

Description of the Independency of the Elderly in Fulfilling Daily Living (ADL) Activities at the Cinta Kasih Tzu Chi Cengkareng Flat

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ABSTRACT

Elderly people (elderly) experience a decrease in physical condition which affects the decline in activity, health and independency. Objective of this study to see an overview of the level of independency of the elderly in fulfilling the ability of daily activities (ADL). The research was conducted on the elderly at Tzu Chi Cengkareng Flat, West Jakarta during January-March 2022 with a survey method research design with a cross-sectional approach to 103 elderly people. Collecting data by direct interviews. Descriptive analysis to explain the characteristics of the independency of the elderly. The elderly in the Cengkareng Tzu Chi Love Flat are aged between 60-74 years, 97 people (94.2%), more than 75 years, 6 people (5.8%), female, 57 (55.3%) more than men. 46 (44.7%), more did not work 70 (68.0%) than those who worked 33 (32.0%) and had comorbidities, 62 people (60.2%) were elderly who had comorbidities. Of the 103 elderly, 101 (98.1%) had high independency and 2 (1.9%) had low independency. Conclusion the elderly in the Tzu Chi Love Flat, are able to meet their daily needs without the help of other family members, more than 50% of the elderly are categorized as having high independency.

I. Introduction

The aging process is a normal and natural event experienced by every individual. Changes occur from various physical, mental and social aspects (Widyastuti & Ayu, 2019). These physical changes also result in a decrease in the physical condition of an elderly person which automatically affects physical decline as a factor in declining health in the elderly. The elderly generally have lower activity compared to the younger group, meaning that there is a decrease in independency in this age group. According to Komnaslansia (2005) and Papalia (2008), with increasing age, there will naturally be a decrease in the ability to function to care for oneself and interact with the surrounding community and will become increasingly dependent on other people. Old age is characterized by decreased physical function and susceptibility to various diseases.

According to WHO in 2020, in the Southeast Asia region the elderly population is 8% or around 142 million people. In 2050 it is estimated that the elderly population will increase 3 times from this year. In 2000 the number of elderly was around 5,300,000 (7.4%) of the total population, whereas in 2010 the number of elderly was 24,000,000 (9.77%) of the total population, and in 2020 it is estimated that the number of elderly will reach 28,800,000



(11.34%) of the total population. Meanwhile in Indonesia alone in 2020 it is estimated that the number of elderly will be around 80,000,000. And from the increasing number of elderly population in Indonesia, this age group needs special public health attention in terms of independency, lifestyle and which will directly affect their quality of life.

The Cengkareng Tzu Chi Flat is a community with a large population of average middle to lower economic levels. This study aims to see how the independency of the elderly in fulfilling Activity Daily Living (ADL) is described. The ability to move the elderly has decreased due to a decrease in the ability to function physically, sight, hearing so that the elderly need help tools/other people in their daily lives. The ability of the elderly's daily activities has several benefits, increasing the ability and sexual desire of the elderly, delaying the decrease in skin elasticity, increasing bone elasticity, inhibiting muscle wasting, maintaining muscle strength and increasing the self-efficacy of the elderly. The independency of the elderly greatly affects the quality of life, it is necessary to examine further how the independency of the elderly in meeting their daily needs in this flat.

II. Methods

This study is a quantitative research using a survey method with a cross-sectional approach. The aim of the research is to see the description of the level of independency of the elderly. The number of research respondents was 103 with the simple random sampling method used to select samples that match the inclusion criteria, namely the elderly who are willing to be examined at the time of data collection.

Type of Research

This type of research is quantitative research with a survey method with a cross sectional. The data used in this study are primary data obtained through direct interviews with the elderly.

Research Variables

This study uses independent variables, namely age, gender, occupation and comorbidities, and the dependent variable (dependent) on the independency of the elderly.

Data Source

The data source for this research is primary data where the data is taken directly by researchers through guided interviews on the elderly.

Data Collection Techniques

The data collection technique used was simple random sampling because the study population was homogeneous, namely all the elderly in the Tzu Chi Cengkareng flat.

Data Analysis

In this study, the data analysis used was descriptive/univariable analysis which aims to explain the characteristics of the independency of the elderly in the Tzu Chi Cengkareng Flat.

III. Results and Discussion

Every elderly has different characteristics and influences the implementation of daily activities. In table 3.1. This will present the characteristics of the elderly based on age, gender, occupation and history of disease.

Tabel 3. 1 Characteristics of the Elderly Based on Age in the Tzu Chi Loving Flat in 2022 (n=103)

Variable	n	%
Age		
60-74 year	97	94.2
>75 year	6	5.8

Gender		
Female	57	40.4
Male	46	32.6
Occupation		
Non-Working	70	49.6
Working	33	23.4
History of Elderly Disease		
Non comorbid	41	39.8
Comorbid	62	60.2

The majority of the elderly in the Cinta Kasih Tzu Chi Cengkareng Flat are between 60 – 74 years old with a total of 97 people (94.2%), more than 75 years with a total of 6 people (5.8%), female sex 57 (55.3%) more than men – men 46 (44.7%), more did not work 70 (68.0%) than those who worked 33 (32.0%) and had comorbidities, it was known that there were 62 people (60.2%) elderly who had comorbidities.

Based on table 3.2. It is known that out of 103 elderly, 101 (98.1%) have high independency and 2 people (1.9%) have low independency.

Tabel 3.2. Characteristics of the Elderly Based on the Independency of the Elderly, in the Tzu Chi Flat of Love in 2022 (n=103).

Variable	n	%
Independency of Elderly		
High	101	98.1
Low	2	1.9

The results of this study indicate that most of the elderly in the sample have independency in carrying out daily activities such as eating, dressing, walking, toileting and bathing. The results obtained from this study are the same as the results obtained in research conducted by Sri Wahyuni, et al, 2021 and Kodri & Rahmayati, 2016 it was found that the subjects studied were mostly independent in carrying out activities and the physical conditions of the subjects were classified as healthy. Some elderly who have unhealthy conditions are due to the aging process in the elderly's body functions which have decreased so that it has an impact on the daily activities of the elderly which is difficult to move their bodies (Kodri & Rahmayati, 2016; Wahyuni et al., 2021).

In the opinion of Kodri & Rahmayati, 2016 that the health of the elderly affects the independency of the elderly if the condition of the elderly is healthy, the elderly do not need the help of others in carrying out their activities but if the condition of the elderly is sick, the elderly need the help of others. Kartika Amelia et al, 2021 examined the relationship between visual impairment and the level of independency of the elderly in carrying out their daily activities. In this study it was also found that the majority of research subjects had a low level of dependency. According to Kartika Amelia et al, 2021 that visual impairment in the elderly can affect the level of dependence of the elderly in carrying out their daily activities (Amalia et al., n.d.).

Age is an important element in determining a person's degree of dependence (Burman et al., 2019). The majority of the elderly in the Cinta Kasih Tzu Chi Cengkareng Flat are aged between 60-74 years with a total of 97 people (94.2%), more than 75 years with 6 people (5.8%). The distribution of the elderly in this study can be categorized as being in the late elderly (56-65 years) and seniors (more than 65 years) (Hakim, 2020; Sonang et al., 2019). The condition of the elderly in the final category and the elderly generally experience a decline in various aspects and of course require assistance in their daily activities. Djamhari, E. A., et al (2021) stated that the elderly are a dependent group for productive groups in carrying out their daily activities. This is due to a decrease in the physical condition of the elderly which has an

impact on the health of the elderly. According to a study based on data from the Chinese Longitudinal Healthy Longevity Survey, age is the most important factor in the likelihood of an elderly person becoming dependent in the next two or three years.

New studies reinforce the concept that people become more dependent as they age (Wahyuni et al., 2021). This level of independency depends on the physical condition of the elderly individual. In general, the elderly will experience a decrease in body function and result in increasing dependency. Naturally the process of getting old causes the elderly to experience physical and mental changes, which affect their economic and social conditions. These changes require him to adapt continuously (Kodri & Rahmayati, 2016). Several studies have said that elderly people aged 60-74 years will experience a decrease in physical activity (Sun et al., 2013).

Likewise, according to Rahmayati, et al in 2016, the elderly can be independent if their health condition is in good condition. The good condition in question is that socially, the elderly who are independent carry out social activities, have a good relationship with the family and receive support from family and society and economically have income and can meet the needs of daily life. The needs of the daily life of the elderly in the form of activities to meet nutritional needs, elimination, mobilization, dressing and controlling the ability to urinate. These needs become an important part as a whole individual. But it cannot be ignored, when entering the age of these basic needs cannot be carried out independently.

The results of the research conducted on 103 elderly respondents in the Cinta Kasih Tzu Chi Flat, found that the elderly aged 60-74 years had a high level of independency (97.9%) and all those aged 75 had a high level of independency (100%). The independency of the elderly who was categorized as high was also found in a study of a nursing home in Samarinda which found 49 elderly people who were independent and had mild dependence (Widyastuti & Ayu, 2019). Research by Safitri (2017) on the elderly in the village of Cokrokusuman Yogyakarta also found that elderly aged 75-90 years were in the independent category.

The independency of the elderly can be influenced by patterns in the activities of the elderly participating in elderly gymnastics and the elderly Posyandu in the area (Widyastuti & Ayu, 2019), another opinion states that the independency of the elderly in their daily needs is due to family support (Ahsan et al., 2018). If you look at the description of this study, the majority of the elderly in the Tzu Chi flat have daily activities such as working, looking after their grandchildren, living with their families and regularly participating in community and posbindu activities.

Elderly gender

This study had a sample of 103 elderly consisting of 57 elderly women (55.3%), more than 46 men (44.7%). This is a general description in several studies with elderly subjects and society in general, it was found that women have a larger population than men (Hakim, 2020; Maryani & Kristiana, 2018; Widyastuti & Ayu, 2019). The life expectancy of women is found to be higher than that of men, this is due to hormonal physiological factors in women being better able to control stress and cardiovascular disease, biological factors the X chromosome lasts longer than the Y chromosome, and environmental factors and women's lifestyles which are easier adapt than men and consume less cigarettes and alcohol (Maryani & Kristiana, 2018). Life expectancy for women is higher not only in Indonesia, but also in the world. Globally, the life expectancy for women is 89 years while for men it is 86 years.

In addition to finding a picture of the elderly based on gender, this study also presents data on the elderly male sex having high (97.8%) and low (2.2%) levels of independency; and elderly women with high (98.2%) and low (1.8%) levels of independency. The proportion of high independency for women is greater according to the number of female respondents in this study. The data shows that there are around 2.2% of elderly men and 1.8% of elderly women with a low level of independency, this is possible because high independency is influenced by

physical conditions or co-morbidities such as stroke or other cardiovascular diseases (Widyastuti & Ayu, 2019). Of these, there was only 1 elderly female and male with a low level of independency. Women do more activities at home. In line with research (Darmojo, 2004) in (Jumita et al., 2012) that gender has a relationship with the independency of the elderly, that is, men have a higher degree of dependence than women.

Elderly Occupation

The characteristics of the elderly related to work in this study were dominated by not working 70 (68.0%) rather than working 33 (32.0%). Work is defined as a series of physical activities to increase muscle movement and fill empty time in old age (Potter and Perry, 2005) in (Purnanto & Khosiah, n.d.). The work of the elderly is generally self-employed, by opening small businesses in flat areas, helping neighbors while those who don't work only do activities at home, but if we look at the relationship between work and the level of independency, statistically there is no correlation (value 0.540).

The work in question is physical activity carried out as an effort to maintain muscle strength so that the muscles do not weaken so that the elderly do not experience partial or total dependence on their independency. Elderly who work hard like laborers will be physically fitter compared to office workers (Badaruddin & Betan, 2021; Purnanto & Khosiah, n.d.).

History of Elderly Disease

The process of decreasing various functions of the human body will occur as a person ages, causing several disturbances to the human health system (Hakim, 2020). The elderly generally experiences systemic diseases such as diabetes, heart disease, hypertension, cataracts, glaucoma, dry eyes, macular degeneration and so on (Chader & Taylor, 2013). The results of the study at the Cinta Kasih Tzu Chi Flat found that elderly people had a history of comorbidities such as diabetes mellitus, hypertension, gout and others as well as having a high level of independency of 60 respondents (96.8%) and low independency of 2 respondents (3.2%), while the elderly without comorbidities all have a high level of independency (100%).

Diseases of the elderly in this study were generally diabetes mellitus, hypertension, heart disease, and vision complaints. Diabetes has a significant relationship with visual impairment and most studies have shown that people with higher levels of diabetes are more likely to develop visual impairment (Falahaty et al., 2015). Systolic blood pressure was found to be the main predictor of intraocular pressure in hypertensive patients. The prevalence of visual impairment is associated with hypertension and diabetes (Falahaty et al., 2015). According to certain studies, people with increased blood pressure are more likely to report having vision problems, and regression models found a strong correlation between stroke and visual impairment. Certain investigative findings support an association between stroke and vision loss (Foster et al., 2011). Diabetes, hypertension and cardiovascular disease can all be associated with cataracts. It has also been shown that cataracts increase the likelihood of death from cancer and cardiovascular disease (Falahaty et al., 2015).

IV. Conclusion

The independency of the elderly to meet their daily needs such as eating, drinking, dressing, mobilizing and defecating/urinating patterns is an important part of being an individual. But the current conditions, the majority of the elderly are unable to meet their daily needs independently, the elderly are very dependent on other people/family. This can happen because of the health conditions of the elderly which are often found due to degenerative processes of bodily functions. This study concludes the level of independency of the elderly is divided into two parts, namely high and low independency. High independency if the elderly in the Tzu Chi Love Flat are able to meet their daily needs without the help of other family members, more than 50% of the elderly are categorized as having high independency. The high independency of the elderly must be endeavored to remain stable or increase, by seeking

regular physical exercise in flats and family assistance, as well as scheduling health checks consistently.

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