



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

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Abstract

An elderly person is someone who has reached the age of 60 years and over. The elderly are an age group of humans who have entered the final stages of their life. The increase in the number of elderly people has impacts, including the emergence of degenerative disease problems that often accompany the elderly, which are chronic and multipathological, such as hypertension, heart defects, diabetes mellitus, uterine/prostate cancer, osteoporosis and others, the treatment of which takes quite a long time. and huge costs. It is hoped that the elderly class for elderly health will grow the elderly's own ability to overcome health problems with the support and guidance of professional staff, towards realizing a healthy elderly life. The design of activities to achieve goals is planning, action, evaluation and follow-up. In detail the methods and mechanisms. The results of the activity refer to previously determined output targets, namely that seniors can take part in senior classes and can increase seniors' knowledge regarding yoga, acupressure, and progressive muscle reflexology. Yoga, acupressure and ROP training will increase the elderly's knowledge, which will also influence the accuracy of yoga, acupressure and ROP training. By receiving training, it is hoped that seniors will understand and be skilled in applying yoga, acupressure, and ROP.

1. Introduction

An elderly person is someone who has entered the age of 60 years and over. The elderly are an age group of humans who have entered the final stages of their life. This group, which is categorized as elderly, will experience a process called the aging process (Kemenkes, 2015). Data from World Population Prospects explains that there are 901 million people aged 60 years or more or 12% of the world's population. In 2015 and 2020, the number of people aged 60 years or more is projected to grow by around 56% to 1.4 billion and by 2050 the elderly population is projected to double from 2015, namely reaching 2.1 billion (United Nation, 2019).

The aging process that occurs in the elderly is also related to various problems in the elderly, one of which is the neuromuscular system (Dumurgier & Tzourio, 2020). The

increase in the number of elderly people has impacts, including the emergence of degenerative disease problems that often accompany the elderly, which are chronic and multipathological, such as hypertension, heart defects, diabetes mellitus, uterine/prostate cancer, osteoporosis and others, the treatment of which takes quite a long time. and huge costs. Facing such conditions requires a more basic and appropriate assessment of elderly problems. Even though old age is not a disease, along with the aging process, the incidence of chronic diseases and disabilities 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 pharmacological and non-pharmacological methods. Pharmacological management is by using chemical drugs. One non-pharmacological treatment is yoga, acupressure and progressive muscle relaxation (ROP) techniques. Yoga practice also stimulates the release of endorphin hormones. Endorphin is a neuropeptide that the body produces when it is relaxed/calm. Endorphins are produced in the brain and spinal cord. This hormone can function as a natural sedative produced by the brain which conveys a feeling of comfort and increases endorphin levels in the body to reduce high blood pressure (Kusumastuti, 2021).

Acupressure/finger prick therapy is a traditional Chinese medicine, namely by applying pressure/massage to certain points on areas of the body (Setiawan, 2021). Acupressure therapy can also help to reduce muscle tension and discomfort in the body parts, where acupressure focuses more on the body's nerve objects, including the palms of the hands and feet including the lungs, heart, eyes, kidneys, thyroid gland, liver, brain, sinuses, and pancreas (Taufiqurrahman, 2022). Progressive muscle relaxation technique is also a therapy that focuses on maintaining a state of deep relaxation which involves contracting and relaxing various muscle groups from the feet upwards or from the head downwards, in this way you will be aware of where the muscles will be and in this case will increase awareness of the body's muscle response (Murniati, 2020).

Tambakmulyo Village is one of the villages in Puring District, 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. The elderly class has the benefit of improving the health of the elderly and growing the ability of the elderly themselves to overcome health problems with the support and guidance of professional staff, towards realizing a healthy elderly life. In Tambakmulyo Village, elderly posyandu activities are less than optimal because few elderly people visit to check their health. Therefore, it is necessary to increase 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 was 26 elderly people in Tambakmulyo Village, Puring, Kebumen. The design of activities to achieve goals is planning, action, evaluation and follow-up. In detail the methods and mechanisms for implementing activities can be described as follows:

2.1 Planning Stage

- 1) At the planning stage, a field analysis was carried out, namely identifying problems that occurred among the elderly in Tambakmulyo Village.
- 2) Making an agreement with partners is done at the beginning before the activity is carried out.

2.2 Implementation Stage

The implementation uses counseling/lecture methods about Yoga, Akupresure, Progressive Muscle Reflexology and practicing Yoga, Akupresure and Progressive Muscle Reflexology to the elderly.

2.3 Evaluation Stage

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

2.4 Follow Up

Follow up with regular provision of elderly classes by midwives and local cadres.

3. Results and Discussion

Extension activities were carried out on Friday 5 January 2024. Extension activities involved students. The results of the activity refer to previously determined output targets, namely that seniors can take part in senior classes and can increase seniors' knowledge regarding yoga, acupresure and progressive muscle reflexology. Before the counseling activity, a pre-test was carried out to see the elderly's level of knowledge regarding yoga, acupresure and progressive muscle reflexology. The pre-test results can be seen in table 1 below:

Table 1. Pre-Test of Elderly Knowledge Regarding Yoga, Acupresure, and ROP

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

The results of the elderly class showed that after counseling and practice regarding yoga, Akupresure and ROP, the elderly, totaling 26 respondents, had an increase in knowledge, of which 15 people (57.7%) had low knowledge and 11 people (42.3%) had sufficient knowledge. After counseling and practice, 21 people (80.76%) had good knowledge and 5 people (19.23%) had good knowledge. The post-test results can be seen in table 2 below:

Table 2. Pre-Test of Elderly Knowledge Regarding Yoga, Acupressure, and ROP

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

In this training, it was found that there was an increase in the knowledge of the elderly by providing information to the elderly regarding yoga, acupressure and ROP. Health education regarding yoga, acupressure and ROP will increase the knowledge of the elderly, it is proven that there is an increase in knowledge, from low knowledge amounting to 15 people (57.7%) and sufficient 11 people (42.3%), after counseling and practice it becomes good knowledge amounting to 21 people (80.76%) and quite 5 people (19.23%).

Factors that influence knowledge are age, interests, place of residence, sources of information, education, social culture, economics and experience (Notoadmodjo, 2011). Knowledge is the result of knowing and this occurs after people sense 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 (Notoadmodjo, 2013). One method of health education is the lecture method which is a way of presenting lessons through oral narrative or direct explanation to a group of students (Notoadmodjo, 2011). The author uses the counseling method in providing health education.

Apart from providing knowledge through counseling, the elderly also receive training in yoga, acupressure and ROP. Providing information with counseling affects the accuracy of yoga, acupressure and ROP training. By receiving training, it is hoped that seniors will understand and be skilled in applying yoga, acupressure and ROP. The results of this study are in accordance with the results of research which states that the increase in the number of elderly people has an impact, including the emergence of degenerative disease problems that often accompany the elderly which are chronic and multipathological, such as hypertension, heart defects, diabetes mellitus, uterine/prostate cancer, osteoporosis and others. others, where handling requires quite a long time and large costs (Dumurgier, 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 conducting yoga, acupressure and ROP training, the results showed that the elderly already understood movement and were willing 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 these recommendations, it is recommended that midwives can assist with yoga, acupressure and ROP training and can carry out health evaluations for the elderly.

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