Influence Of Hadrah Lansia Gymnastics On The Quality Of Life Of Elderly In The Martapura Riverside Area, South Kalimantan

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Abstract: Indonesian life expectancy rate has increased from 68.6 years in 2004 to 71.7 years in 2016 (Novianty, Nodia, 2018). The implication is increasing the number of elderly. The number of elderly in Banjarmasin aged 60 – 69 years is 25,076 people and aged ≥ 70 years is 12,159 people (Dinkes, 2015). Long life expectancy is expected to have a good life quality also free from disease and health problems, so it is necessary to intervene in the form of physical activity (gymnastics), social interaction, social relations, and arise enthusiasm and pleasure. Hadrah Lansia Gymnastics (HLG) can be followed by elderly eventhough they have bad conditions such as gout and cannot stand for a long time or post stroke. HLG can be done sitting in a chair or standing and hadrah is the culture of South Kalimantan (Local Wisdom). The purpose of this research is to know the influence of Hadrah Lansia Gymnastics on the quality of life of elderly in Martapura riverside area, Sungai Bilu village, Banjarmasin. This research design is true experimental with pretest posttest control group approach. The population is all elderly in Sungai Bilu riverside, total samples 72 participants were obtained by simple random sampling; divided into experiment and control group, with 36 participants for each group. Life quality of both groups were measured by WHOQOL-BREF. Data analysis used paired sample t-test, then conducted discussion and conclusion. The results show that there is an influence of Hadrah Lansia Gymnastics on the quality of life of elderly. There is difference between before and after HLG, with significance level 0.000 and confidence level 95%. It shows that elderly who do HLG (eventhough they had pain at extremities, gout, and post stroke) have a better life quality than elderly who do not do HLG.

Keywords: Hadrah Lansia Gymnastics, Life Quality, Elderly, WHOQOL-BREF.

1. INTRODCUTION

The enhancement of public health degree is manifested in national development in various fields. Success of health, social economy development programs generally can be seen from an increase of life expectancy rate. According with the objectives of health development which is to improve the health degree so that the health quality of population increases and life expectancy also increases (World Health Organization, 2012). Based on the third Sustainable Development Goals (SDGs) in 2030 are to guarantee a healthy life and support prosperity for all ages. Life expectancy is one of health indicators (Depkes RI, 2016). Indonesian life expectancy rate has increased from 68.6 years in 2004 to 71.7 years in 2016, and estimated become 72.2 years in 2035 (BPS, 2016). Implication of Indonesian life expectancy enhancement is increase the number of elderly. Elderly is the last step of life cycle. Based on Undang-Undang number 13, 1998 that age limit of elderly is 60 years. However according to WHO, elderly include: Middle age (45 – 59 years), elderly (60 - 70 years), old (75 – 90 years), and very old (> 90 years). The number of elderly in 11 South-East Asia countries who aged > 60 years is 142 million people, and in 2050 is estimated will continue to increase up to 3 times. The number of Indonesian elderly at 2010 was 14,439,977 people (7.18%) and at 2011 increased up to 23,992,553 (9.77%), with life expectancy 67.4 years. In 2020 is estimated 28.8 million (11.34%), with life expectancy 71.1 years (Depkes, 2018).The number of elderly in Banjarmasin aged 60 – 69 years is 25,076 people and aged ≥ 70 years is 12,159 people (Pemko Dinkes, 2017). Long life expectancy more than 70 years is expected to have a better life quality, free from diseases and health problems. Nowadays elderly is identic with unhealthy condition. During elderly phase there is an aging process that results in change of physical, mental, psychosocial, and spiritual. It will provoke health problem either physically, mentally, or socially, such as decrease in elderly social integration, low work productivity, and a large number of elderly who poor, neglected, and with disability. Health problems that often occur in elderly are cardiovascular disease, neoplasm (cancer), renal disease, acute pulmonary disease such as pneumonia and pulmonary edema, CVA, peripheral arteries disease, COPD, arthritis, skin abnormalities, and accident. Elderly morbidity in 2015 is 28.62%, and 25.99% in 2018 (BPS Jakarta, 2018), approximately one of four elderly had sick during one last month. That means the life quality in elderly is low because they cannot enjoy their old phase. This is in line with Hardiwinoto (2005). Risdianto (2009) research which said prosperity become one of elderly life quality parameters so they can enjoy their old phase. Also in line with World Health Organization Quality of Life (WHOQOL), that elderly quality of life is functional condition include: physical health namely daily activity, dependence on medical support, rest, sleeplessness, diseases, energy and tiredness, mobility, and work capacity. Psychological health namely positive vibes, performance, physical description, negative feeling, thinking, learning, concentration, memory, self esteem, and individual belief. Social relationship in elderly namely social support, privacy, and sexual activity. Environmental condition such as home environment, freedom, physical safety, surrounding activity, transportation, money resources, health, and social concern. Preliminary study in East Banjarmasin results that the number of elderly aged 60 – 69 years is 132 and aged ≥ 70 is 75 people (Posyandu Lansia, 2016). Almost 70% had health problems such as osteoarthritis, gout, hypertension. Based on the description above, the problem is the high incidence of elderly who have health problems or suffer from disease. Those problems if left untreated will have an impact on decreasing the quality of life of the elderly, either physically, mentally, socially, or spiritually. This situation will certainly cause low life quality for elderly. Like Syaefudin’s research (2014) said that elderly life quality in panti PSTP mostly in enough categories. Supported by research of Nashir M (2014) said that elderly life quality in Bakumpai South Kalimantan mostly in low categories (63%). Life quality refers to emotional, social, and welfare, also the ability to functionate in daily life, as an individual perception of life, reviewed from cultural context and value system where
they live and relate with life standard, expectation, happiness, and their attention. Posyandu Lansia in Sungai Bilu, so far only for treatment, Hb examination, supplementary feeding, and elderly gymnastics. If elderly have uric acid disease or osteoarthritis, they cannot participate in gymnastics because it can make the disease worse. To resolve that problem, it is necessary to do intervention in case to enhance elderly life quality include physical activity, social relationship, happiness, and spiritual. Intervention Hadrah Lansia Gymnastics can be followed by all of the elderly, eventough they cannot stand up because this exercise can be done with sit position, while doing art activities. The reason why we choose Hadrah Lansia Gymnastics is because mostly elderly at Martapura riverside area are muslims, and Hadrah Lansia has Islamic vibes and based on local wisdom that used as a tool to attract elderly to participate in this program. Because mostly elder people tend to get closer to their God, so with this intervention allow them to do physical activity, create social relationship and interaction, feel happiness because they can laugh and joke with each others, they also can get inner peace because Islamic verse and dzikr. Based on those explanation, Hadrah Lansia can increase elderly life quality and as a form to preserve local culture. Based on those matters, researchers interested to research the influence of Hadrah Lansia gymnastics on the quality of life of elderly in the Martapura riverside area, South Kalimantan.

2. RESEARCH METHOD
This research is experimental study, used True Experiment, with The Pretest Posttest Control Group Design approach, to analyze the Influence of the Quality of Life of Elderly in Martapura riverside area, Sungai Bilu, Banjarmasin, South Kalimantan. Research conducted randomly in all of elderly population at Martapura riverside, Sungai Bilu. Then, samples were divided into two groups; namely control and experiment group. Both groups life quality were measured, next the experiment group was directed to do Hadrah Lansia Gymnastics; with gymnastic dance moves in a certain position, while singing a song of praise for the Prophet, and an Islamic song accompanied by a rabbana wasps from the Hadrah group. However control group only do routine activities in Posyandu. After being given treatment 6 times with details twice a week so that for one and a half (1.5) months. This research populations are all of elderly which live at Martapura riverside, Sungai Bilu Banjarmasin, South Kalimantan, total 207 people. This research samples are chosen by random sampling with draw on the spot, so all of the populations have the same opportunity to participate in this research as samples. Total samples in experiment group and control groups are 38 respondents for each group, so the sum is 76 respondents. Research instrument that we used is a questioner to measure elderly life quality, namely WHOQOL (WHO, 2010). Data collection done with direct fulfillment by researcher through guided interview with participant, because the respondents are elderly so data collection become easier. Data analysis were used univariate and multivariate analysis, with T-Test Paired Samples Test, to analyze the influence of Hadrah Lansia Gymnastics on Elderly Life Quality.

3. RESULTS AND DISCUSSIONS
a. RESULTS
This research resulted data of elderly life quality before and after Hadrah Lansia gymnastics, which can be seen in the following table: Data of Elderly Life Quality before Hadrah Lansia Gymnastics:

<table>
<thead>
<tr>
<th>No</th>
<th>Life Quality</th>
<th>Respondent</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Before</td>
<td>After</td>
</tr>
<tr>
<td>1.</td>
<td>Low</td>
<td>10</td>
</tr>
<tr>
<td>2.</td>
<td>High</td>
<td>26</td>
</tr>
<tr>
<td>Total</td>
<td>36</td>
<td>100</td>
</tr>
</tbody>
</table>

From table 1 above, it was found that the elderly life quality before being carried out by Hadrah Lansia Gymnastics intervention was mostly with high quality of 22 or 61.1%, and with low quality of 14 or 38.9%. Data of Elderly Life Quality after Hadrah Lansia Gymnastics:

<table>
<thead>
<tr>
<th>No</th>
<th>Life Quality</th>
<th>Respondent</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Frequency</td>
<td>Presentation</td>
</tr>
<tr>
<td>1.</td>
<td>Low</td>
<td>0</td>
</tr>
<tr>
<td>2.</td>
<td>High</td>
<td>36</td>
</tr>
<tr>
<td>Total</td>
<td>36</td>
<td>100.00</td>
</tr>
</tbody>
</table>

From table 2 above, it was found that the elderly life quality after being carried out by Hadrah Lansia Gymnastics intervention was all of them have high life quality (total 36 respondent or 100%). Influence of Hadrah Lansia Gymnastics on Elderly Life Quality Based on the results of this research was found significance level 0.000 with confidence level 95%. It means significance level is less than 0.05, so Ha accepted. There is difference of life quality between elderly who done Hadrah Lansia Gymnastics intervention with elderly who did not.

3.2 DISCUSSION
Description of the Difference in Elderly Life Quality before and after the Hadrah Lansia GymnasticsBased on the results, there is difference between before and after Hadrah Lansia Gymnastics intervention. It is very clear that in Hadrah Lansia Gymnastics have several advantages because can improve the physical movement quality. During this exercise, it can impact on physical, social, psychological, and environmental domain. Physical domain in hadrah lansia namely participants can do daily life activities, decrease the needs of drugs usage and medical support, give energy to do activities, also increase work capacity. This is consistent with the results of research that says that the factors that affect the quality of life of the elderly are physical factors, psychological factors, social factors and environmental factors (Smet, 1994, Rohmah, Purwaningsih, Bariyah, 2017). So with Hadrah Lansia it affect physical health, psychological, social and environment where the elderly are located, the elderly become healthy and quality of life increases. Description of the Influence of Hadrah Lansia Gymnastics on Elderly Life Quality. This research resulted that Hadrah Lansia Gymnastics influence elderly life quality. It means there is an influence between life quality of elderly with Hadrah Lansia Gymnastics intervention compared to elderly who didn’t get the intervention. As mentioned (Nenk, 2010), to get optimum aging physical activity for elderly is very
necessary, which carried out routinely and regularly will greatly help fitness and maintain the psychomotor abilities of the elderly. Exercise will have an impact on smooth blood flow, increase heart pump, in old age the strength of the heart pumping machine decreases. Hadrah Lansia Gymnastics in form of physical movement is identical with various important blood vessels specifically in heart and brain (Izhar MD, 2017). Based on those mechanisms, physical movement in Hadrah Lansia Gymnastics can improve elderly life quality and make them healthier, like said by Mubarak. dkk, (2011) purpose of body movements are:

1) Increase body's resistance to diseases.
2) Make it easier to adjust health, especially physical and adaptation to abilities that can be optimized.
3) Accelerate the degeneration process due to changes in age.

Elderly who participated in Hadrah Lansia Gymnastics will interact with others so that there will be freedom of physical comfort after hadrah, also social care for other members, eventually it will create social support in form of self acceptance and safety, this is what Heaney and Israel (2008) said "those with high social support from their environment will give strength to be able to care for themselves and improve their health." Besides that, support from the family in the form of support allowing and bringing the elderly to attend the Hadrah Lansia Gymnastics is important so that the elderly feel valued and participate in maintaining their health, this is in line with what is said that the family is the main support system for the elderly in maintaining their health (Maryam, 2008). So that the supporting factors (supporting factors) will affect the behavior and lifestyle of the elderly and have an impact on their health status and quality of life. Elderly who participated in Hadrah Lansia Gymnastics will get social support from their environment in the form of social support (Gottlieb, 1983), obtain verbal or non-verbal information, advice, tangible assistance or behavior provided by people who are familiar with subjects in their social environment or in form of attendance and things that can provide emotional benefits or affect behavior. Similar opinion also said that social support are existence, willingness, and care of the people around (Smet, B., 1994). The same view also define social support as comfort, attention, appreciation or helping people with an accepting attitude. During Hadrah, elderly in Context of Social Relations, they can get pleasure being able to smile and laugh in the interaction. (Setyawan, 2012, Samodara C, Palandeng H, & D. Kallo V, 2015) said that laugh can release two neuropeptide namely endorphine and encephaline. Those both substances are sedatives which is a painkiller agent that is naturally produced by human body. Laughter has ability to relieve muscle tension and calm the sympathetic nervous system, also helps control pain as well as increase circulation. Thus, laughter has a double effect as a painkiller in conditions of arthritis and inflammation of the spine, which is useful for health and so on (Setyawan, 2012). So that elderly will be healthier and experience an improvement in their life quality. Mubarak. dkk, (2011) said that by following Hadrah Lansia Gymnastics, elderly can get social relations in form of better social interaction because they meet old friends, new friends and interact each others, they will feel the development of a clear perspective on life. The keys to happy, useful and quality elderly are: Elderly who avoids withdrawal as an elderly person, develops a clear perspective on life, replaces lost satisfaction, develops meaningful and valuable resources.

4. CONCLUSIONS AND RECOMMENDATIONS

4.1 Conclusions

The conclusions of this research are:
1. There is difference in elderly life quality between before and after Hadrah Lansia Gymnastics.
2. There is influence of Hadrah Lansia Gymnastics on elderly life quality.

4.2 Recommendations

1. Based on the findings of the Hadrah Lansia Gymnastics can be used in the elderly who has disorders or weakness due to gout, post stroke and because of aging.
2. The need for further research with a larger sample of the Implementation “Hadrah Lansia Gymnastics based on Pathological Indicators, Muscle strength, and ROM in Improving the Elderly Life Quality.”

REFERENCES


