



Elderly Class (Yoga, Acupressure and Progressive Muscle Reflexology) to Improve Elderly Health in Tambakmulyo Village, Puring, Kebumen

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Abstract

Elderly is someone who has entered the age of 60 years and above. The elderly are an age group in humans who have entered the final stage of their life phase. The increase in the number of elderly people has an impact, among others, the emergence of degenerative disease problems that often accompany chronic and multipathological elderly people such as hypertension, heart disease, diabetes mellitus, uterine / prostate cancer, osteoporosis and others, where the handling takes a long time and costs a lot. Elderly classes for elderly health are expected to foster the ability of the elderly themselves to overcome health problems with the support and guidance of professionals, towards the realization of a healthy elderly life. The design of activities to achieve goals is planning (planning), implementation (action), evaluation (evaluation) and follow-up (follow up). In detail the methods and mechanisms. The results of the activity refer to the predetermined target outcomes, namely that the elderly can take part in elderly classes and can increase the elderly's knowledge about Yoga, Acupressure, and Progressive Muscle Reflexology. Yoga, acupressure, and ROP training will increase the knowledge of the elderly, so that it will also affect the accuracy of yoga, acupressure, and ROP training. By getting training, it is hoped that the elderly can understand and be skilled in applying yoga, acupressure, and ROP.

1. Introduction

Elderly is someone who has entered the age of 60 years and above. The elderly are an age group in humans who have entered the final stage of their life phase. This group categorized as elderly will occur a process called Aging Process or aging process. The age limit of the elderly according to the World Health Organization (Permenkes No. 67 Tahun 2015).

Data from the World Population Prospects explains that there are 901 million people aged 60 years or older or 12% of the world's population. In 2015 and 2020, the number of people

aged 60 years or older is projected to grow by about 56% to 1.4 billion and by 2050 the elderly population is projected to more than double from 2015, reaching 2.1 billion (United Nations, Department of Economic and Social Affairs).

The aging process that occurs in the elderly is also associated with various problems in the elderly, one of which is the neuromuscular system (Dumurgier and Tzourio 2020). The increase in the number of elderly people has an impact, among others, the emergence of the problem of degenerative diseases that often accompany the elderly age which is chronic and multipathological such as hypertension, heart disease, diabetes mellitus, uterine / prostate cancer, osteoporosis and others, where the handling takes a long time and costs a lot. Facing such conditions, it is necessary to study the problem of elderly more fundamentally and according to needs. Although old age is not a disease, along with the aging process, the incidence of chronic diseases and disability will increase (Mengko, 2015).

The elderly are at high risk of degenerative diseases such as coronary heart disease (CHD), hypertension, diabetes mellitus, rheumatism, and cancer. This can be overcome in two ways, namely by pharmacology and non-pharmacology. Pharmacological management is by using chemical drugs. One of the non-pharmacological treatments is yoga, acupressure and progressive muscle relaxation techniques (ROP).

Yoga practice also stimulates the release of the hormone Endorphin. Endorphin is a neuropeptide that the body produces in times of relaxation. Endorphin is produced in the brain and spinal cord. This hormone can function as a natural tranquilizer produced by the brain that channels a sense of comfort and increases endorphin levels in the body to reduce high blood pressure (Kusumastuti et al., 2021).

Acupressure / finger prick therapy is one of the traditional Chinese medicine, which is by giving emphasis / massage at certain points in the body area (Setiawan et al., 2021). Acupressure therapy can also help to reduce muscle tension and discomfort in the limbs, where acupressure focuses more on the body's nerve objects, including the palms and feet including the lungs, heart, eyes, kidneys, thyroid gland, liver, brain, sinuses, and pancreas (Taufiqurrahman, 2022).

Progressive muscle relaxation technique is a therapy that focuses on maintaining a deep state of relaxation involving contraction and relaxation of various muscle groups starting from the feet upwards or from the head downwards, in this way it will be realized where the muscle will be located and in this case it will increase awareness of the body's muscle response (Murniati et al., 2020).

Tambakmulyo Village is one of the villages in Puring Subdistrict, Kebumen Regency with an area of 62,900 km². With a population of 5,982 people. Based on the survey results, Tambakmulyo Village has 260 elderly people with complaints of diseases in the elderly, namely hypertension, rheumatism, DM, aches, and others.

Elderly classes have the benefit of improving the health of the elderly and fostering the ability of the elderly themselves to overcome health problems with the support and guidance of professionals, towards the realization of a healthy elderly life. In Tambakmulyo Village, elderly posyandu activities are less than optimal due to the small number of elderly people visiting to check their health. Therefore, it is necessary to improve elderly classes with yoga, ROP and acupressure to improve the health of the elderly and attract the interest of the elderly to come to the elderly posyandu

2. Methods of Implementation

This community service activity was carried out in Tambakmulyo Village, Puring, Kebumen. The target of the activity is the elderly of Tambakmulyo Village, Puring, Kebumen as many as 26 elderly. The design of activities to achieve goals is planning, implementation, evaluation and follow-up. In detail, the methods and mechanisms for implementing the activities can be described as follows:

1. Planning Stage

- a. In the planning stage, field analysis was carried out, namely identifying problems that occur in the elderly in Tambakmulyo Village.
- b. Making agreements with partners is done at the beginning before the activity is carried out.

2. Implementation Stage

The implementation used the method of counseling / lecturing about Yoga, Acupressure, Progressive Muscle Reflexology and practicing Yoga, Acupressure and Progressive Muscle Reflexology to the elderly.

3. Evaluation Stage

The evaluation stage by conducting an evaluation using a pre-test before the material and a post-test after the material.

4. Follow-up

Follow up with regular elderly classes by midwives and cadres.

3. Results and Discussion

3.1 Results

Extension activities were carried out on Friday, January 5, 2024. Counseling activities involve students. The results of the activity refer to the predetermined target outcomes, namely the elderly can take part in elderly classes and can increase the elderly's knowledge about Yoga, Acupressure, and Progressive Muscle Reflexology

Table 1. Pre-Test of Elderly Knowledge about Yoga, Acupressure and

Knowledge	n	%
Low	15	57,7
Simply	11	42,3
Good	0	0
Total	26	100

Table 2. Post-Test of Elderly Knowledge about Yoga, Acupressure and ROP

Knowledge	n	%
Low	0	0
Simply	5	19,23
Good	21	80,76
Total	26	100

The results of the elderly class show that after counseling and practice regarding yoga, Acupressure and ROP, the elderly totaling 26 respondents there is an increase in knowledge from low knowledge totaling 15 people (57.7%) and 11 people (42.3%), after counseling and practice to good knowledge totaling 21 people (80.76%) and 5 people (19.23%)

3.2. Discussion

In this training it was found that there was an increase in elderly knowledge by providing elderly counseling about yoga, acupressure, and ROP. Health counseling regarding yoga, acupressure, and ROP will increase the knowledge of the elderly as evidenced by an increase in knowledge from low knowledge totaling 15 people (57.7%) and 11 people (42.3%), after counseling and practice to good knowledge totaling 21 people (80.76%) and 5 people (19.23%).

Factors that influence knowledge are age, interest, place of residence, sources of information, education, socio-culture, economy and experience (Notoatmodjo, 2011). Knowledge is the result of knowing and this occurs after people perceive certain objects. Sensing certain objects through the five human senses, namely sight, hearing, smell, taste and touch. Most human knowledge is obtained through the eyes and ears Notoatmodjo. 2013). One of the health education methods is the lecture method, which is a way of presenting lessons through oral narration or direct explanation to a group of students (Notoatmodjo, 2011). The author uses the counseling method in providing health education.

In addition to providing knowledge with counseling, the elderly also received training in yoga, acupressure, and ROP. Providing information with counseling affects the accuracy of yoga, acupressure, and ROP training. By getting training, it is hoped that the elderly can understand and be skilled in applying yoga, acupressure, and ROP. The results of this study are in accordance with the results of research stating that the increase in the number of elderly people has an impact, among others, the emergence of degenerative disease problems which often accompany the elderly age which is chronic and multipathological in nature such as hypertension, heart disease, diabetes mellitus disease, uterine / prostate cancer, osteoporosis and others, where the handling requires a long time and large costs (Dumurgier & Tzourio, 2020) After training in yoga, acupressure, and ROP, it was found that the elderly were able to apply yoga, acupressure, and ROP to maintain the health and fitness of the elderly

4. Conclusion

After yoga, acupressure, and ROP training, it was found that the elderly understood the movements and wanted to apply yoga, acupressure, and ROP. Therefore, yoga, acupressure, and ROP training can be carried out regularly and elderly people who have never attended yoga, acupressure, and ROP training want to take part in the training. On the basis of this recommendation, it is suggested that midwives can assist the yoga, acupressure, and ROP training and can evaluate the health of the elderly.

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