

## The Role of Elderly Cadres in Increasing Elderly Participation in Posyandu Activities in Margoyoso Village, Jayaloka District

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### Abstract

*This study aims to determine the role of elderly cadres in increasing the participation of the elderly in posyandu activities in Margoyoso Village, Jayaloka District. In this study using a type of qualitative descriptive research. With data collection methods using interviews, observation and documentation. The research subjects were posyandu cadres, elderly cadres, and the elderly. The research results obtained were: elderly cadres at posyandu activities in Margoyoso village in increasing the participation of elderly cadres in posyandu activities, namely there were four stages, namely the approach, communication, activity implementation, and service stages. The results obtained from the role of levels in these 4 aspects are quite good, but not optimal. The approach is only carried out at the start of the scheduled Posyandu. The communication carried out by elderly cadres is to convey information about the implementation of posyandu activities. Posyandu activities are carried out starting from elderly cadres preparing tools and places for carrying out activities, accompanying the elderly in having their health checked by health workers. Services performed by elderly cadres only provide promotive and preventive services and curative and rehabilitative services are provided by health workers or village midwives.*

### Keywords

the role of cadres; elderly; posyandu



## I. Introduction

Elderly Posyandu activities are a development of government policy through health services for the elderly which are implemented through the Puskesmas program by involving the participation of the elderly, families, community leaders and social organizations in its implementation. The elderly Posyandu is carried out by and for the community at the grassroots level, which organizes several activities including data collection or registration, weighing and measuring, recording the results of weighing and measuring on a health card, counseling and providing some vitamins and health information needed. The measurement results are then used as an indicator to see a person's health status.

According to WHO (in Nugroho, 2014: 2) says that as follows:

“Defining the elderly, which we hereafter refer to as the elderly, is someone who has reached the age of 60 years and over, both men and women. Elderly is a group of people who are experiencing a process of gradual change within a certain period of time. The increasing number and proportion of the elderly population group is due to the demographic transition and the increasing average life expectancy.”

With the existence of Posyandu, it is hoped that the elderly will be able to take advantage of this facility properly, so that the health of the elderly is easily maintained and monitored in stages. However, in field conditions, only a small proportion of the elderly took advantage of the existence of an elderly posyandu. Most of the statements from the elderly said that they did not know information about the posyandu for the elderly, this is because the schedule for the posyandu for the elderly and the posyandu is usually held simultaneously. Judging from the existing phenomenon, there is a need for the involvement of community members, namely elderly cadres who participate in increasing the participation of the elderly in participating in posyandu.

Participation in activities is the involvement of the elderly in realizing government programs, namely services and the availability of health facilities that have the aim of providing services for the elderly. The reason for the need for the participation of the elderly in posyandu activities is because the elderly are one of the targets of the posyandu program. With the participation of the elderly, it is hoped that it will provide services needed by the elderly, welfare for the elderly in Margoyoso Village, Jayaloka District. Widiyawati Wiwik & Diah Jerita Eka Sari. 2020

Elderly Posyandu activities have management or what is often referred to as elderly cadres. The existence of elderly cadres in each Posyandu activity aims to provide special services to the elderly in participating in Posyandu activities. Elderly participation is the involvement of community members and health workers in increasing the participation of the elderly in the planning and implementation of Posyandu activities for the elderly held in Margoyoso Village, there are several reasons for the need for elderly participation in posyandu activities, this is due to improve the quality of life and health in the elderly. With the participation of the elderly, it is hoped that life will be more directed so that quality health services are created for the elderly and adapted to the needs and expectations of the elderly.

Margoyoso Village is a village located in Jayaloka District, South Sumatra Province, Mergoyoso village is divided into 2 hamlets, namely hamlet 1 and hamlet 2. The population of Margoyoso village is 708 people with 216 family heads, for the elderly population aged 60 years and over according to data from the Margoyoso village midwife there were 75 elderly people consisting of 40 male sex people, and 35 female sex people.

Posyandu activities in Margoyoso Village are carried out routinely once a month. The posyandu activities are not only intended for the elderly but also for toddlers and pregnant women. In posyandu activities for the elderly, they are guided by elderly cadres and their health will be examined by health workers.

In accordance with observations and observations made by researchers, it can be seen that there are still many people including the elderly who do not participate in elderly Posyandu activities. Judging from the field facts, researchers are interested in conducting research on the Role of Elderly Cadres in Increasing Elderly Participation in Posyandu Activities in Margoyoso Village, Jayaloka District.

## **II. Research Method**

This study uses an approach qualitative with descriptive research type (Suwendra: 2018). This research is intended to obtain information about the Role of Elderly Cadres in Increasing Elderly Participation in Posyandu Activities in Margoyoso Village, Jayaloka District.

The location of this research is in Margoyoso Village, Jayaloka District, Musi Rawas Regency. There are 7 research subjects, sresearch objectdetermined by researchers by meeting the criteria, namely as the head of posyandu cadres, elderly cadres, and the elderly. As for data collection conducted by researchers through interviews, observation, and documentation.

### **III. Result and Discussion**

#### **3.1 The Role of Elderly Cadres in Margoyoso Village, Jayaloka District**

Posyandu activities are activities intended for the local community and intended for pregnant women, toddlers and the elderly.

In accordance with what was conveyed by the head of the Margoyoso village posyandu regarding the elderly posyandu in Margoyoso village that:

"The elderly Posyandu is a service center specifically for the elderly 50 years and over, but in Margoyoso Village, the Posyandu is a mix of pregnant women, toddlers and the elderly."

Based on the results of these interviews, it can be concluded that the posyandu specifically for the elderly in Margoyoso village is a health service center for the elderly where in its activities are checking the elderly's health such as weight, blood pressure and other health checks, elderly cadres together with health workers who work together to achieve goals from posyandu.

##### **a. Approach**

Carrying out an activity in the community with an approach to the community is something that is very important and needs to be done, with the aim of knowing the needs of the community.

Prior to the implementation of posyandu activities there is a discussion or submission of activity plans to the target local community. Then the same thing was conveyed by elderly cadres who said that as follows:

"Posyandu in Margoyooso village is not only for the elderly, but also for toddlers and pregnant women, if the approach is definitely done by elderly cadres to the elderly. Approaching the community is not the job of the elderly cadres."

Based on the information conveyed by the sources above, the elderly cadre approach to the elderly is carried out through data collection where in collecting data the elderly cadres can find out how the condition of the elderly is and listen to complaints, however, this approach is only carried out at the beginning of the implementation of posyandu activities. The data collection was carried out by elderly cadres from house to house for the elderly.

##### **b. Communication**

Communication is able to build cooperation between community members in realizing a program or ideas in a community. Where the achievement of an activity or program requires good communication between the community implementing the program.

Good communication skills to individuals or local community groups will thus facilitate the delivery of information to the public. With elderly cadres communicating well, the information to be conveyed will be more easily understood by the elderly.

Based on the information above, it can be concluded that the delivery of information is related to the implementation of posyandu activities, such as the implementation date which sometimes changes, then regarding the time or dose of drug consumption given by health workers. The way to motivate the elderly is by inviting them to chat so that the elderly are able to understand what is conveyed by the cadres such as providing understanding and explanation about Health and the elderly Posyandu. To communicate with the elderly, more emphasis is placed on patience and using language that is commonly used by the elderly so that the meaning of what is to be conveyed is well conveyed by the elderly.

### **c. Implementation of Activities**

Posyandu activities certainly have a place and time to carry out posyandu activities. Then the cadre is the implementation of the activity. Based on the information presented above, it can be concluded that the posyandu in Margoyoso village is held on the 12th of every month. The location for Posyandu activities in Margoyoso village is held at the Margoyoso village meeting hall. Before carrying out posyandu activities, elderly cadres make preparations such as preparing the needs used for the process of implementing posyandu activities. Elderly who come to the posyandu bring KTP, KK or KMS for the elderly who already have a KMS, then the elderly cadre is in charge of recording the results of the elderly's examination into the elderly's KMS book, but the elderly cadres only record the elderly's weight and the results of the elderly's blood pressure for recording complaints and Also, drug prescriptions are carried out by health workers who examine the elderly.

This can be strengthened by the results of observations made in the activity process, namely on the date. Before carrying out the health examination for the elderly, the elderly cadre will give directions, then the elderly cadre will record the presence of the elderly and ask for the KTP or KMS book belonging to the elderly. Elderly cadres are only tasked with directing or assisting the elderly and recording the results of the inspection in the KMS book belonging to the elderly.

### **d. Service**

Service is the provision of assistance in preparing or providing everything needed by others. Where the help can help someone in overcoming the problem. Posyandu activities are an effort to provide assistance in the form of health services for the community. With the existence of services at Posyandu activities, it is expected to be able to provide a healthy life for the surrounding community.

Services in posyandu activities, namely health checks and providing counseling, providing additional food and nutrition, these services are promotive and preventive services. Promotive and preventive services are health measures provided to the community at posyandu activities. Based on the information submitted by the informants, it can be concluded that the promotive and preventive service processes at the Posyandu in Margoyoso village are only checking blood pressure, body weight, checking blood sugar and giving medication according to the illness. Where in this promotive and preventive service carried out by health workers who are responsible for examinations and assisted by elderly cadres.

### **3.2 Discussion**

#### **a. The Role of Elderly Cadres in Increasing Elderly Participation in Posyandu Activities.**

Role is a person's position or status that is dynamic or changing, where the status of a person is expected of others according to the norms in society. In relation to the elderly posyandu, the role here means the position or function of the activities of the elderly posyandu which are under the coverage of the puskesmas trying to meet the needs of the elderly, control the physical and mental health of the elderly, so that the elderly become healthy, productive and independent. There are several indicators in knowing the role of elderly cadres in increasing elderly participation in posyandu activities, namely:

##### **1. Approach**

Efforts to approach health workers and the elderly are one of the efforts made by elderly cadres in building trust and creating an activity that suits the needs of the community, especially the elderly through posyandu activities. The approach taken by elderly cadres at the posyandu in Margoyoso village is to collect data by visiting elderly homes, looking at identity cards and also providing an understanding of the importance of posyandu in helping to maintain the health of the elderly themselves. The approach taken by elderly cadres is by conducting surveys and collecting data on the number of elderly people in Margoyoso village.

According to the results of Pasmawati's research (2017) States that Elderly is the last stage of human development, the characteristics of this stage are unique and distinctive, which in this case requires counseling approaches and techniques that are relevant to their special circumstances. Many changes occur, ranging from changes in physical condition, organ function, and reduced or limited energy. This can cause problems for the elderly.

Based on the results of observations, it can be seen that data collection on the elderly is not carried out every time a Posyandu activity is held. The approach taken by elderly cadres is that it is only done for the elderly, this is not in accordance with the role of elderly cadres according to Sumarmi (2015) who says the role of elderly cadres is to approach community leaders. Then there are also no home visiting activities for the elderly who are not present at the posyandu.

##### **2. Communication**

Communication is the process of conveying information from individuals to groups or vice versa. Having good communication skills must be owned by an elderly cadre, with good communication, the information conveyed by the elderly cadres will be conveyed to the elderly. Information that is well conveyed and easily understood by the elderly will make it easier for elderly cadres to provide motivation or move the elderly to attend posyandu activities. The results of observations on posyandu activities show that elderly cadres provide information about the rules for using drugs given by health workers. Elderly cadres also provide motivation and understanding regarding the importance of health checks for the elderly.. This corresponds to communication according to Ramadhantya (2016) who said that communication can be used as the most effective tool to influence human behavior, so that communication needs to be developed continuously.

Based on the results of the interviews in motivating the elderly by inviting them to chat so that the elderly are able to understand what the elderly cadres are conveying such as providing an understanding and explanation of Health and the elderly Posyandu. Then what are the benefits of attending routine posyandu and listening to complaints from the elderly so that cadres are able to help provide solutions for the elderly. Motivating or

inviting the elderly to participate in posyandu activities, of course, requires a strategy to be used to communicate with the elderly so that the purpose of the communication can be conveyed properly for the elderly. This is in accordance with the opinion According to Edwards (in Bidara, 2021) that communication consists of transmission (delivery of information), clarity, and consistency.

### **3. Implementation**

The implementation of the posyandu in Margoyoso village is in accordance with the ongoing posyandu activities, according to Maryam, et al (2010) the activities in the posyandu specifically for the elderly have a 5 table system, namely registration activities, ADL recording (basic activities for self-care), weight weighing, and TB measurement, measurement of blood pressure, health checks and mental status, special health checks, counseling, counselling. Activities at the Maargoyoso village posyandu, namely before carrying out an elderly health check-up will be given directions by the elderly cadre, then the elderly cadre will record the presence of the elderly and ask for the KTP or KMS book belonging to the elderly. After completing the registration, the elderly will be called one by one to carry out examinations starting from their weight, blood pressure, asking for complaints, then being examined by health workers.

It is still seen that there are several activities in its implementation that are not carried out by elderly cadres, namely providing counseling and counseling for the elderly, as the results of research conducted by Ningsih et al (2022) namely the role of elderly cadres to improve the health status of the elderly is through community mobilization, counseling and monitoring. Where in the efforts made by cadres in improving the health status of the elderly, namely through maintaining nutritional intake, health checks, exercise, and counseling. During the Posyandu implementation, only health checks were carried out, but outside of the day of the Posyandu activities there were elderly exercise activities, but in the elderly exercise activities, there were not many elderly participants, only 5 to 7 people who took part in the exercise.

### **4. Service**

The implementation of posyandu activities as elderly cadres records the results of health checks for the elderly, also provides services both promotive and preventive as well as curative and rehabilitative services carried out by elderly cadres (Wiwik and Sari: 2020) and assisted by health workers in charge of posyandu activities. Seeing from the results of observations made by researchers of promotive and preventive services carried out by elderly cadres at the posyandu in Margoyoso village, namely in carrying out posyandu activities in Margoyoso village, the services provided by elderly cadres are just carrying out checks such as weighing, blood pressure and also health checks by health workers and health education in posyandu is not carried out every posyandu activity in margoyoso village. However, for preventive services performed by elderly cadres and also health workers is quite good. This is not in accordance with the function of promotive services because the function of promotive and preventive services is to provide services in the form of providing health information such as health counseling, at Posyandu Margoyoso village not in accordance with the opinion according to Rochati (2016) who said that lanisa service activities are promotive activities in the form of health education, preventive activities in the form of monitoring the health of the elderly, curative activities in the form of light treatment carried out at posyandu, and rehabilitative activities in the form of medical, psychosocial, edicative and other efforts.

According to the results of research by Asiah et al (2020) the implementation of the elderly Posyandu in the preventive activities of the cadres' duties directly are tasks that are carried out during the Posyandu activities, including: preparing Posyandu activities, notification regarding the implementation of Posyandu activities to the elderly, and the process of activities at the Posyandu. This is in accordance with the preventive activities carried out by elderly cadres at the Posyandu in Margoyoso village. Where elderly cadres play a role in preparing the needs needed in posyandu activities.

According to Angraeni (2014), that services at posyandu are core services in implementing government policies to achieve elderly, independent and efficient. Therefore, the direction of Posyandu activities cannot be separated from the concept of active aging. Active aging is the process of optimizing opportunities for health, participation and comfort to improve quality of life in old age. If someone is healthy and safe, then the opportunity to participate increases. Happy and efficient old age is not only physical but includes emotional, intellectual, social, vocational and spiritual which is known as the dimension of wellness. Wellness is a complete approach to achieving active aging (Boedi & Mertono: 2006; Wiwik & Sari: 2020).

Promotive and preventive services at Posyandu in Margoyoso village are health services with basic services such as providing counseling and health checks such as checking blood pressure, weight, checking blood sugar and giving medication according to the illness. Where in this promotive and preventive service carried out by health workers who are responsible for examinations and assisted by elderly cadres. Apart from the existence of promotive and preventive services in posyandu activities, there are also curative and rehabilitative (special) services or commonly referred to as healing actions or provide treatment or reduce pain for people with disease in the community.

Services will certainly be different between the elderly who can come to the posyandu and the elderly who cannot come to the posyandu. Services provided to the elderly who can come to the posyandu include checking their health with various health checks starting from checking their weight, blood pressure, medical examinations by health workers and administering medication. However, for services for the elderly who are unable to come to the posyandu and if the elderly have a history of a disease that is quite dangerous for their health, the elderly will be visited at their home to check their health condition. This is done by the village midwife and elderly cadres. However, if the elderly require more treatment, they will be referred to the health center or hospital, this will be assisted by elderly cadres and also the village midwife.

#### **IV. Conclusion**

Based on the results of the study, it can be concluded that elderly cadres at the posyandu in Margoyoso village, Jayaloka sub-district, have performed the role of elderly cadres well, but not optimally. There are several things that are done by elderly cadres, namely by approaching parties related to the implementation of posyandu activities, namely the village government, health workers and also the elderly. The approach by elderly cadres was carried out only to the elderly at the beginning of the implementation of the activity, namely by collecting data at the elderly's homes. This activity was also carried out by elderly cadres in inviting the elderly to have regular health checks at the Posyandu in Margoyoso village.

Then the communication carried out by elderly cadres to the elderly is carried out well, namely conveying information regarding the implementation of posyandu activities. In carrying out posyandu activities in Margoyoso village, elderly cadres carried out several

activities starting from preparation for implementation until the end of posyandu activities. The services performed by elderly cadres for the elderly are also quite good according to the procedures for implementing posyandu activities for the elderly, where elderly cadres provide assistance and record keeping during the implementation process (Wiji: 2017). This can also be seen from the large number of elderly people participating in posyandu activities in Margoyoso village, but there are still many elderly who have not or do not want to attend posyandu activities at all due to several factors that influence elderly participation in Margoyoso village, namely age and gender. attitudes and needs, role of cadres, and family support

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