

## Family Support With Elderly Active Gymnastics Posyandu Elderly Village Of Pantai Labu Subdistrict Regency Of Deli Serdang The Year 2019

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**Abstract:** Elderly gymnastics is a physical exercise that is lightweight and easy to do; this elderly gymnastics will help the body to stay fit and train the bones remain strong. Elderly gymnastics has been conducted in various regions as an elderly Posyandu program to improve elderly fitness, but there are still many levels of elderly activity to low elderly gymnastics; it is influenced by some things, among other family support. This research brain to know the support of the family with the active elderly to follow gymnastics in Posyandu Elderly village at Pantai Labu District of Deli Serdang District. The study used a descriptive correlative, a research population of 197 people. Sampling techniques are carried out by the Total sampling technique with the population members grouped up to a total sample of 47 people. Analysis of the data used Test Chi-Square. Results of this study showed that family support with the elderly follows gymnastics in Posyandu Elderly majority is not good as much as 24 (51.1%) The respondents and the elderly exercise following gymnastics in Posyandu elderly majority of inactive 31 (66.0%). From the results of the analysis using a correlation test, chi-square at getting  $p = 0.000 < \alpha 0.05$ . This indicates there is a relationship between the family support with the activity of seniors following gymnastics in Posyandu Elderly village of Pantai Labu district of Deli Serdang year 2019. Conclusion there is a family support relationship with the activation of the elderly follows the gymnastics in the elderly village of the Central District Pantai Labu District of Deli Serdang. It is hoped that the elderly pay attention, especially to family support, with the activation of elderly gymnastics in Posyandu elderly village of Pantai Labu District, so the elderly also feel more attention to the family.

**Keywords:** Elderly Gymnastics, Family Support, Activity

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### I. Introduction

The elderly are a natural process prescribed by the Almighty God. All people will experience the process of being old, and old age is the last time of human life. According to the WHO's data in 2012, in the next four decades, the proportion of the population aged 60 years or older in the world population is expected to increase from 800 million people to 2 billion older adults or burst from 10% to 22%. 1

Seniors are periods in which organisms have reached maturity in size and function and have also shown setbacks in line with time. Some opinions on the age of decline 1 that there is a set of 60 years, 65 years, and 70 years. The World Health Organization (WHO) establishes 60 years as an old starting age that shows in real and a person has been called the Elderly (2).

Older adults are part of the family members and the increasing number of community members in line with the age of life expectancy. The growth of elderly people around the world is very surprising, referred to as the "elderly Era" (Bappenas, BPS, UNFPA, 2015). According to law No. 13 of 1998 on the welfare of the elderly, the elderly is one who has reached the age of 60 years and above (3).

While in Indonesia itself in 2020 estimated the number of elderly around 80 million people. Based on data, the number of older adults in Indonesia was 18,861,820 (Kemenkes RI, 2013). North Sumatera province ranks seventh which has the highest number of elderly population in Indonesia. The elderly population in North Sumatra reaches several 44,403 people with the highest number of population in the city of Padang with 28,896 people (4).

Increased age of life expectancy will also pose a particular health problem. The incidence of older adults in 2012 was 26.93%. The physiological function and endurance of the elderly have decreased due to degenerative processes (aging) with increasing age so that the disease is not infectious such as hypertension, stroke, diabetes mellitus, and rheumatism as well as infectious diseases are emerging in the elderly. The addition of older adults will be accompanied by various problems and will affect various aspects of life including

physical, biological, mental and socio-economic (Ministry of Health RI,2013). The sick elderly will be a burden to the family, the community and even the government so that it will be a burden in development (5)

According to the National Humanitarian Institute, in (6) being elderly is one phase of life that will be experienced by every human being, even though the age increases with the decline of organ function, but the elderly can still live a healthy life. One of the most important things is changing habits. Not only does it leave bad habits that can interfere with health, but some healthy lifestyle patterns like gymnastics and keeping a diet should be implemented.

The elderly or aging is a condition that occurs in human life. Aging is a lifelong process, not only starting from the beginning of life. Being old is a natural process through the three stages of life, namely children, adults, and old. 7

As you age, the elderly will change physical changes, psychological changes and psychosocial changes in the elderly. Physical changes in the elderly one on the musculoskeletal system reduced physical firmness, the body begins to bend (kyphosis), a decrease in the mass and bone density so that the bones become brittle causing osteoporosis that can cause anxiety in the elderly (8).

For those over 60 years of age, it is necessary to perform regular physical exercises to maintain the physical fitness that can be trained is the flexibility that is the ability to move muscles and joints in the whole area of movement. Less motion can cause lethargy and lower the physical qualities that affect a person will be more frequent/susceptible to illness. Therefore physical exercise is regularly performed like gymnastics.

Elderly gymnastics is a physical exercise that is lightweight and easy to do; this elderly gymnastics will help the body to stay in shape and train the bones to remain strong.

Elderly gymnastics has been conducted in various regions as an elderly Posyandu program to improve elderly fitness; the Government further encourages elderly gymnastics by holding elderly gymnastics together accompanied by free medical examinations and Elderly fitness competition that is intended to attract elderly interest in elderly gymnastics and increase awareness of the quality of elderly health. Although it has been given information about elderly gymnastics by Posyandu cadres, there are still many levels of elderly obedience to low elderly gymnastics; it is influenced by several things, among others, family support (9). Therefore, those who are elderly should still be encouraged to do physical activities especially exercising so that their lives remain quality.

Family support plays an important role in encouraging elderly interest in participating in elderly gymnastics activities. Families can be motivators for the elderly when they always provide themselves to accompany the elderly in gymnastics.

According to the results of Suseno Research (2012), with the title of factors affecting the activity of the elderly in following the activities of elderly Posyandu in the village Kauman Polanharjo Regency Klaten District, showing the majority of respondents (73%) Get less family support. Based on the results, the authors assume that family support is required by the elderly to follow elderly gymnastics, one of which is with the family reminding the gymnastics schedule or if it can deliver the elderly to gymnastics so that elderly health can Be Controlled.

Family support is the attitude, action, and acceptance of the family to its members. Family members see that supportive people are always ready to provide help and assistance if needed (10). In this era of globalization many families are preoccupied with their respective jobs. Rising economic needs make all family members work outside the home. This results in families who have elderly individuals who are less attentive or provide support to the elderly.

From some of the interviewees said that the family undertook the elderly in following elderly gymnastics because elderly families are busy with their work of the majority of the livelihoods as farmers, proven from the elderly Attended by elderly gymnastics only about 10 to 18 of the number of elderly 197.

Posyandu Elderly Central village is one of the active activities in the Central Village helper Puskesmas located in the district of Pantai Labu. According to the data obtained by researchers through interviews with the elderly cadres, the number of elderly in Central village assistant Puskesmas is amounting to 197 older men with 103 male and female 94 elderly. Based on the preliminary survey data conducted on 18 January 2019 at the Central Village assistant Puskesmas District Pantai Labu.

From the results of the survey conducted in February 2019 obtained data from elderly Posyandu Kader, There are 197 elderly registered. While the elderly who come to follow elderly gymnastics ranging from 10 to 18 people each time in a gymnastics activity conducted once a month every first-week Dipuskesmas maid at the time of elderly posyandu. And there are 15 people in February Including researchers participating in elderly gymnastics activities.

From the above phenomenon, researchers are interested in researching family support with the activity of elderly gymnastics in Posyandu elderly in the village of the Central District of Pantai Labu.

## II. Methodology

The study used a descriptive correlative, a research population of 197 people. Sampling techniques are carried out by the Total sampling technique with the population members grouped up to a total sample of 47 people — analysis of data used in the Chi-Square test.

## III. Result And Discussion

### Demographic Data

Based on research that has been done on the support of the elderly family with the active gymnastics in Posyandu Elderly village of the District Labu Beach district of Deli Serdang year 2019, obtained the characteristics of research respondents can Demographic data as follows:

**Tabel 1.**  
**Frequency distribution of elderly demographics in Posyandu elderly village at Labu Beach District of Deli Serdang District year 2019**

Demographic Data	Frequency	Percentage (%)
<b>Gender</b>		
Man	14	29,8
Woman	33	70,2
<b>Total</b>	<b>47</b>	<b>100</b>
<b>Age</b>		
55-59 yr	25	53,2
60-64 yr	22	46,8
<b>Total</b>	<b>47</b>	<b>100</b>

Based on the table above obtained demographic frequency gained from 47 respondents, showed elderly in Posyandu elderly village of the Pumpkin Beach District The majority of women's gender is 33 respondents (70.2%), and men As many as 14 respondents (29.8%), the majority aged 55-59 years (53.2%).

### Research Result

The research was conducted from 28 April to 11 August 2019, with the number of respondents 47 people. The results of this research use a questionnaire consisting of demographic data, family support, and the activation of seniors following gymnastics.

### Family support

**Tabel 2**  
**Family support frequency distribution with elderly gymnastics in Posyandu Lansia Desa Central Sub-district of Pantai Labu in 2019**

Family Support	Frequency	Percentage (%)
Good	23	48,9
Not Good	24	51,1
<b>Total</b>	<b>47</b>	<b>100,0</b>

Based on the table above known, the majority of families provide family support in the elderly who are not as good as 24 people (51.1%).

### An elderly activity following gymnastics

**Tabel 5**  
**Distribution and frequency of active seniors following gymnastics in Posyandu Elderly village at Pantai Labu in the year 2019.**

An elderly activity	Frequency	Percentage (%)
Active	16	34,0
Not Active	31	66,0
<b>Total</b>	<b>47</b>	<b>100,0</b>

According to the table above the majority of the active elderly exercise gymnastics is in the inactive level as much as 31 people (66.0%).

**Tabel 3**  
**Family support with elderly activity following gymnastics in Posyandu Elderly Central village of Pantai Labu year 2019.**

Family Support	An Elderly Activity		Not Active		Total		P-value
	F	%	F	%	F	%	
Good	16	69,6	7	30,4	23	48,9	0,000
Not Good	0	0,0	24	100	24	51,1	
Total	16	34,0	31	66,0	47	100,0	

Of the 23 respondents who had good family support, 16 (69.6%) Active and inactive respondents 7 (30.4%), of the 24 respondents who had no good family support as much as 24 (100%) Inactive respondents and no active 0 (0%).

From the table above can be known there is a meaningful relationship between family support with the activation of the elderly follow the gymnastics in Posyandu village of Labu Beach district of Deli Serdang District year 2019 with the value P (p-value) 0.000 which means there are Relationship between family support with the activity of the elderly follow the gymnastics in elderly Posyandu Central village of Labu Beach district of Deli Serdang year 2019.

#### IV. Discussion

##### Family Support

The distribution of family support shows the majority of the family support in the category is not good as much as 24 respondents (51.1%). According to the results of interviews with respondents from 47 respondents, there were 11 respondents stating that the family did not know the schedule of the elderly gymnastics, and 14 respondents stated that the family was busy working outside the home, so the family never told about of gymnastics in the elderly.

This is because the quality of family time for the elderly is ineffective, family members such as children have working activities to support the family economy. Even the family of respondents did not provide support information about the schedule of gymnastics activities in the elderly Posyandu because the morning was set out to work and forgot to tell, so the elderly feel unnoticed and not motivated by the family.

It is related once with what is stated (10) that the family serves as a support system for its members. The support can be done by improving the emotional, award, instrumental, and informative support provided by the family members. The results of research supported by theory (11), family support are verbal and non-verbal information, advice, tangible help given by people close to the subject in their family environment, or in the form of attendance and things That can provide emotional gains or influence on their recipient behavior. Families can also be considered as a convenience, respect, appreciation, or attitude of acceptance, the social support gained from the group.

An elderly activity in following elderly gymnastics is strongly influenced by the support of the family itself. Families are expected to motivate the elderly in maintaining their health. The results of this research in line with the results of the study (12), with the title of family support about elderly gymnastics with the activation of gymnastics in Posyandu "Peduli Insani" in the village Mendungan Kartasurya, showed most of the respondents (52%) Category support is not good so the higher the level of family support then the higher the level of activity of seniors follow gymnastics. The adequate level of family support about elderly gymnastics is crucial so that elderly risks have a preventable physical weakness.

##### Active elderly

The highest distribution of inactive respondents was 31 respondents (66.0%). From the results of the observation field through the attendance list 5 times there is the lowest attendance of 7 respondents with no presence, this is because the family does not tell the schedule of gymnastics, limitations of facilities and amenities, the distance home of the elderly with distant Posyandu, many elderly who still work, lack of elderly understanding of gymnastics, and the absence of family support in the elderly, so that elderly interest to attend gymnastics very low.

The results of this study were supported by research (13), which said that elderly inactivity because the majority of elderly are still working, the elderly do not want to depend on his family, the elderly want to live independently without the help of his family.

##### Family support with the active elderly.

Respondents whose family support in the category is not a good portion of inactive respondents, which is 24 respondents (51.1%). The results of the research hypothesis test are the relationship between the family support with the level of activity of the elderly in following elderly gymnastics in Posyandu Village Tengah

District Labu Beach District Deli Serdang using the Chi-Square technique obtained the value of P (P-value) of 0.000. The value of P-value is smaller than 0.05 ( $0.000 < 0.05$ ) so that the test decision is  $H_a$  acceptable, from the explanation can be concluded the analysis is there is a relationship between family support with the level of activity elderly in following elderly gymnastics in Posyandu Village Tengah District Labu Beach Deli Serdang District in 2019.

The results showed that the higher the family support level would be, the higher the level of elderly activity following gymnastics. The level of family support about elderly gymnastics is crucial, so the elderly risk of physical weakness can be prevented. This theory is the same as that expressed in the book (14), which is that family support is needed to help the elderly to stay active.

From the observation of the elderly whose family support is not good but active in the activities of elderly gymnastics shows that the elderly know the benefits of the elderly gymnastics. While in the elderly who get the family support is good but not active in the activities of elderly gymnastics, because the elderly concerned often experienced health disorders such as the wind, so that despite the family support is good, but because of elderly health conditions are not possible, the elderly do not attend the activities of elderly gymnastics. After a person enters the elderly, the family support from others becomes invaluable and will increase his or her life.

However, with the support of the family does not mean that after entering the time of an elderly only stay seated, silent, calm, and silent alone. To maintain the health of both the physical and the efficacy of the elderly, it remains to do activities that are useful for his life. Seniors should not remain alone without physical activity, and others serve all. This will lead to various diseases and suffering, so it can cause the elderly to pass away (15) quickly.

The results of this research in line with the results of the research (16), with the title of the family support relationship with the level of active elderly in following elderly gymnastics in Posyandu Peduli Insani Mendungan village Pabelan Kartasura District Sukoharjo, using Chi-Square technique obtained nilai<sup>2</sup> count of 46.854 with significance level (P-value) of 0.000, indicating there is a relationship between family support with the level of active elderly in following elderly gymnastics in Posyandu Peduli Insani Mendungan Village Factory Kartasura District Sukoharjo significantly.

And in line with the results of research (17), with the title of relation of knowledge level and family support with further active age in following activities in the elderly Posyandu village, Colomadu Sub-district, showed there is family support with further active age in following activities in the elderly Posyandu of Colomadu subdistrict village with a value of  $P = 0.000$ .

## V. Conclusion

Based on the results of the research on the relationship of family support with the activity of elderly follow gymnastics in elderly Posyandu Central Village Labu Beach can be concluded as that is, family support with the elderly follow elderly gymnastics in Posyandu Elderly village of the center of the flask of the majority not good, elderly activity follow elderly gymnastics in the elderly village of Central District Labu Beach majority of inactive, there is family support with elderly activity in the elderly Posyandu central village Labu Beach Sub-district with a value of 0.000.

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