

## **Description of The Level of Independence of The Elderly in Fulfillment of Activity Daily Living (ADL) at UPTD Griya Werdha Jambangan Surabaya**

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### **ABSTRACT**

Elderly is the term for the final stage of the process of obtaining the gift of longevity. Physical changes in the elderly will affect the level of independence. The independence of the elderly in the Activity of Daily Living (ADL) is defined as a person's independence in carrying out daily activities. Measuring the level of independence of respondents is done through observation techniques and interviews with respondents. The assessment instrument used in this study uses Barthel Index. The Barthel index consists of ten independent activities, namely eating, bathing, self-care, dressing, urinating, defecating, using the toilet, moving, mobility, going up and down stairs. Based on the results of the research that has been done, it is found that the majority of the elderly are included in the independent category of 71 people (41.3%). Data obtained that the majority of the elderly are most dependent on the activity of going down the stairs as many as 72 people (41.9%). Many elderly people need help in going up and down stairs caused by several factors, such as a decrease in the level of muscle strength due to increasing age. So that further action is needed to overcome the elderly who still have a low level of independence.

**Keywords: Elderly, Independence, Activity of Daily Living (ADL)**

### **INTRODUCTION**

Elderly is the term for the final stage of the process of obtaining the gift of longevity. Physical changes in the elderly will affect the level of independence. The independence of the elderly in the Activity of Daily Living (ADL) is defined as a person's independence in carrying out daily activities (Sumiati, 2019).

Aging or a decrease in Activity Daily Living (ADL) in the elderly is a condition that occurs in this life which means experiencing setbacks, such as physical deterioration which is characterized by shriveled skin changes, graying hair, teeth that are not intact (toothless), hearing is not clear, vision gets worse, decreased body balance, blood circulation disorders, movement becomes slow, and body movements are disproportionate (Damanik & Hasian, 2019).

The number of elderly population or referred to as elderly is someone aged 60 years and every year there is an increase in the number of elderly population in the world, Asia and Indonesia. Based on data from the United Nations (UN) regarding World Population Aging in 2019, the total number of elderly people is 705 million or 9.18% of the

world's elderly population, this number is projected to continue to increase to 2 (two) billion people in 2050. (Fabiana Meijon Fadul, 2019)

Based on data from the Central Bureau of Statistics (BPS) for East Java Province, the percentage of elderly people in Surabaya continues to grow. In 2018, the number of elderly people was 8.53 percent and in 2019 it rose to 8.84 percent. That number will continue to grow in 2020 as much as 9.19 percent of the total population of Surabaya, or around 253,751 elderly people. In 2021 the number of elderly in the city of Surabaya will reach around 265 thousand elderly.

From the elderly data contained in UPTD Griya Werdha Jambangan Surabaya in 2022, with differences in gender, male and female, 79 men and 84 women, the total number of all elderly people in UPTD Griya Werdha Jambangan Surabaya is 172 people.

One solution that can be applied to increase the level of independence of the elderly in their daily activities is the support of fellow elderly. This support can come from fellow elderly members. This support can be in the form of suggestions that increase the elderly not to work excessively (if the

elderly are still working), provide opportunities for the elderly to carry out activities that are their hobbies, provide opportunities for the elderly to practice worship properly, and provide rest time for the elderly so they are not easily stressed. and anxiety. So it is hoped that the elderly will continue to get a good quality of life, continue to carry out daily activities independently and maintain health.

Based on this background, the authors are interested in conducting research in the form of a final project, with the title "Description of the Level of Independence of the Elderly in Fulfilling Activity Daily Living (ADL) at UPTD Griya Werdha Jambangan Surabaya".

## METHOD

In this study, measuring the degree of independence of the elderly in fulfilling Activity Daily Living at UPTD Griya Werdha Jambangan Surabaya. Respondents who were involved in this study were all the elderly at UPTD Griya Werdha Jambangan Surabaya, totaling 172 elderly. Time for research in March 2023. The research instrument or research tool used in this research is the Barthel Index. In this case the researcher used the Barthel index with 10 criteria and categorized as independent, mild dependence, moderate dependence, severe dependence and total dependence.

## RESULT AND DISCUSSION

### 1. Characteristics of Respondents

**Tabel 1**

**Characteristics of Respondents at UPTD Griya Werdha Jambangan Surabaya in March 2023.**

Characteristics	Category	N	(%)
Age	43–58	4	2,3
	59–74	85	49,4
	75 – 90	82	47,7
	> 90 years	1	0.6
Gender	Woman	98	57
	Man	74	43
Last education	No school	56	32.6
	SD	84	48.8
	JUNIOR HIGH SCHOOL	15	8.7
	SENIOR HIGH SCHOOL	17	9.9
Main complaint	No Complaints	112	65.1
	Joint pain	19	11.0
	Dizzy	10	5.8
	Hard to See/Hear	7	4.1

Characteristics	Category	N	(%)
	Easy	16	9.3
	Tingling		
	Congested	8	4.7
Total		172	100

Table 1 shows that almost half of the elderly are aged 59-74 years (49.4%) and elderly are aged 75-90 years (47.7%) and only 1 elderly person is over 90 years old (0.6%). There are 98 elderly people (57%) female and 74 male (43%). The most recent education was elementary school, namely 84 people (48.8%). Most of the elderly did not feel any complaints, namely 112 people (65.1%).

### 2. Elderly Independence Level Based on Elderly Dependence

**Tabel 2**

**Level of independence based on elderly dependency at UPTD Griya Werdha Jambangan Surabaya in March 2023.**

Category	N	(%)
Total Dependence	18	10.5
Heavy Addiction	10	5.8
Moderate Dependence	37	21.5
Mild Addiction	36	20.9
Independent	71	41.3
Total	172	100

Table 2 shows that the elderly with total dependence are 18 people (10.5%), the elderly with severe dependence are 10 people (5.8%), the elderly with moderate dependence are 37 people (21.5%), the elderly with mild dependence are 36 people (20.9%) , and elderly who are independent as many as 71 people (41.3%).

### 3. Elderly Independence Level Based on Activity Daily Living (ADL).

**Tabel 3**

**Level of independence based on ADL at UPTD Griya Werdha Jambangan Surabaya in March 2023. (n = 172)**

Indicator	Independence Level		
	Total Help	Partial Help	Independent
Eat	27 (15.7%)	61 (35.5%)	84 (48.8%)
Bathe	66 (38.4%)		162 (61.6%)
Self care	57 (33.1%)		115 (66.9%)
get dressed	23 (13.4%)	59 (34.3%)	90 (52.3%)
Urination	9 (5.2%)	37 (21.5%)	126 (73.3%)

Defecate	3 (1.7%)	42 (24.4%)	127 (73.8%)
Use of Toilets	27 (15.7%)	51 (29.7%)	94 (54.7%)
Transfer	12 (7.0%)	69 (40.2%)	91 (52.9%)
Mobility	21 (12.2%)	53 (30.8%)	98 (57.0%)
Up Down Stairs	72 (41.9%)	59 (34.3%)	41 (23.8%)

Table 3 shows that the level of ADL independence in eating mandias many as 84 people (48.8%), bathing mandias many as 106 people (61.6%), self-care mandias many as 115 people (66.9%), dressed in mandi 90 people (52.3%), 126 people (73.3%) urinate independently, 127 people (73.8%) defecate independently, use m toiletandias many as 94 people (54.7%), independent transfers as many as 91 people (52.9%), independent mobility as many as 96 people (57.0%), and going up and down stairs with the most total assistance is 72 people (41.9%).

## DISCUSSION

The research was conducted in March 2023 at UPTD Griya Werdha Jambangan Surabaya with 172 elderly people, showing that there were 18 elderly people with total dependence (10.5%), 10 elderly people with severe dependence (5.8%), elderly with moderate dependence as many as 37 people (21.5%), elderly with mild dependence as many as 36 people (20.9%), and elderly who are independent as many as 71 people (41.3%). The level of independence of the elderly in carrying out daily activities such as eating, bathing, self-care, dressing, urinating and defecating, using the toilet, moving, mobility and going up and down stairs.

This research is in line with research conducted by Ediawati (2012) which stated that in PSTW Budi Mulia 01 Cipayung and 03 Ciracas there were 143 elderly respondents, 140 of whom had a high level of independence and 3 elderly had a low level of independence. The results of the analysis can be concluded that some respondents at PSTW Budi Mulia 01 Cipayung and 03 Ciracas have a high level of independence.

According to Rachman (2018) in (Sylvia, 2022) independence is freedom to act, not dependent on others, not influenced by others and free to regulate oneself or one's activities both individually and in groups from various health or disease. The independence of the elderly in activities of daily living (ADL) is defined as a person in carrying out the activities and functions of daily life that are carried out by humans on a regular basis. The independence of the elderly can

be seen from the quality of life. The quality of life of the elderly can be assessed from the ability to perform activities of daily living (ADL). Activity of daily living (ADL) includes the ability to take care of oneself such as eating, dressing, defecating/urinating and bathing.

From the research data, it was found that most of the elderly have a high level of independence, but there are also some elderly who still have a low level of independence in performing some ADLs, such as not being able to clean their bodies optimally when bathing, especially the back of the body and not brushing their teeth. There are also many elderly who need help in going up and down stairs caused by several factors, such as a decrease in the level of muscle strength due to increasing age. Factors that affect the independence of the elderly according to Hardywinoto (2007) willingness and ability to carry out activities of daily living depend on several factors, namely: age and developmental status, physiological health, psychosocial functioning, stress levels, biological rhythms, and mental status.

Further actions that need to be taken are to provide a safe bathroom environment that is given railings for grip, floors are given rubber mats so that the elderly do not slip easily and provide a schedule for brushing their teeth to maintain healthy teeth which the elderly must do routinely. So that the orphanage itself must provide tooth brushing equipment specifically for the elderly. As well as the role of nurses who are able to meet the needs of the elderly and support routine activities of brushing their teeth by reminding them when to brush their teeth in the morning and at night. And other actions that must be taken are to make a routine of sports activities or Active ROM exercises for the elderly to train muscle flexibility so that when carrying out activities it can be done easily,

## CONCLUSION

Based on the results of the research that has been done, it can be concluded that,

1. The majority of the elderly are included in the independent category as many as 71 people (41.3%).
2. Data obtained that the majority of the elderly are most dependent on the activity of going down the stairs as many as 72 people (41.9%).

## SUGGESTION

1. For the elderly (Respondents)  
It is hoped that the elderly at UPTD Griya Werdha Jambangan Surabaya can maintain

and increase the level of independence in carrying out daily activities

2. For researchers  
It is hoped that researchers will conduct / use different research by developing research variables, as factors that influence knowledge using different types of questionnaires and increasing the number of respondents, so that better results are obtained.
3. For educational institutions  
This research can be used as an illustration that the level of independence of the elderly in UPTD Griya werdha Jambangan Surabaya is mostly independent and needs to be maintained and increased efforts in the form of providing optimal nursing care in order to survive and it is also necessary to collaborate between nursing education institutions and nursing homes.
4. For research sites  
It is hoped that this can be used as a reference in providing nursing care in accordance with the level of independence of the elderly at UPTD Griya Werdha Jambangan Surabaya so as to improve the quality of life for the elderly. As well as paying attention to the environment for the comfort of the elderly.

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