female elderly who visit the elderly posyandu more. Researchers argue that regular and irregular visits to the elderly posyandu can be influenced by gender, where the female elderly are more active or regularly visit the elderly posyandu, compared to male elderly due to other factors that cause male elderly to visit less regularly, for example, due to the work factor of the male elderly.

The age of respondents obtained from the results of this study includes elderly aged 60-64 years as many as 27 respondents (51.9%) and aged 65-69 years as many as 25 respondents (48.1%) so more respondents aged 60-64 years. Many respondents aged 60-64 years regularly visit the elderly posyandu, while many elderly people aged 65-69 years do not regularly visit the elderly posyandu. This means that as the elderly get older, the visits to posyandu will decrease or be irregular. Research Rahma et al (2022) regarding factors related to the use of elderly posyandu services in the Puskesmas Working Area between Makassar City, it was obtained that the elderly who were categorized as young people mostly used the elderly posyandu, which 45.6% and those who did not use the elderly posyandu by 43.3%.

Researchers argue that the increasing age of the elderly can affect the physical condition of the elderly so that many elderly aged 60-64 years still regularly visit the elderly posyandu.

The results of this study showed that respondents in Payunga Village, Batudaa District, who had elementary school education as many as 30 respondents (57.7%), junior high school as many as 10 respondents (19.2%), and high school as many as 12 respondents (23.1%). These results can be seen that the education of most respondents is elementary school and respondents with elementary school education are mostly regular in making visits to the elderly posyandu, compared to respondents with junior high and high school education, only a few visits to the elderly posyandu are categorized regularly.

Seniors who have higher education will give a more rational response and their work motivation will have more potential. The level of education also determines whether or not someone absorbs and understands the elderly posyandu so that it can increase the knowledge of the elderly (Adriani et al. 2021). In the theory of
Haruna et al (2021), knowledge can be sourced from informal education carried out by families and environments in the form of independent learning activities.

Researchers argue that education does not only come from formal education. Informal education obtained by the elderly from family, environment, or other sources of information and personal experiences of the elderly about the elderly posyandu can increase the knowledge of the elderly.

The results of the study were obtained by respondents in Payunga Village, Batudaa District, who did not work as many as 41 respondents (78.8%), farmers as many as 5 respondents (9.6%), and self-employed as many as 6 respondents (11.5%). Judging from these results, it was found that most respondents did not work. Respondents who do not have a job make the majority of regular visits to the elderly posyandu, compared to those who work many who do not regularly visit the posyandu.

Supported by research results Rahma et al (2022) it was found that the majority of working elderly did not use the elderly posyandu, namely as many as 10 respondents (11.1%) and those who used the elderly posyandu as many as 4 respondents (4.4%). Work is one of the factors that influence elderly visits to posyandu. The inactivity of the elderly at the elderly posyandu is because the elderly are still working and the elderly do not want to depend on others so as much as possible the elderly have their resources (Siregar and Yusuf 2022).

Researchers argue that the elderly who do not work do not have a busy life that can prevent them from making visits to the elderly posyandu.

2. Knowledge Level of the Elderly in Payunga Village, Batudaa District

The results of the study found that of the 52 elderly respondents, the most knowledgeable about the elderly posyandu was 20 respondents (38.5%). This is because respondents especially have sufficient knowledge at the level of knowledge to know, namely many respondents already know that the elderly posyandu is an integrated service in a certain area and is driven by the community so that the elderly who live around it get healthy services and have sufficient knowledge at the level of application knowledge, namely respondents already know a lot about the mechanism of elderly posyandu services, namely the 5-place table examination and treatment are carried out, as well as filling in all data on the results of health checks on KMS. However, respondents who are knowledgeable enough at the level of understanding, only understand the purpose and benefits of the elderly posyandu, especially about the elderly posyandu as a place to channel the interests of the elderly, which can increase the togetherness of the elderly themselves with others elderly and after conducting examinations at the elderly posyandu is expected to be able to maintain their physical health, and can channel interests and talents as a way to fill their spare time. According to researchers, respondents who are knowledgeable enough already have good knowledge at the level of knowledge and application, but do not have good knowledge at the level of understanding about the purpose and benefits of the elderly posyandu.

Seniors who already understand the goals and benefits of the elderly posyandu must be able to explain, mention examples, and conclude the goals and benefits of the elderly posyandu studied (Papkahan et al. 2021). Posyandu lansia is not only to improve the health of the elderly but also has a purpose as a means to channel the interests of the elderly and increase togetherness among the elderly (Sudargo et al., 2021). In addition, according to Sudargo et al (2021), the expected benefit is to increase the knowledge of the elderly, after examining the Posyandu, the elderly are expected to be able to maintain their physical health to stay fit and be able to channel interests and talents as a way to fill their spare time.

Researchers argue that understanding of the purpose and benefits of the elderly posyandu is still lacking because it is only known as a means of treatment, the elderly are expected to be able to maintain their physical health to be healthy and fit even though it has begun to decline due to the aging process.

The results of the study were obtained from 52 respondents, obtained 16 respondents (30.8%) had a level of knowledge that was lacking about the elderly posyandu. This is because, at every level of knowledge, namely level of knowledge, many respondents do not know that the elderly posyandu was formed based on community initiatives and that the target of the elderly posyandu for the elderly aged 60 years and over. At the level of understanding many respondents who do not know about the elderly posyandu aim to detect early health problems, the elderly posyandu to channel the interests of the elderly, maintain the mental condition of the elderly such as reducing stress, increasing the togetherness of the elderly, improving the health of the elderly and increasing knowledge about the health conditions of the respondents themselves. At the application level, many respondents do not know that in Table 4 health counseling is given. According to researchers from the lowest level alone or know that there are still many elderly who do not know about the understanding and targets of the elderly posyandu so this has an impact on the lack of knowledge of the elderly at the next level of knowledge, namely understanding and application.

Supported by research results by Rahmawati (2021) about the picture of knowledge and attitudes that cause low visits of the elderly at the East Salo elderly posyandu, it was obtained that only a few elderly people have good knowledge about the elderly posyandu, namely as many as 2 respondents (2.6%).
3. The Relationship of Activity Level with the Quality of Life of the Elderly

Visits to the elderly posyandu in Payunga Village, Batudaa District, were obtained from 52 respondents, the most respondents who did not regularly visit the elderly posyandu, which was 30 respondents (57.7%). Elderly visits to the elderly posyandu are categorized as irregular because the elderly do not ruin to visit the elderly posyandu once a month, whereas in the following months, many elderly do not make revisits, even though the elderly should routinely visit the posyandu once a month according to the schedule that has been organized by the puskesmas with the place of implementation in one of the residents' houses in Payunga Village, Batudaa District.

Supported by theory according to Putri et al (2021) this elderly posyandu is carried out once a month. According to Gemini et al (2021), the implementation of the elderly posyandu must be carried out every month because the problem of the elderly will increase over time and can monitor the risk factors of other degenerative diseases so that the community, especially the elderly, can know and control it.

Regular visits to the elderly posyandu were obtained in this study by as many as 22 respondents (42.3%) because respondents routinely visit the elderly posyandu which is carried out by the puskesmas once a month so that respondents are categorized as regular in making visits to the elderly posyandu. This elderly posyandu is held once a month (Putri, Subandi, and Yuniarti 2021). Supported by research results by Langini & Watung (2022) that the attitude of the elderly is actively following the elderly posyandu as many as 12 elderly (34.3%). The same research results were also obtained in the study by Prasetya et al (2019) with the title of the study, the description of the activeness of the elderly following the elderly posyandu with the result that some of the elderly who actively participated in the elderly posyandu were 22 respondents (36.1%).

Researchers argue that the regularity of elderly visits to posyandu can be judged by the routine or not of the elderly doing kujungan, where the puskesmas have scheduled this visit every month so that the elderly is important to follow the posyandu schedule from the puskesmas so that the elderly can check their health regularly and periodically.

4. The relationship between knowledge level and visits to elderly posyandu in Payunga Village, Batudaa District

The results showed that the elderly with less knowledge level did not regularly visit the elderly posyandu, which was as many as 16 respondents (30.8%). Knowledge is one of the factors that influence elderly posyandu visits because knowledge is a very important domain in shaping one's actions. This knowledge can be obtained from one's own experience or the experience of others (Adriani et al. 2021). The lack of knowledge of the elderly about the importance of health checks affects the activity of the elderly in the elderly posyandu, the elderly do not know the importance of routine checks so they tend not to care about the existence of elderly posyandu in their area (Siregar and Yusuf 2022).

The results of the study were obtained from 20 respondents who were knowledgeable enough to have visits to posyandu which were categorized regularly, namely as many as 10 respondents (19.2%). Some respondents have sufficient knowledge, but their visits to posyandu are regular.

The findings of the same research results were obtained in the study by Sumartini et al (2021) about the factors that affect the visit of the elderly to the elderly posyandu in Golong Village, the working area of the Sedau Health Center, namely the elderly who lead to the elderly posyandu, almost most of them have sufficient knowledge about the elderly posyandu, which is as many as 37 respondents (45.1%).

Respondents in the results of this study who were knowledgeable enough also found that there were 10 respondents (19.2%) who were irregular in making visits to the elderly posyandu. This limited knowledge will result in adverse impacts on health maintenance (Siregar and Yusuf 2022).

The results of this study were obtained from 16 respondents who visited the elderly posyandu regularly with a good level of knowledge as many as 12 respondents (23.1%).

Supported by research results by Meigia (2020) about the relationship between family support and knowledge of the activeness of the elderly participating in elderly posyandu activities in the Gading Surabaya Health Center Area, it was found that all elderly who had good knowledge about the elderly posyandu was active in participating in elderly posyandu activities, which was 61 respondents (64.9%).

In the results of this study, there were 4 respondents (7.7%) who had a good level of knowledge but did not regularly visit the elderly posyandu.

Work can be one of the factors that affect the activeness of elderly visits to posyandu. The inactivity of the elderly at the elderly posyandu is because the elderly are still working and the elderly do not want to depend on others so as much as possible the elderly have their resources (Siregar and Yusuf 2022).

In line with the research by Lettuce et al (2018) about the description of the factors of absenteeism of the elderly at the elderly posyandu in Rubaru Village, Rubaru District, Sumenep Regency, the percentage of
absenteeism at the elderly posyandu, the majority of the elderly who work, namely as many as 10 respondents (67%).

CONCLUSION
The results of the chi-square statistical test obtained a p-value of 0.000 ($\alpha < 0.05$), so there is a relationship between the level of knowledge and visits to elderly posyandu in Payunga Village, Batudaa District. From these results, it is concluded that the better the level of knowledge of the elderly about the elderly posyandu, the elderly tend to regularly visit the elderly posyandu once a month. Conversely, the less the level of knowledge of the elderly about the elderly posyandu, the elderly are not regular in making visits to the elderly posyandu.

REFERENCES