

## Happy Elderly in the Pandemic Period with Elderly Gymnastics and Counseling Methods

Elis Noviati<sup>a)</sup>, Ima Sukmawati, and Jajuk Kusumawaty

Program Studi S1 Keperawatan, STIKes Muhammadiyah Ciamis, Ciamis, Indonesia

<sup>a)</sup>Corresponding Author: [elisnoviati@gmail.com](mailto:elisnoviati@gmail.com)

### Abstract

Elderly is an advanced stage of the life process decreasing the body's ability to adapt to the environment. Degenerative disease is a disease that occurs due to decreased organ function, including hypertension, rheumatoid arthritis, stroke, diabetes mellitus. Various strategies are pursued to improve health status and reduce morbidity in the elderly. One of them is through physical activity that is in accordance with the physical condition of the elderly and is carried out regularly. In addition, increasing knowledge through counseling which aims to help the elderly make decisions and determine a healthy lifestyle. The purpose of this activity is to improve the quality of life of the elderly. The method used is by doing elderly exercise with pre and post blood pressure checks so that it can be seen the significance of the benefits of exercise. In addition, counseling was carried out using lecture, discussion and question and answer methods. The target audience for this community service program is the elderly (elderly) in the Poskesdes Village of Benteng who are physically categorized as doing sports / physical activity for the elderly. The results of this activity show that the effectiveness of elderly gymnastics has an effect on reducing blood pressure. And from counseling, the results of the evaluation show that the elderly understand and understand the concept of healthy elderly people related to the pandemic.

**Keywords:** Elderly, elderly gymnastics, counseling

### INTRODUCTION

Elderly is one of the periods in the human life span that is considered a phase of decline. This is because in this phase the individual experiences various kinds of setbacks such as physical and cognitive functions (Notoatmodjo, 2014). According to WHO, there will be an increase in the number of elderly, especially in developing countries including Indonesia (Kemenkes, 2014). One of the problems faced is related to knowledge about the quality of life in the elderly. The decline in quality of life is marked by the elderly who are unable to carry out routine activities themselves such as bathing or wearing clothes, unable to enjoy activities with family members, unable to socialize with other communities such as religious activities or other social activities (Sunaryo et al, 2016).

Various strategies have been attempted to improve the health status of the elderly. One of them is through physical activity that is by physical conditions and is carried out regularly. Physical exercise such as regular exercise helps prevent chronic conditions or diseases in the elderly, such as high blood pressure (hypertension). This strategy is expected to be able to maintain the quality of life of the elderly to stay healthy. Elderly gymnastics is a series of movements or physical exercises performed by elderly people to improve their functional abilities. This type of activity has regular, directed, planned movements, which are adapted to various body changes in the elderly. The benefits of elderly exercise help improve the work of the heart, improve blood circulation, lower blood pressure, and reduce the risk of hypertension and heart disease (Trisnanto, 2016).

Another method to improve the quality of life of the elderly is health education. Health education is the main prevention key to improve, maintain, and change the environment through knowledge. According to Notoatmodjo (2014), that knowledge is the result of knowing a person about an object through his senses so that each person's knowledge will be different depending on how the senses capture the object or something. Counseling is held to help people gain the

power to make decisions and determine actions through increasing their ability and confidence to use their power.

The target audience for this community service program is the elderly (elderly) at the Village Health Center (Poskesdes ), Benteng Village, who are categorized as physically capable of doing sports/physical activities for the elderly. Targets and outcomes are achieved after the implementation of community service, above 80% of the elderly at Poskesdes Benteng Village can do elderly gymnastics actively and routinely according to the schedule planned by the cadres. One of the factors behind community service in Benteng Village is that the elderly population is quite large, but it is not yet known whether the elderly have a quality life. The next problem that needs attention is the physical condition of the elderly in Benteng Village. Physical health is an integral part of sports activities. People sometimes forget how important health is especially old. Many elderly people in Benteng Village do not know that many physical activities can be done by the elderly when they are at home. Physical activity in the elderly is very necessary to keep the muscles and nerves still sensitive and not stiff.

## METHOD

This community service activity is carried out in 2 stages, namely, the first stage is the implementation of elderly gymnastics, with examinations *pre* and *post* to see the significance of changes in blood pressure from the benefits of exercise provided. Next is counseling. At the counseling stage, it was carried out using lecture, discussion, and question and answer methods. Participants were evaluated through questions to see the extent of understanding related to the material provided. The tools used in the activity are *In focus*, *leaflets*, laptops, sets of blood pressure gauges. The population and sample in this activity are the elderly who live in Benteng Village. The place of implementation is in the working area of the Ciamis Health Center, in March 2021. Data collection is done by asking questions, discussing, and using medical devices (tensimeters).

## RESULTS

This community service activity was attended by 25 elderly people from Benteng Village. From the results of data analysis, it was found that the average difference in blood pressure scores before and after giving elderly exercise was carried out. The test *bivariate* showed  $p < 0.05$ , meaning that there was a difference in blood pressure before being given elderly exercise and after being given elderly exercise.

Counseling for healthy elderly is carried out using lecture, discussion, and question and answer methods. The evaluation results obtained almost 80%, the elderly can answer the questions given. This means that the elderly know and understand the material that has been delivered by the speaker.

## DISCUSSION

The elderly tend to experience health problems caused by decreased body functions due to the aging process. In physiological changes, there is a decrease in the immune system in the face of disturbances from inside and outside the body. One of the most common health problems experienced by the elderly is the cardiovascular system. Physical exercise such as regular gymnastics also helps prevent chronic conditions or diseases, such as high blood pressure (Suroto, 2014). The benefits of elderly exercise can increase the body's metabolic activity and oxygen demand.

The difference in changes in systolic blood pressure before and after being given exercise for the elderly there was a decrease in the average systolic blood pressure of 21.67 mmHg from 149.17 mmHg to 127.50 mmHg with  $p$ -value = 0.000. This indicates that there is a decrease in the average value of systolic blood pressure after elderly exercise. In diastolic blood pressure before and after being given deep breathing exercises and gymnastics for the elderly there was a decrease in the average diastolic blood pressure of 12.50 mmHg from 91.25 mmHg to 78.75 mmHg with a  $p$ -value of 0.000. This indicates that there is a decrease in the average value of

diastolic blood pressure after elderly exercise. According to Rigaud (2014) concluded that elderly exercise can be applied as hypertension management not only for prevention but also for maintaining the health of the elderly. This study is in line with the theory put forward by Astari & Dyah (2012), which concludes that there is a significant effect between elderly exercise and a decrease in systolic and diastolic blood pressure in elderly hypertension. Elderly exercise is done repeatedly (high frequency), then over time, the decrease in blood pressure will last a long time. That is why regular physical activity exercises can lower blood pressure. In line with Suroto (2014) states that the type of exercise that is effective in lowering blood pressure is elderly exercise.

In addition to elderly gymnastics, counseling through the lecture method is an alternative to changing people's behavior towards healthy behavior. The lecture method is a way of explaining and explaining an idea, understanding, or message orally to a group of targets to obtain health information. The lecture method is a way of delivering information and knowledge orally and can be said to be the most economical method of conveying information. In the implementation of counseling, the elderly asked a lot of questions and paid attention to the topics given. Another method used in counseling is the discussion method. Elderly respondents actively participated during the discussion. Discussions related to how to be a happy elderly, especially during the pandemic. In the discussion, the elderly were invited to express their thoughts. Health education is one of the promotive and preventive efforts to improve the health quality of the elderly (Haris et al., 2019).

## CONCLUSIONS And RECOMMENDATIONS

Regular exercise for the elderly can reduce blood pressure. Health education related to the quality of life of the elderly should improve health status and the prevalence of life expectancy. To the Puskesmas, especially related cadres, to improve programs and training related to the health of the elderly, so that the elderly can become healthy, strong, and independent elderly.

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## APPENDIX



**Figure 1.** Elderly Counseling



**Figure 2.** Elderly Exercise