



Improving the quality of life of the elderly through a healthy and active lifestyle in Kepandean Village, Tegal District

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| ARTICLE INFO | ABSTRACT |
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| <p>Article history Received: 2024-05-07 Revised: 2024-09-06 Accepted: 2024-09-25 Published: 2024-11-01</p> <p>Keywords Adiwiyata Program Hand Sanitizer Pace Leaf Extract</p> | <p><i>A healthy concept encompasses various aspects of a person's life, including physical health, mental well-being, social relationships, and satisfaction with overall living conditions. For seniors, improving quality of life means ensuring that they can live fulfilling and meaningful lives in their senior years. Improving the quality of life of the elderly means paying attention to their needs holistically and providing appropriate support in various aspects of life. This article describes a program where participants will be given socialization on exercise practices and health checks for the elderly to improve the quality of life of the elderly seen from a healthy and active lifestyle. The aim of this service activity is to improve the welfare and quality of life of the elderly by providing information to the elderly about the importance of implementing lifestyle live a healthy and active life. Carrying out regular health checks can provide aspects in detecting health problems that may require immediate treatment. The service activity program includes various steps, including an initial test to measure the initial knowledge of the elderly, and a post-service evaluation to assess knowledge retention and health monitoring for the elderly. The results show a significant increase in knowledge and activity results after group exercise activities carried out by the elderly.</i></p> |
| <p>Kata Kunci Program Adiwiyata Handsanitizer Ekstrak Daun Pace</p> | <p>Meningkatkan kesejahteraan hidup lansia melalui penerapan gaya hidup sehat dan aktif di Desa Kepandean, Kabupaten Tegal. Konsep sehat itu mencakup berbagai aspek kehidupan seseorang, termasuk kesehatan fisik, kesejahteraan mental, hubungan sosial, dan kepuasan dengan kondisi hidup secara keseluruhan. Untuk lansia, meningkatkan kualitas hidup berarti memastikan bahwa mereka dapat menjalani kehidupan yang memuaskan dan bermakna di tahun-tahun lanjut usia mereka. Meningkatkan kualitas hidup lansia berarti memperhatikan kebutuhan mereka secara holistik dan memberikan dukungan yang tepat dalam berbagai aspek kehidupan. Artikel ini menguraikan program dimana peserta akan diberikan sosialisasi praktik senam dan pemeriksaan kesehatan terhadap lansia untuk memperbaiki kualitas hidup lansia dilihat dari gaya hidup sehat dan aktif, tujuan dari kegiatan penagabdian ini untuk meningkatkan kesejahteraan dan kualitas hidup lansia dengan memberikan informasi kepada lansia tentang pentingnya menerapkan gaya hidup sehat dan aktif. Melakukan pemeriksaan kesehatan secara rutin dapat memberikan aspek dalam mendeteksi masalah kesehatan yang mungkin memerlukan penanganan segera. Program kegiatan pengabdian mencakup berbagai langkah, termasuk tes awal untuk mengukur pengetahuan awal lansia, dan evaluasi pasca kegiatan pengabdian untuk menilai retensi pengetahuan dan pemantauan kesehatan bagi lansia. Hasilnya menunjukkan peningkatan yang signifikan dalam pengetahuan dan hasil kegiatan pasca kegiatan senam bersama yang dilakukan oleh lansia.</p> |

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INTRODUCTION

According to the World Health Organization (WHO), elderly people are a group of people aged 60 years or more. Law No. 13 of 1998 concerning the welfare of the elderly, namely residents who have reached the age of 60 years and over. In general, someone is said to be elderly if they are over 60 years old, but this definition varies greatly depending on socio-cultural, physiological and chronological aspects of the definition with international standards (Boy, 2019).

The elderly are one of the groups or populations at risk (population at risk) whose numbers are increasing (Kiik et al., 2018). Allender et al. (2014) say that a population at risk is a group of people whose health problems are likely to develop worse due to influencing risk factors. Stanhope and Lancaster (2016) said that the elderly as a population at risk have three health risk characteristics, namely, biological risks including age-related risks, social and environmental risks and behavioral or lifestyle risks (Jannah et al., 2017). The quality of life of the elderly is a measure of how well the elderly can enjoy their lives physically, mentally and socially (Anisa et al., 2023). Improving the quality of life of seniors involves paying attention to various aspects, including physical health, mental well-being, social relationships, and emotional well-being (Andari, 2023).

That biological risks include age-related risks in the elderly, namely the occurrence of various declines in biological function due to the aging process (Tourani et al., 2018). Social and environmental risks in the elderly include an environment that triggers stress. The economic aspect of the elderly is a decrease in income due to retirement (Aini & Anugrahanti, 2023). Behavioral or lifestyle risks such as habitual patterns of lack of physical activity and consumption of unhealthy food can trigger disease and death (Diarthini et al., 2020). The effectiveness of implementing a healthy and active lifestyle can be seen from various aspects of a person's health and quality of life (Purtiantini, 2023). Adopting a healthy and active lifestyle has significant benefits, especially for the elderly, and these positive effects can be measured or observed through changes in various aspects of life (Diarthini et al., 2020).

The greatest influence of balance training on improvements in the physical domain consisting of a decrease in pain (Wahyuni, 2020). Balance training can reduce joint pain experienced by the elderly (Aini & Anugrahanti, 2023). Some elderly people say that the pain they have been experiencing has reduced (Mujiastuti et al., 2021). This reduction in pain causes drug dependence to decrease (Hidayah et al., 2022). In addition, the elderly's ability to carry out daily activities increases (Purtiantini, 2023). The elderly said their ability increased in several daily activities such as lifting flower pots, sweeping and dressing (Lumowa & Rayanti, 2023). This means that physically the elderly healthier than before taking part in balance training. Elderly people become more satisfied with their ability to carry out daily activities. This makes sleep calmer (Nuzula & Azmi, 2023). This program supports one of the SDGs program number three, its is maintaining good health and well-being (United Nation, n.d).

METHOD

This community service method was implemented targeting 40 participants, which included a series of educational activities, health checks and healthy exercise. This approach is designed to provide the knowledge and skills necessary to adopt a healthy and active lifestyle. In this activity, participants will receive information regarding healthy eating patterns, the importance of physical activity, and how to maintain mental well-being. Regular health checks will help detect health problems early, while healthy exercise will involve participants in physical activities that are beneficial for body health. Therefore, this method aims to improve the quality of life and overall well-being of the participating participants. The first stage of community service activities is in Figure 1.

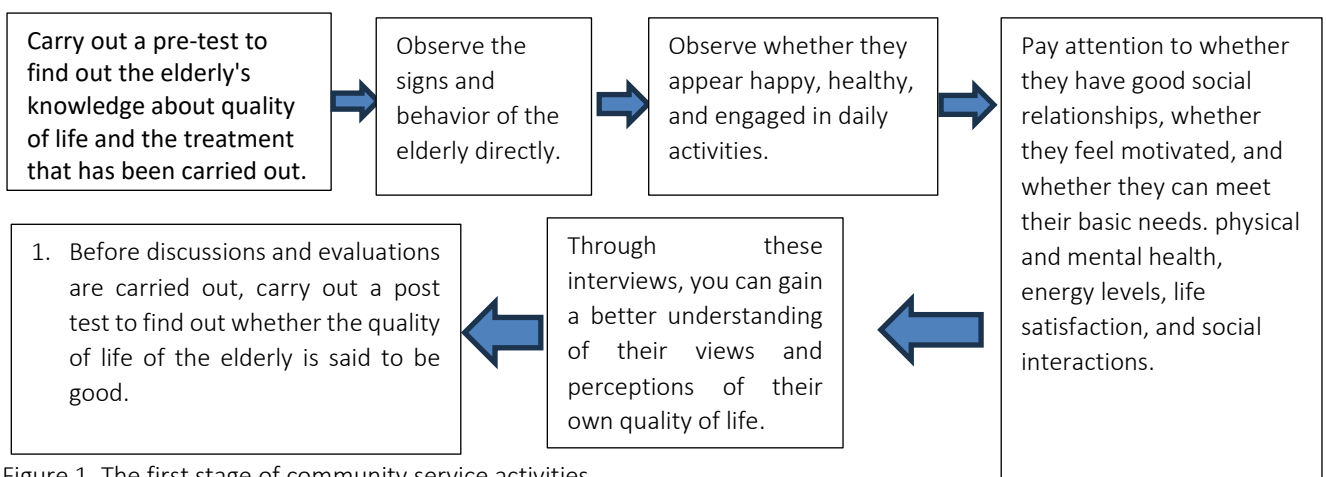


Figure 1. The first stage of community service activities

RESULTS AND DISCUSSION

Pre-implementation

Pretest Activities

In carrying out the realization of the problem, the preparation stage for the implementation of the socialization of activities and implementation of health checks and elderly exercise was carried out with a total of 40 participants. In solving problems in society, especially those related to health problems. The DIII Kebidanan Politeknik Harapan Bersama Study Program is motivated to provide community service regarding the quality of life standards for the elderly which can be implemented by providing knowledge information, health checks and training on how to do elderly exercise.

Elderly education on improving the quality of life of the elderly by implementing a healthy and happy lifestyle

Poor quality of life in older adults can have a significant negative impact on their health. The following are some of the effects of poor quality of life on the health of the elderly: Mental health Poor quality of life, including low levels of life satisfaction and high levels of stress, can increase the risk of mental health disorders such as depression and anxiety in the elderly. Poor mental health can affect daily life, social interactions, and compliance (Nurdin, 2016) with medical care. Physical health Poor quality of life can have a negative impact on the physical health of the elderly. Seniors who feel unhappy or dissatisfied with their lives may be less motivated to maintain their physical health. This can lead to an unhealthy lifestyle, such as lack of exercise, poor diet, and an increased risk of chronic disease. Social Health Elderly people with poor quality of life tend to experience social isolation. Social isolation can increase the risk of depression, anxiety, and other mental health disorders (Hidayah et al., 2022). In addition, lack of social interaction can affect physical health because it can reduce motivation to maintain health and mobility (Nikolaus & Bach, 2003).

Overcoming poor quality of life in the elderly requires a holistic approach and involves various aspects of their lives (Lailiyah et al., 2018). Ensure that the elderly receive regular health care from doctors and other health professionals, monitor and manage chronic diseases well, encourage the elderly to undergo regular health checks and follow the doctor's recommendations (Dewi, 2019). Physical activity by Encouraging the elderly to remain physically active according to their abilities, activities such as walking, gymnastics, yoga or swimming can help maintain physical and mental health (Yoshida et al., 2014).

Pay attention to the mental health of the elderly by maintaining the mental health of the elderly by getting them involved in activities they enjoy (Cahyadi et al., 2022). Provide emotional support and attention to seniors to help deal with stress, anxiety, or depression. Social interaction Emphasize social interaction by encouraging seniors to build relationships with family, friends and the community (Nurhayati et al., 2019). Encourage them to join social groups or clubs that match their interests (Aprilia., 2022).

Balanced Nutrition Ensure that seniors eat balanced and nutritious food. Avoid foods high in sugar, salt and saturated fat (Boy, 2019). Consult a nutritionist if necessary (Mega et al., 2022). Help seniors identify sources of stress and find ways to overcome or reduce them (Jannah et al., 2017; Mujiastuti et al., 2021). Planning to address poor quality of life in the elderly must be tailored to individual needs and preferences. It is important to communicate openly with older adults and involve them in decisions about their care and improving their quality of life (Gemede, 2020).



Figure 2. Health check program to identify the elderly physical condition

Community service activities by monitoring the health of the elderly

In this community service activity, elderly people receive health counseling or education and then carry out a comprehensive health examination of the elderly to find out the current health of the elderly. Seniors gain a more comprehensive understanding of the importance of adopting a healthy lifestyle which includes aspects such as a balanced diet, regular exercise and maintained mental health (Islah Wahyuni, 2020). The material presented during the activity

provides seniors with in-depth knowledge about how to choose foods that are rich in nutrients, balance calorie intake, and avoid excessive consumption of foods high in sugar and saturated fat (Rossyana Dewi, 2019). In addition, information about various forms of physical activity tailored to the elderly's abilities, such as light exercise, walking or stretching exercises, helps them understand the importance of maintaining mobility and body fitness (Indah & Aquarista, 2018). Education about mental health also gives seniors insight into how to deal with stress and maintain emotional well-being, such as through meditation, recreational activities, or involvement in the community (Budiono & Rivai, 2021). With the knowledge gained, seniors can now make healthier and more effective life choices, from good eating habits to beneficial physical activities (Cahyadi et al., 2022). This will help them improve their overall quality of life, extend healthy lifespans, and increase happiness and life satisfaction (Mega et al., 2022).

Participants showed increased involvement in managing their health independently, such as by regularly attending periodic health (Fitria et al., 2023) checks and participating in consultations with medical personnel to monitor their body condition (Lumowa & Rayanti, 2023). The elderly are becoming more motivated to participate in routine health programs, including vaccinations and disease screening, to detect potential health problems early (Endevelt et al., 2009). Apart from that, they are also more active in carrying out medical recommendations and following doctors' advice regarding lifestyle changes, such as exercising regularly, maintaining a healthy diet, and managing stress (Muchsin et al., 2023). By taking these steps, seniors strive to maintain their physical and mental well-being and improve their overall quality of life (Boy, 2019). This reflects the success of activities in motivating elderly people to take more responsibility for their own well-being (Parker et al., 2020).



Figure. 3. Identifying the elderly's physical health and well-being

Post-implementation

Evaluation

Evaluation of community service activities with the theme "Improving the Quality of Life of the Elderly through Increasing Healthy and Active Lifestyles" provides an overview of the effectiveness of the program and its impact on the elderly who participate. Participants demonstrated increased knowledge about healthy lifestyles, including the importance of a balanced diet, physical activity and mental wellbeing. Participants were satisfied with the health examinations and medical consultations provided. Many participants appreciated the free health check-ups as a means of early detection of health problems. Healthy exercise activities were welcomed by the participants, and they felt that the activities were in accordance with their physical abilities. Participants felt that healthy exercise activities helped them stay active and improved their physical health. Evaluations show that participants have begun to change their habits towards a healthier lifestyle. Some participants reported that they exercised more diligently and ate healthy foods after the activity. Overall, the evaluation results show that this activity succeeded in achieving its goal of providing information and support to the elderly. The positive impact on participants' knowledge, lifestyle and quality of life shows the effectiveness of the program and the added value it provides to the elderly community.

CONCLUSION

Community Service Activities with the theme 'Improving the Quality of Life of the Elderly Through Increasing Healthy and Active Lifestyles' were held to provide education, services and support to the elderly so they can live healthier and more fulfilling lives. Through this activity, seniors will gain access to important information related to a healthy lifestyle, including practical guidance on a balanced diet, appropriate physical activity and strategies for maintaining mental well-being. This activity also offers routine health checks which include blood pressure measurements, blood sugar tests, and general evaluation of the elderly's health condition. This allows early detection of potential health problems and provides the opportunity to obtain appropriate medical advice. Apart from that, healthy exercise activities are held to encourage elderly people to remain physically active. These exercises are specifically designed for the abilities and needs of seniors,

helping to improve their fitness, mobility and balance. Interactive sessions and workshops were also held to strengthen seniors' knowledge about healthy and active lifestyles.

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