



**FACTORS AFFECTING ELDERLY ACTIVENESS IN PARTICIPATING IN
POSYANDU: A SYSTEMATIC REVIEW**

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ABSTRACT

Posyandu for the elderly is an integrated service post for the elderly, including physical and mental-emotional health checks that are recorded and monitored with the Card Towards Health (KMS). The purpose of this systematic review is to describe and analyze the relationship between knowledge, attitudes, family support and infrastructure with the activities of the elderly who visit the Elderly Posyandu. The design uses a systematic review of narrative. The method used is the prism method which is carried out systematically. There were 11 articles that were analyzed in this systematic review process. It was found that the factors that influence the activity of the elderly in participating in the posyandu are knowledge, attitudes and behavior, subjective norms, family support, facilities and infrastructure, the affordability of posyandu from home, and physical complaints. Some of these factors are needed to increase the success of the posyandu for the elderly.

Keywords: *Elderly, Elderly Activity, Elderly Posyandu.*

INTRODUCTION

One of the consequences of well-being improvement in Indonesia is expansion in the future. Development in Indonesia has been quite successful because the life expectancy of our nation has increased significantly. However, with increasing life expectancy, the elderly population is increasing. This means that the risk group in society is even higher. The increasing elderly population is not only a phenomenon in Indonesia but also globally (Boedhi, 2000)

The increase in Life Expectancy in Indonesia causes an increase in the number of elderly people (elderly) from year to year, where the projected average life expectancy of Indonesia in 2010-2015 is 70.7 years and increases in 2015-2020 to 71.7 years. . The definition of the elderly (elderly) according to the Republic of Indonesia Law Number 13 of 1998 is someone who has reached the age of 60 years and over. The number of elderly people in 2014 based on statistical data reached 20.24 people, or equivalent to

8.03% of the total population of Indonesia (Kementerian Kesehatan Republik Indonesia, 2014).

The increase in UHH can affect the number of economic burdens that must be borne by the productive population to finance the elderly population. Increased UHH can also have an impact on health problems. The elderly population has decreased physiological function and immune system so that infectious and non-communicable diseases such as hypertension, stroke, diabetes mellitus, and rheumatism often appear in the elderly. This can be seen from statistical data which shows that the morbidity rate of the elderly population in 2015 was 28.62%, an increase of 1.69% compared to 2012 (Kementerian Kesehatan Republik Indonesia, 2017).

With the rising populace of the elderly, the public authority has formed different medical care strategies for the elderly pointing toward further developing their well-being status. As a substantial sign of social and well-being administrations for

this old age bunch, the public authority has sent off administrations for the elderly on a few levels (Notoadmodjo, 2007). Efforts to maintain health for the elderly also need to be carried out to keep the elderly living healthy and productive lives, both socially and economically. Some of the efforts that have been made are the establishment of home care for the elderly with special needs, productive economic business programs, and integrated service posts (posyandu) for the elderly (Sanjel et al., 2012).

Posyandu for the elderly is a post that carries out various preventive, promotive, curative and rehabilitative activities for the elderly in a certain area, which is agreed upon and driven by the surrounding community (Handayani & Wahyuni, 2012). Latifah's research (in Sianturi et al., 2019) showed that there was a difference in the quality of life between the elderly who participated in posyandu activities and those who did not. The data shows that 58.3% of the elderly who participate in posyandu activities have a good quality of life. Data coverage of elderly services in Bandar Lampung itself has an achievement rate of 23.72%, from the target of 70%. Data on the activities of the elderly group in the Rajabasa Indah area in 2014 showed that the average percentage of visits in the 13 elderly groups was only 8.08%, and there was a decrease in visits in 8 elderly posyandu.

Previous research has shown that there are many factors that influence the activity of the elderly in participating in the posyandu. Purwanti (2014) shows that the factors that influence elderly visits are occupation, age, knowledge, attitudes, family support, and community support, while gender, cadre services and health workers do not affect. Furthermore (Giena et al., 2021) stated that the role of units and family support were factors connected with the use of the posyandu for the elderly. with the backing of their families, the elderly will generally be more dynamic in taking part in the posyandu exercises the elderly.

Based on this background, the authors are interested in exploring more deeply about the factors that can lead to the activeness of the elderly posyandu visits.

These factors need to be known so that the activity of the elderly in participating in posyandu activities and the quality of life of the elderly population can be improved. Therefore, this study aims to describe, analyze the relationship between knowledge, attitudes, family support and infrastructure with the activities of the elderly who visit the Elderly Posyandu.

METHODS

This study is a systematic review (Systematic Review), using the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses) method which was carried out systematically by following the correct stages or research protocols. The procedure of this systematic review consists of several steps, namely 1) preparing the Background and Purpose, 2) Research Questions, 3) Searching for the literature 4) Selection Criteria 5) Practical Screen 6) Quality Checklist and Procedures 6) Data Extraction Strategy, 7) Data Synthesis Strategy.

This research was conducted in September 2022 in the city of Surabaya. The search for research articles relevant to this research topic was conducted using the keywords: activeness of the elderly, posyandu for the elderly, knowledge, family support, motivation, which were obtained from Google Scholar and PubMed. The dependent variable in the research article is the type of community knowledge intervention method in the relationship of knowledge, attitudes, family support and infrastructure with the activity of the elderly to come to the posyandu. The dependent variable of the results of the research article is a risk factor. The data analysis included only studies dealing with factors affecting the activity of the elderly which were further analyzed to meet the objectives of this systematic review.

In the initial search, 18,400 articles were found with the keyword "posyandu elderly", then published based on the last 10 years published, from 2012 to 2022, resulting in 15,400 articles. Then it was filtered again with more specific keywords "influence factors" and "elderly activity" resulting in

452 articles. Later the results were filtered again based on the title and abstract, and the results obtained were 81 articles and finally, 11 articles were selected based on the full text and assessed for feasibility.

RESULTS AND DISCUSSION

Found in 11 articles that the coverage of the use of posyandu for the elderly in various cities in Indonesia tends to be low and has not reached the minimum service standard target of <70%. Research Sulistiyawati (2012) states that in Jember there is an elderly posyandu whose coverage is the lowest because there are several obstacles in the implementation of the elderly posyandu, including lack of knowledge of the elderly, low education level, lack of economy, and lack of social support.

Rusmin et al., (2017) additionally expressed that the quantity of latent old is more than dynamic old. This is because of the entrance factor, where when access is simple, the degree of animation of the elderly in using the elderly posyandu builds contrasted with troublesome access. In research Anggraini & Zulpahiyana (2015) in Ngentak Hamlet, even in October 2014, only 2 people came to the posyandu. The elderly said that work because more significant and didn't feel torment. The demeanor of the elderly towards the utilization of posyandu for the elderly in Indonesia was as yet not positive. The supposition that will be that maturing was an It's not unexpected and needn't bother with to be taken a look at anything (Hidayati et al., 2018).

This intends that there are varieties in the variables that impact the movement of the elderly to take part in the Posyandu for the elderly in Indonesia. These factors include knowledge, Posyandu Affordability from Home, Family Support, Physical Complaints, percentage of Elderly Visits to Elderly Posyandu, Attitudes towards behavior, Behavioral Control, and others. Of these factors, the most significant influence on the activity of the elderly is the factor of knowledge and family support.

This is also evidenced by research conducted by Anggraini & Zulpahiyana (2015), which states that adequate skills and knowledge will be needed by the elderly when receiving services from health workers. Good personal assessment of health workers is the basis for the elderly to participate in posyandu activities. Health workers in order to be judged good in serving the elderly should make a good first impression. Furthermore, the elderly who come will feel cared for, for other attitudes and behaviors can be done without reducing respect for the elderly. Furthermore, Mengko et al., (2015) in Manado stated that the elderly who do not have family support tend to be less active in using posyandu services compared to those who have family support. Posyandu activities in Manado are carried out in churches, delivered during worship activities, so that all information can be known by all congregants including those who have elderly family members. This is where the job of the family is expected to remind elderly relatives

A study by (Purnama et al., 2018) also shows the low number of old visits in rustic regions in 2017, in particular in Tikopo Town where the quantity of old enlisted upwards of 63 individuals, and just 8-12 individuals are dynamic consistently. This implies that the interest in visiting the elderly in metropolitan regions is higher than the elderly in rustic regions. This is because of the low degree of schooling, low information, absence of family support and troublesome admittance to posyandu two older in the open country.

Discussion

The elderly Posyandu is a center for community activities in the form of health services for the elderly. Based on the article searches that have been carried out, there are 11 articles that have met the inclusion criteria. From the 11 articles, several factors influence the activity of the elderly in participating in posyandu, including:

1. Knowledge

Elderly in general can read to increase their knowledge but they find it difficult to receive messages, digest messages, and information conveyed

about the Elderly Posyandu. This is due to a decrease in tissue function in muscles, nervous system, and other tissues so is difficult for them to digest what is conveyed by health workers. In line with research conducted by Tajudin (2016) at the Melintang Health Center, Pangkalpinang City, it showed that there was a significant relationship between the knowledge of the elderly and the activity of the elderly going to the Elderly Posyandu. The results of further analysis obtained an OR value = 9.75 (95% CI: 1,14-82.80), this means that respondents who have good knowledge 9.75 times to come to visit the Elderly Posyandu compared to respondents who have poor knowledge.

2. Attitude and behavior

In the opinion of the researcher, the each elderly can affect by the desire of the elderly to come to the Elderly Posyandu. This is influenced by the deepest impression on every elderly who comes to do the examination. Events and events that occur repeatedly and continuously, over time by providing repeated knowledge so that they can form a positive attitude for the elderly in order to implement a healthy lifestyle as recommended by existing health workers at the posyandu for the elderly. This is what then every elderly will routinely come to the Elderly Posyandu to maintain health, listen to health education, weigh weight when attending elderly Posyandu activities, and measure height and blood pressure. Because by coming to the Elderly Posyandu, every elderly can check their health and control it if there is a health problem in the body.

In line with research conducted by Muhammad et al., (2021), the elderly with a good attitude is 0.97 times more likely to use the elderly posyandu compared to those with a less good attitude. The results of the chi-square test showed $p\text{-value} = 0.718 (> 0.05)$, meaning that there was a relationship between attitudes and the use of posyandu for the elderly.

3. Subjective norms for the elderly

Norms are individual perceptions of existing social pressures to display or not display behavior and willingness to comply with the demands of important figures according to him (Ajzen in Putri, 2018). In this study, the important figures are family, friends, and community views. These three figures contributed to influencing the intention of the elderly to actively participate in the Elderly Posyandu. The social environment has a considerable influence on the occurrence of behavior because habits produce social norms and have been carried out for generations or habits (Kurniawati, 2015). Subjective norms in this study are interpreted as the elderly's view of beliefs about the responses of other people or families who are often around the elderly in influencing themselves to determine an active intention to participate in the Elderly Posyandu.

Widjajono & Wiradona (2019) stated that the lack of motivation in the respondents made the respondents not actively participate in the activities of the Elderly Posyandu. The motivation of the elderly can be influenced by intrinsic and extrinsic motivation. Intrinsic motivation in the elderly is a desire that arises from oneself without the support of others. While extrinsic motivation is an individual motivation that is influenced by people around, in this case, family, friends, or the surrounding community. Furthermore, the results of research Putri (2018) the majority of the elderly Posyandu participants at Bulak Banteng Health Center Surabaya have very good subjective norms, namely 68 Elderly (78, 2%). The majority of respondents agree with the statement that according to their families, actively participating in the Elderly Posyandu is something that must be done. The number of respondents who have good subjective norms is certainly not only influenced by the demands of family, friends, community, or important figures but related n also with the respondent's desire to meet these demands.

4. Family support.

In the opinion of the researcher, support from the family can be in the form of the family's ability to accompany or remind the elderly to come to the posyandu for the elderly. Good family support by giving attention and motivation will make the elderly to come to the posyandu even stronger so that the elderly can actively come to the posyandu for the elderly. With the lack of family support from each family member to invite their parents to visit the Elderly Posyandu, the elderly will be lazy to carry out examinations because of the lack of attention and encouragement from family members.

In line with research Agustina et al., (2019) the results of the chi-square test showed results of 0.153 $p > 0.005$ using the SPSS 16 application. Suggestions to health workers at the Kumpai Batu Atas Public Health Center if there are elderly who cannot attend posyandu activities due to weak physical factors of the elderly then home care can be done. Based on this, it can be concluded that there is no significant relationship between family support and the activity of the elderly in participating in the elderly posyandu activities at the Kumpai Batu Atas Health Center.

Handayani & Wahyuni (2012) regarding the relationship between family support and elderly compliance in attending the posyandu for the elderly at the Jetis posyandu, Krajan Village, Weru District, Sukoharjo Regency, showed that out of 100 elderly respondents, 60 respondents had low family support and most of the respondents had low family support. have a non-compliant category in attending the posyandu for the elderly. This is because the elderly are not reminded of the posyandu schedule by their families because the family is busy working and the family does not give enthusiasm and attention to the elderly in attending the posyandu for the elderly. Further research Maryati & Fatoni (2013) with the results of the study in the form of a questionnaire that has been given to respondents according to the

inclusion criteria shows that the elderly in posyandu dahlia RW 2, Ngabar hamlet, Sumberteguh village, most of the elderly have low family support. good family, children, grandchildren, brothers, and sisters in the morning work and their work as farmers and farm laborers. It is proven from the village data in Sumberteguh that almost 90% of its residents work as farmers and farm laborers.

5. Facilities and infrastructure

According to the opinion of the researcher, every facility and infrastructure needed at the Posyandu for the elderly must be fulfilled such as buildings, open spaces, tables and chairs, stationery, activity recording books, adult scales, height measuring meters, stethoscopes, tensimeters, simple laboratory equipment, thermometer, KMS (Card Towards Health). In line with research Mamik (2013) about the relationship between infrastructure and the activity of the elderly coming to the posyandu for the elderly in Kudu Hamlet, Kudu Village, Banjar District, Kudu District, Jombang Regency in 2013. The results of this study obtained a p-value (0.028) with an OR value of 4,1 time which indicates that complete infrastructure facilities will make the elderly 4.1 times want to come to the elderly posyandu in Kudu hamlet.

6. Affordability of the posyandu from home

In the opinion of the researcher, the accessibility of the Posyandu for the elderly from the elderly's home is very important for the elderly's visit to The Posyandu for the Elderly, the more affordable the Posyandu from home will be, the greater the willingness of the elderly to visit the services of the Elderly Posyandu. The affordability of the Posyandu from the elderly's home will make it easier for the elderly to participate in the activities of the Posyandu for the elderly. The ease of reaching the location is also related to security or safety for the elderly. feel safe or find it easy to reach the posyandu location without having to cause fatigue

or more serious problems, then this can encourage the willingness of the elderly to participate in elderly posyandu activities. In line with research Wulandari et al., (2018) with research results that were processed using a computerized statistical test with spearman's rho so that a p value of 0.01 was obtained, the value was <0.05 , which means that H1 is accepted or there is a relationship between posyandu affordability from home and elderly visits to posyandu. elderly in Silo Village, Silo District, Jember Regency with moderate relationship strength.

Furthermore, research conducted by Oruh (2021) stated that there were more respondents whose houses were close, namely 30 people (73.2%) than respondents whose houses were far away, which was 11 people (26.8%). So that the proportion of cadres who are in the working area of the Bonto Perak Public Health Center, Pangkajene District, Pangkep Regency has a close home distance. So it can be said that there is a relationship between the distance of the house and the activity of cadres in posyandu activities.

7. Physical complaints

According to Hutton et al., (2009) the increasing physical complaints in the elderly can result in reduced activity in the elderly which results in reduced social relationships in daily life. The researcher argues that if the physical condition of the elderly is good enough, the elderly visit to the posyandu will be better. Conversely, if the physical condition of the elderly is not good, the level of activity of the elderly who come to the posyandu tends to be less good in visiting the posyandu for the elderly. The elderly who regularly visit the posyandu, assess their physical health as better because they feel the results of being active in the posyandu, so they feel healthier.

In line with the research conducted by Hidayati et al., (2018) under the title "Relationship of Access to Posyandu, Family Support, and Physical

Complaints with Elderly Activeness Participating in the Posyandu Puspasari Abadi V Activities in Gonilan Kartasura" shows that physical complaints are one of the factors that influence the activity of the elderly. The Elderly Participated in the Posyandu Puspasari Abadi V in Gonilan Kartasura with a Chi-Square value of $0.026 < 0.05$. Judging from the results of the ANOVA test shows that physical complaints are the dominant factor that affects the activity of the elderly, meaning that there is a relationship between physical complaints and the activity of the elderly in participating in the Posyandu Activities for the Elderly at the Posyandu Elderly Puspasari Abadi V in Gonilan Kartasura.

CONCLUSION

Based on the discussion, it can be concluded that the factors that influence the activity of the elderly in participating in the posyandu are knowledge, attitudes and behavior, subjective norms, family support, facilities and infrastructure, posyandu affordability from home, and physical complaints. Some of these factors are needed to increase the success of the posyandu for the elderly. Health workers are needed to actively socialize the importance of posyandu for the elderly.

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