THE INFLUENCES OF DEMENSIA ON THE FULFILLMENT OF DAILY LIVING ACTIVITY (ADL) IN ELDERLY PEOPLE

Hamdayani, A.Saputri Mulyana, Nuryanti Thahir, Fhirawati, Syarif Hidayat Nasir, and Andi Sarifuddin
Nursing Study Program, Faculty of Health, Patria Artha University of Makassar 2017.

Abstract

Objective: This study aimed at analyzing and then determining whether there was an effect of dementia on the fulfillment of Activity of Daily Living (ADL) over some social institutions in 2017. This study used a non-experimental method with cross sectional approach. The population in this study was all elderly who lived in social institution of Tresna Werdha Gau Mabaji, Gowa Regency as many as 97 elderly, with a sample of 78 elderly selected by using the purposive sampling method. The variables of this study were elderly people who experienced dementia which were measured by using a MMSE observation sheet and dependence on Activities of Daily Living fulfillment, which were measured using a modified Barthel Index at Tresna Werdha Social Institution of Gau Mabaji Gowa Regency. The data were analysed using a Simple Linear Regression Test with \( p = 0.000 < 0.05 \).

Research implications with regard to the prevention of a decline in the ability of brain function, for instance, the reduced capacity of memory, the decreasing ability of thinking, understand something, considering and understanding language, and the declining mental intelligence, so that it all could affect daily activities. Thus, some activities were needed to stimulate the capacity of memory for the elderly people in order to reduce the occurrence of dementia. This study generated recommendations that we the concept of Health Promotion and the increase of activity stimulation activities in order to stimulate the memory of the elderly. Within this way, the activity of Dayling Living (ADL) is hoped to be fulfilled in the elderly at the Tresna Werdha Gau Mabaji Gowa nursing home 2017.

Introduction:

The aging process is believed as a normal process starting from the time of conception which theoretically ends at death of someone. Throughout human life the body has undergone many changes, there is both construction and destruction. During growth, the construction process is more emerging than the process of destruction. It grows normally until it reaches the age of adulthood, the process of destruction will gradually exceed the construction process, at this time humans experience an aging or aging process (Almatsier et al., 2011).
In the current era with the development of technology in the health sector contributing to an increase in life expectancy, the data released by WHO data in 2000 suggested that the life expectancy in the world is 66 years, 12 years later will rise to 70 years, the following year to 71 years. The proportion of the elderly population in Indonesia also increases every year. The data from WHO in 2009 revealed that featured elderly people totaling 7.49% of the total population, in 2011 it increased to 7.69% and in 2013 a proportion of elderly people reached 8.1% of the total population. Elderly is someone who has reached the age of 60 or older. In 2013 the proportion of the population aged more than 60 years was 11.7% of the total world population. It is estimated that this number will continue to gradually increase along with the increase in life expectancy (WHO, 2015).

With the increasing age of a person, it automatically affects the performance of some body functions, which is, for example, the decrease in brain function which affects the cognitive aspect, the most common thing triggering the Dementia, someone with Dementia. Year by year, it will lose the ability to self-care so that they will increasingly depend on their caregivers to do everything in their daily life, including maintaining personal hygiene. To prevent loss of all self-care abilities when experiencing dementia can be done with home training at the nursing home. This training is done by restructuring daily activities, such as writing a complete list of daily activities on a whiteboard, blackboard, or cardboard that are all installed or affixed to the wall, placing a sign signs that are easily recognizable, such as bedrooms, bathrooms, kitchens and others, because patients with dementia may go to the wrong place due to a number of conditions (Asrori, 2014).

Based on preliminary studies at the Social Institution of Tresna Werdha Gau Mabaji Gowa Regency on March 26, 2017, we gained the data from the head of Panti that in 2017 the number of elderly were 97 people. Researchers conducted studies using MMSE (Mini Mental State Exam), since it was a trusted and valid instrument for knowing and following the development of cognitive disorders related to neurodegenerative diseases, namely dementia and Barthel Index which served to measure functional independence in terms of self-care and mobility of daily activities - the day was for the elderly at the Social Institution of Tresna Werdha Gau Mabaji, Gowa Regency.

**Method:**
This type of research was a descriptive analytic with a cross sectional study approach. The results suggested that the influence of independent variables (dementia) with dependent variables (activity daily of living) by taking a momentary measurement, that was each research subject is only measured for a moment and once at a time.

**Conclusion:**
This study generates some conclusion as follows:
1. From the results of research conducted at PSTW Gau Mabaji Gowa, from 78 respondents. The data suggested that the number of elder people who experienced the highest cognitive impairment, were 36 (46.2%) respondents, then severe cognitive impairment by 30 (38.5%) respondents and those who suffered from cognitive impairment were by 12 (15.4%) respondents.
2. It is said that there were 78 respondents who obtained ADL data where some respondents had a high level of independence as many as 58 (74.4%) respondents.
3. Based on the research’s results conducted at PSTW Gau Mabaji Gowa District from 78 respondents, it is said that the results of statistical tests obtained the value of ρ 0,000 <0,05, which means that there was an effect of dementia on the fulfillment of Actifity of Daily Living (ADL) in the elderly at the Tresna Werdha of Gau Mabaji Gowa. Furthermore, the data also suggests that the t test obtained the value of 5.534> 1.991, indicating that it is rejected. Therefore, it can be concluded that the independent variable (MMSE) affects the dependent variable (IBL).
4. It is expected that nurses in nursing homes need to increase an activity that stimulates their memory capacity, such as reading, drawing and engaging in social activities to help reducing dementia in the elderly. Also, they need counseling guidance related to the handling of dementia in the elderly.

**Corresponding Author:** Hamdayani.

**Address:** Nursing Study Program, Faculty of Health, Patria Artha University of Makassar 2017.
References:

1. Agung Iskandar. (2010). Uji Keandalan dan Kesahihan Indeks Activity of Daily Living Barthel untuk Mengukur Status Fungsional Dasar pada Lanjut Usia di RSICM. Tesis. Jakarta: Program Study Ilmu Penyakit Dalam Fakultas Kedokteran Universitas Indonesia. http://www.eprints.lib.ui.ac.id_Diakses pada tanggal 5 februari 2017.

2. Alicia Nevriana, Pandu Riono, Tri Budi W. Rahardjo, Adji Kusumadjati, 2013, Aktivitas Bermusik Sepanjang Hidup dan Fungsi Kognitif pada Lanjut Usia, Journal of Public Health, Vol. 7 Number 7, http://www.jurnalkesmas.org Retrieved on February 5th, 2017

3. Alzheimer’s Association. 2011. Alzheimer’s Fact and Figure 2011.

4. Anurogo D. dan Usman F. S. (2014). 45 penyakit dan gangguan saraf. Yogyakarta : Rapha Publishing.

5. Azizah. 2011. Keperawatan Lanjut Usia First Edition. Yogyakarta: Graha Ilmu

6. Boedhi-Darmojo, (2009), Geriatri Ilmu Kesehatan Usia Lanjut. The Fourth Edition. Jakarta : FKUI.

7. Hardywinoto & Setiabudhi, T. (2014). Panduan Gerontologi. Jakarta: Pustaka Utama.

8. Alzheimer Europe. (2013). The prevalence of dementia in Europe. Diperoleh dari: http://www.alzheimer-europe.org/Policy-in-Practice2/Country-comparisons/2013-The-prevalence-of-dementia-in-Europe. Retrieved on February 5th, 2017

9. Alzheimer’s Association. (2017). Tests for Alzheimer's Disease and Dementia. Diperoleh dari: https://www.alz.org/alzheimers_disease_steps_to_diagnosis.asp. Retrieved on February 5th, 2017.

10. Badan Pusat Statistik. (2013). Rata-rata Angka Harapan Hidup Menurut Kabupaten/Kota di Provinsi Sulawesi Selatan. Sumber: https://sulsel.bps.go.id/dynamictable/2015/05/27/31/jumlah-penduduk-sulawesi-selatan-menurut-kabupaten-kota-2011-2014.html. Retrieved on February 6th, 2017

11. Badan Pusat Statistik. (2015). The total population of South Sulawesi in 2012-2014. Sourced from: https://sulsel.bps.go.id/dynamictable/2015/05/22/31/jumlah-angka-harapan-hidup-menurut-kabupaten-kota-2011-2014.html. Retrieved on February 6th, 2017

12. Badan Pusat Statistik. (2013). Banyaknya penduduk provinsi Sulawesi selatan menurut kelompok umur dan jenis kelamin 2013. Sourced from:

13. https://sulsel.bps.go.id/dynamictable/2015/04/20/12/banyaknya-angka-harapan-hidup-sulawesi-selatan-menurut-kelompok-umur-dan-jenis-kelamin-2013.html. Retrieved on February 6th, 2017

14. Basuki, W. (2015). Faktor-faktor penyebab kesenjangan terhadap tingkat depresi pada lansia penghuni panti social trosna werdha nirwana puri kota Samarinda. Ejournal Psikologi, 4(1),713-730. Retrieved on February 7th, 2017

15. Ediawati, Eka. (2012). Gambaran Tingkat Kemandirian Dalam Activity Daily Of Living (ADL) Dan Resiko Jatuh Pada Lansia Di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang. Jurnal Keperawatan. Padang: STIKes Mercubaktijaya Padang.

16. Hermiana, Ica. 2012. Faktor-Faktor yang Berhubungan dengan Demensia pada Lansia di Balai Pelayanan dan Penyantunan Pagar Dewa Bengkulu. Skripsi pada Sekolah Tinggi Ilmu Kesehatan (Stikes) Tri Mandiri Sakti Bengkulu. Retrieved on August 15th, 2017

17. Hussain A. 2013. Brain inspired Cognitif. Amerycan .Family Physician, 83(1),80-81

18. Kemenkes RI. (2015). Pelayanan dan Peningkatan Kesehatan Usia Lanjut. Sourced from: http://www.depkes.gde.id/article/view/15052700010/pelayanan-dan-peningkatan-kesehatan-usia-lanjut.html. Retrieved on February 6th, 2017

19. Rachmat, L. (2017). Dinas Kesehatan Sulsel Fokus Delapan Program Prioritas. Sourced from: https://sulselprov.go.id/post/dinas-kesehatan-sulsel-fokus-delapan-program-prioritas. Retrieved on February 6th, 2017

20. Rizal M. Fahmi Adha, Gambaran Demensia Pada Usia Lanjut Di Uptd Rumah Sejahtera Geunaseh Sayang Ulee Kareng Banda Aceh, 2016. Retrieved on August 15th, 2017

21. Kemenkes RI. 2010. Pedoman Rehabilitasi Kognitif. Jakarta: Kemenkes RI.
25. Larasati, T. L. (2013). Prevalensi Demensia di RSUD Raden Mattaher Jambi. Jambi : Faculty of Medical and Health, Jambi University Retrieved on August 15th, 2017
26. Machfoed, H. (2011). Perdossi Programkan Penemuan Angka Prevalensi Kepikunan. Sourced from: https://bali.antaranews.com/berita/15762/perdossi-programkan-penemuan-angka-prevalensi-kepikunan. Retrieved on June 20th, 2017
27. Maryam, R. Siti, dkk. (2008). Mengenal Usia lanjut dan Perawatannya. Jakarta : Salemba Medika.
28. Maryam, R. Siti, dkk. (2012). Ilmu Kesehatan Gerontik Edisi 3. Jakarta : Salemba Medika.
29. Maryati, H. Gambaran Fungsi Kognitif Pada Lansia Di Upt Panti Werdha Mojopahit Kabupaten Mojokerto, 2013 Retrieved on June 20th, 2017
30. Mauk K.L., 2010. Gerontological Nursing: Competencies for Care. (2nd ed). Canada: Jones and Bartlett Publishers
31. Miller, Carol A. 2014. Nursing for wellness in older adults. Theory and practice (4 ed). Philadelphia: Lippincott Williams & Wilkins
32. Murwani, A, Priyantari, W 2011, Gerontik Konsep Dasar Dan Asuhan Keperawatan : Yogyakarta vol : issue : 2011.
33. Murtiyani,Nunik (2016). Studi Korelasi Demensia dengan Tingkat Ketergantungan Lansia dalam Pemenuhan Activities Of Daily Living. STIKES Dian Husada Mojokerto. Retrieved on June 20th, 2017
34. Nurgroho, W. 2012. Keperawatan Gerontik & Geriatrik Edisi 3. Jakarta : EGC
35. Nugroho, W.2009. Keperawatan Gerontik & Geriatrik Edisi 3. Jakarta : EGC
36. Nurul Vini Inyah (2017). Gambaran Tentang Kemandirian Lansia dalam Pemenuhan Aktifitas Sehari-hari di Posbindu Desa Sindangjawa kabupaten Cirebon. Universitas Islam Negeri Syarif Hidayatullah Jakarta. Retrieved on August 14th, 2017
37. Padila. (2013). Buku ajar Keperawatan Gerontik, Yogyakarta: Nusa Medika Pratiwi
38. Petersen RC, Smith G, Kokmen E, Ivink RJ, Tangalos EG. 2012. Memory Function in Normal Aging. Neurology, volume 42(2): 396-401London.
39. Sampelan, Indah.2015. Hubungan Dukungan Keluarga Dengan Kemandirian Lansia Dalam Pemenuhan Aktivitas Sehari-hari di Desa Batu Keccamatan Likupang Selatan Kabupaten minahasa Utara. Manado: Medical Faculty of Sam Ratulangi University of Manado. Retrieved on February 16th, 2017
40. Setiawan, R.A. 2014. Pengaruh Senam Otak Dengan Fungsi Kognitif Lansia Demensia Di Panti Wredha Darma Bakti Kasih Surakarta. Skripsi Program Studi S-1 Keperawatan. Stikes Kusuma Husada. Surakarta.
41. Sugiyono, (2017). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Alfabeta, Bandung
42. Sugiyono, (2017). Global Health Observatory data repository: Sourced from: http://apps.who.int/gho/data/view.main.60750?lang=en, Retrieved on December 5th, 2017
43. WHO. (2015). Global Health Observatory data repository: Sourced from: http://apps.who.int/gho/data/view.main.60750?lang=en, Retrieved on February 11th, 2017
44. WHO. (2012). Dementia cases set to triple by 2050 but still largely ignored. Sourced from: http://www.who.int/mediacentre/news/releases/2012/dementia_20120411/en/, Retrieved on February 11th, 2017
45. Zarate dan Escudero, A. S. (2014). Can some aspects of the epidemiology of elderly suicides be. International Psychogeriatrics Association 2013 , 26:2, 185–191 C.