

Dimensions of holistic health in the elderly

by Bondan Palestin

Submission date: 30-Dec-2022 09:10AM (UTC+0700)

Submission ID: 1987381928

File name: IN_THE_ELDERY_PROCEEDING_INTERNASIONAL_BONDAN_PALESTIN_2022.pdf (152.8K)

Word count: 1182

Character count: 6605

**THE 5th INTERNATIONAL CONFERENCE ON HEALTH POLYTECHNICS OF
SURABAYA (ICOHPS)**
2nd International Conference of Nursing and Public Health Science (ICoNPHS)

Dimensions of holistic health in the elderly

Siti Nur Kholifah Author, Bondan Palestin, Yessy Dessy Arna Corresponden Author
1,3 Nursing Department of Politeknik Kemenkes Surabaya
2 Nursing Department of Politeknik Kemenkes Yogyakarta
Corresponding author: yessydessyarna1976@gmail.com

ABSTRACT

The elderly have undergone various changes in bio, psycho, socio, spiritual and cultural aspects. The achievement of optimal health quality for the elderly will increase life expectancy in the elderly. The purpose of this study was to identify holistic health dimensions in the elderly. This research uses a descriptive method. The number of participants in this study were 220 elderly people who live in Central Java and East Java. All participants were interviewed and filled out the provided questionnaire. The research instrument developed by the researcher is valid and reliable. The results showed that holistic health conditions consisted of mostly good biological health, mostly adequate psychological aspects, mostly adequate social aspects, mostly good spiritual aspects and mostly good cultural aspects. Suggestions that can be given are for families with the elderly to provide care support so that holistic health conditions can be improved.

Keywords: holistic, health, elder

BACKGROUND

Almost all countries that have aged people currently do not live with children and families so that this condition will increase the health vulnerability of the aged people. The age factor in the aged people will face many limitations (various physical, psychological, social, and spiritual declines), thus requiring assistance in improving the welfare of the aged people (Samsudrajat, 2011). Meanwhile, the aged people who have no potential are the aged people who are helpless and always depend on others.

The increase in the number of aged people is due to the progress and improvement of the community's economy, environmental improvements and advances in science, especially due to advances in medical and health sciences, so as to increase life expectancy in the aged people. The results of research by Rosmalina, and their colleagues in (2003) showed that social activities have a significant relationship with the level of physical fitness of the aged people which of course can affect the quality of life for the aged people. With increasing age, there will be changes in the way of life such as feeling lonely and aware of death, living alone, changes in economic terms, chronic illness, weaker physical strength, mental changes, reduced psychomotor skills, psychosocial changes, namely retirement, will lose resources. income, loss of spouse and friends, and loss of work and reduced activity. The purpose of this study was to analyze physical health condition for elderly.

RESEARCH METHODS

The research population was all elders living in Central Java and East Java, especially the cities of Yogyakarta, Surabaya, and Sidoarjo, from May to September 2022. The samples 220 aged people. The research variable is the physical health condition of the elderly with the sub-variables being biological aspects, social aspects, spiritual aspects, and cultural aspects. The data used in this research were primary data, directly collected from the aged respondents who visited the Posyandu. Measurement of the characteristics of the old people and their health skills using questionnaires that contain checklists and interviews.

RESULT AND DISCUSSION

Table. 1
Frequency Distribution of Holistic Health Conditions

| Indicator | Category | Frequency | Percentage |
|-------------------------------|----------|-----------|------------|
| X1.1. Biological Aspect | Less | 66 | 30 |
| | Enough | 83 | 37.7 |
| | Good | 71 | 32.3 |
| | Total | 220 | 100 |
| X1.2. Psychological Aspect | Less | 32 | 14.5 |
| | Enough | 152 | 69.1 |
| | Good | 36 | 16.4 |
| | Total | 220 | 100 |
| X1.3. Social Aspect | Less | 68 | 30.9 |
| | Enough | 137 | 62.3 |
| | Good | 15 | 6.8 |
| | Total | 220 | 100 |
| X1.4 Spiritual Aspect | Less | 17 | 7.7 |
| | Enough | 28 | 12.7 |
| | Good | 175 | 79.5 |
| | Total | 220 | 100 |
| X1.5 Cultural Aspect | Less | 13 | 5.9 |
| | Enough | 96 | 43.6 |
| | Good | 111 | 50.5 |
| | Total | 220 | 100.0 |

The holistic health condition variable consists of five indicators, namely biological, psychological, social, spiritual and cultural. On the biological indicators, the answers were mostly sufficient, namely 83 people or 37.7%, then good answers were 71 people (32.3%) and there were 66 people or 30% less answers. Psychological indicators of answers, more than 50% of respondents answered in the sufficient category, namely 152 people or 69.1%, then 36 people answered well (16.4%) and 32 people answered less or 14.5%. Social indicators answers more than 50% of respondents answered in the sufficient category, namely 137 people or 62.3%, then there were 68 people or 30.9% less answers and the least good category answers were 15 people (6.8%). The spiritual indicator of the dominant answer in the good category is 175 people or 79.5%, then there are 28 people or 12.7% enough answers and the least answer in the less category is 17 people (7.7%). Cultural indicators answered

that more than 50% of respondents answered in the good category, namely 111 people or 50.5%, then there were 96 people or 43.6% less answers and the least good category answers were 13 people (5.9%). Overall, it can be seen that the highest holistic health condition of the respondents in the good category is spiritual and then cultural.

CONCLUSION AND RECOMMENDATION

The holistic health condition variable consists of five indicators. The holistic health condition consists of the majority of good biological health, the majority of psychological aspects are sufficient, the majority of social aspects are sufficient, the majority of spiritual aspects are good and the cultural aspects of the majority are good. Suggestions that can be given so that families with the elderly provide care support so that holistic health conditions can be improved

REFERENCES

- Andreas Engvig, Andres M. Fjell, dkk(2010) *Effects of memory training on cortical thickness in the agedly*(https://scholar.google.co.id/scholar?hl=id&as_sdt=0%2C5&q=memory+elderly&btnG=, diakses tanggal 16 Februari 2020)
- Hurlock, Elizabeth. 1998. *Psikologi Perkembangan: Suatu Proses Pendekatan Sepanjang Rentang Kehidupan* Edisi 5. Jakarta: Erlangga.
- Kuntoro. (2010). *Metode Sampling Dan Penentuan Besar Sampel*. Pustaka Melati, Surabaya.
- Luc M. De Visschere, Lieve Grooten, Guy Theuniers and Jacques N. Vanobbergen (2006) *Oral hygiene of agedly people in long-term care institutions-a cross-sectional study*(https://scholar.google.co.id/scholar?hl=id&as_sdt=0.5qsp=4&q=oral+hygiene+agedly+people&qst=bh#d=gs_qabs&u=%23p%3DoPBb3KC2b48J, diakses tanggal 24 Februari 2020)
- Nora-Beata Erichsen and Arndt Büsing (2013) *Spiritual Needs of Agedly Living in Residential/Nursing Home*. (<https://www.hindawi.com/ecam> spiritual needs of agedly living in residential/nursing homes-hondawi, diakses tanggal 20 Februari 2020)
- Razihsadat Hosseiny (2016) *Quality of Sleep and Daily Activity of the Agedly in Zanjan*(https://www.researchgate.net/publication/312394790_Quality_of_Sleep_and_Daily_Activity_of_the_Agedly_in_Zanjan, diakses tanggal 20 Februari 2020)
- Roy, Sister Callista (1991). *The Roy Adaptation Model, the definitif statement*. Appleton & Lange a Publishing Division of Prentice Hall
- Sarah Hillcoat-Nallétamby (2014) *The Meaning of "Independence" for Older People in Different Residential Settings*(<https://academic.oup.com/psychogerontology/article/69/3/419/625399>, diakses tanggal 22 Februari 2020)

Sandeep Aryapost(2016) *ACTIVITIES OF DAILY LIVING: AGEDLY*(<https://www.journalijdr.com/activities-daily-living-agedly>, diaksestanggal1 Maret 2020)

Dimensions of holistic health in the elderly

GRADEMARK REPORT

FINAL GRADE

/0

GENERAL COMMENTS

Instructor

PAGE 1

PAGE 2

PAGE 3

PAGE 4
