



ARTICLE RESEARCH

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Knowledge and Attitude Can Increase Participation in Elderly Posyandu Visits

Elmiana Bongga Linggi¹, Dewi Nurhanifah², Muh Ihsan Kamaruddin³, Wa Ode Novi Angreni⁴, ^cSuprpto Suprpto⁵, Kens Napolion⁶

¹Department of Nursing, STIK Stella Maris Makassar, Indonesia

²Departemen of Health and Nursing Science, Universitas Muhamadiyah Banjarmasin, Indonesia

^{3,4}Departemen Manajemen Informasi Kesehatan, Politeknik Sandi Karsa, Indonesia

⁵Departement of Nursing, Politeknik Sandi Karsa, Indonesia

⁶Nursing, Faculty of Health Sciences, Nursing and Education, Mahsa University Malaysia

Email Correspondence author's (C): atoenurse@gmail.com

elmianalinggi76@gmail.com¹, dewi.nurhanifah@gmail.com², ihsankamaruddinm@gmail.com³, noviangreni1111@gmail.com⁴, atoenurse@gmail.com⁵, daeng_kens1@yahoo.com⁶

ABSTRACT

The health and well-being of older adults are major concerns in improving the quality of life of the elderly population. The visit of the Elderly Posyandu is one of the programs designed to meet the health and social needs of older adults at the community level. Older adults' knowledge and attitudes towards using Posyandu Lansia services have an important role in determining their level of participation in the program. This study aims to analyze the knowledge and attitudes of older adults toward participation in Posyandu Lansia visits. A quantitative research method with a cross-sectional approach was used in this study. Respondents were selected based on purposive sampling, with as many as 86 respondents. The data were analyzed using the Fisher exact test. Fisher's exact statistical test results are known to be knowledge variables p value = 0.003, attitude is known p value = 0.002, meaning there is a correlation between knowledge and attitude towards the use of elderly posyandu visits. It can be concluded that efforts to improve the knowledge and attitudes of older adults towards the Posyandu Lansia program need to be increased through various education and health promotion strategies. Involving families, communities, and related parties in supporting the participation of older adults is also important. Thus, increased participation of older adults in the visit of the Elderly Posyandu can be achieved, thus positively impacting the overall health and well-being of older adults.

Keywords: Attitude; elderly; knowledge

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The increasing number of elderly populations in various countries is a major challenge in maintaining their health and well-being. In Indonesia, as in other countries, the growth of the elderly population is increasingly significant, along with the increase in life expectancy and demographic changes.¹ It is important to pay attention to prevention efforts and proper health care for older adults. One program specifically designed to meet the health and social needs of older adults at the community level is Posyandu Lansia. This program is one of the efforts of the Indonesian government to provide preventive health services and promote health to older adults in various regions. The success of the Posyandu Lansia program is determined not only by the availability of services but also by the active participation of older adults.² High participation requires a good understanding of the program, including the objectives, benefits, and procedures for visiting the Posyandu for the Elderly. Older adults' understanding of the Posyandu Lansia program is a key factor influencing their participation. The better their knowledge of the program, the more likely they will be actively involved in Posyandu Lansia visits.³ Older adults' knowledge of participation in the visit of the Elderly Posyandu becomes relevant and important.⁴ By understanding the knowledge level of older adults, healthcare providers and policymakers can design more effective strategies to increase elderly participation in the Posyandu Lansia program.⁵ Global aging has brought attention to addressing the elderly mobility dilemma and a commitment to address inclusive transport in aging.⁶

Older adults' knowledge about the existence and benefits of visiting the Posyandu Lansia is a key factor in determining how much they will participate in the program.⁷ A good understanding of the purpose, benefits, and procedures of visiting Posyandu for the Elderly can pave the way for more active participation, more effective health monitoring, and better disease prevention.⁸ Through a better understanding of current conditions, it is hoped that more appropriate efforts can be identified to increase elderly participation in visits to the Elderly Posyandu, thereby positively impacting the overall health and well-being of older adults.⁹ The attitude of older adults towards participation in the Elderly Posyandu visit is very important in determining the extent to which they will participate in the program. Elderly attitudes can vary depending on various factors, including previous experience with health services, knowledge of the benefits of Posyandu for the Elderly, social support, and perceptions of the need for health care. Improve the attitude of older adults toward participation in visits to the Elderly Posyandu.¹⁰

Elderly knowledge often needs attention, especially considering the varying literacy levels and access to information among older adults. An in-depth understanding of the extent to which older people's knowledge influences their participation in Elderly Posyandu visits can provide valuable insights for developing more effective strategies for increasing older people's participation in community health programs.¹¹ The low participation of older adults in Posyandu can cause serious problems both for the elderly themselves and for their families. Health conditions that are not monitored and risk factors for PTM that are not detected directly can increase morbidity and even lead to death.¹² Through a comprehensive and elderly-centred approach, it is hoped that their participation in community

health programs such as Posyandu Lansia can be increased, significantly benefiting their health and well-being. This study aims to analyze the knowledge and attitudes of older adults and their relationship with participation in visits to the Posyandu for the Elderly.

METHODS

This type of quantitative research with Cross-Sectional Design is the type of research used in this study. The research location is in the working area of the Barombong Health Centre in Makassar City. The total sample in this study was 86 respondents. Samples were taken using purposive sampling that met the sample criteria set, namely willing-to-be respondents, respondents aged 60-74 years, and not Hearing Disabled. The independent variable is knowledge and attitude, while the dependent variable is the use of elderly visits at integrated service posts. This study used a questionnaire instrument with Fisher Exact Test hypothesis test analysis with a meaning limit of $\alpha = 0.05$ to answer whether there is a correlation between knowledge and attitudes with the use of visits at posyandu. All respondents who participated in this study agreed to the research protocol and were approved in written form. This research has been approved by the Polytechnic Ethics Committee Sandi Karsa B-054/KEPS/PT19/IX/2023 and considers the principles in the research process.

RESULTS

Table 1 Overview of Elderly Respondents at Barombong Health Center Makassar City.

| Characteristics | n | % |
|---------------------------------|----|------|
| Gender | | |
| Man | 41 | 47.7 |
| Women | 45 | 52.3 |
| Education | | |
| Not Finishing Elementary School | 43 | 50.0 |
| Elementary School | 28 | 32.6 |
| First High School | 5 | 5.8 |
| Upper High School | 7 | 8.1 |
| College | 3 | 3.5 |
| Work | | |
| Doesn't work | 30 | 34.9 |
| Farmer | 38 | 44.2 |
| Fisherman | 4 | 4.7 |
| Businessman | 5 | 5.8 |
| Retired | 9 | 10.5 |
| Knowledge | | |
| Good | 77 | 89.5 |
| Not enough | 9 | 10.5 |
| Attitude | | |
| Positive | 80 | 93.0 |
| Negative | 6 | 7.0 |
| Utilization | | |
| Utilise | 67 | 77.9 |
| Underuse | 19 | 22.1 |

Table 1 describes that of the 86 respondents studied by gender, 45 (52.3%) were female. In education characteristics, the majority of respondents did not finish elementary school which was 43

(50%), and in job characteristics, most respondents had farmer jobs which was 38 (44.2%). The respondents' knowledge was in the good category of 77 (89.5%). Attitude variables: respondents have a positive category attitude, which is as much as 80 (93%), and have a negative attitude as much as 6 (7%). In the variable of posyandu utilization, respondents who took advantage of elderly posyandu visits were 67 (77.9%), and those who underutilized as many as 19 (22.1%).

Table 2 The Relationship Between Knowledge and Attitudes Toward The Use of Visits to The Integrated Service Post for the Elderly at the Batombong Health Center in Makassar City

| Variable | Utilization of Elderly Visits | | | | Total | | <i>P</i> | <i>R</i> |
|------------|-------------------------------|------|----------|------|-------|-----|----------|----------|
| | Utilize | | Underuse | | | | | |
| | n | % | n | % | n | % | | |
| Knowledge | | | | | | | | |
| Good | 64 | 83.1 | 13 | 16.9 | 77 | 100 | 0.003 | 0.345 |
| Not enough | 3 | 33.3 | 6 | 66.7 | 9 | 100 | | |
| Attitude | | | | | | | | |
| Positive | 66 | 82.5 | 14 | 17.5 | 80 | 100 | 0.002 | 0.375 |
| Negative | 1 | 16.7 | 5 | 83.3 | 6 | 100 | | |
| Total | 67 | 77.9 | 19 | 22.1 | 86 | 100 | | |

Table 2 of Fisher's exact statistical test results is known as p -value = 0.003, meaning there is a correlation of knowledge on using elderly posyandu visits at the Barombong Health Center in Makassar City. The correlation number of 0.345 means that the strength of the variable relationship is in the weak category, and the Fisher exact *test statistical test* is known to be p value = 0.002, meaning that there is a correlation of attitudes towards the use of elderly posyandu visits at the Barombong Health Center in Makassar City. The correlation number of 0.375 means that the strength of the variable relationship is in the weak category. It can be concluded that there is a correlation between knowledge and attitudes towards the use of elderly posyandu visits at the Barombong Health Center in Makassar City.

DISCUSSION

Researchers revealed a correlation between knowledge and attitudes towards using elderly posyandu visits at the Barombong Health Center in Makassar City. The correlation between knowledge and attitudes towards using Posyandu visits for older adults shows a relationship or shared relationship between the two variables. Knowledge refers to the understanding or awareness of older adults about the existence, benefits, and procedures for visiting the Elderly Posyandu. On the other hand, attitude refers to views, beliefs, or emotional evaluations of Posyandu Lansia's visits.¹³ The positive correlation between knowledge and attitude shows that the higher the knowledge of older adults about Posyandu Lansia, the more likely they are to have a positive attitude towards the program.¹⁴ Seniors who know the benefits and importance of Posyandu Lansia visits tend to have a more positive attitude towards the program. Elderly people who have a positive attitude towards Posyandu visit the elderly tend to support and appreciate the existence of Posyandu and see it as an important resource for their health.¹⁵ They strongly desire to participate in Posyandu activities through regular visits and active contributions to various activities. An enjoyable and satisfying experience during the visit increases their motivation to

continue participating. In contrast, their intrinsic motivation to maintain health ensures that they see a visit to the Posyandu as an integral part of the effort.¹⁶ The knowledge and negative attitude of the elderly towards the visit of the Elderly Posyandu is due to the lack of education from the organizers or health workers, the lack of promotion about the benefits of the Posyandu, and the limited resources that result in less-than-optimal services. In addition, limited accessibility and unsupportive social and cultural norms also play a major role in reducing the interest of the elderly to participate in Posyandu activities. This factor contributes to the low knowledge and positive attitude of the elderly towards the Elderly Posyandu.¹⁷ Understanding how to accelerate the delivery of aged care services to align with the evolving needs of older consumers has emerged as an important concern for societies actively embracing ageing.¹⁸

Conversely, a negative correlation between knowledge and attitudes would indicate that the lower the knowledge of older adults about the Posyandu Lansia, the more likely they are to have negative or apathetic attitudes toward the program.¹⁹ A combination of lack of education and promotion, limited resources and accessibility, unsupportive social and cultural norms, previous bad experiences, and lack of motivation influences the knowledge and negative attitudes of the elderly towards Posyandu Elderly visits.²⁰ The lack of adequate education and information from the organizers or health workers makes the elderly not understand the benefits and functions of Posyandu well. Less intensive and ineffective promotion also contributes to the low knowledge of the elderly about the importance of visiting Posyandu.²¹ Previous negative experiences, such as unsatisfactory service or inadequate facilities, can form an underestimating view and a reluctance to participate. Elderly people who feel uncomfortable or do not see the immediate benefits of the visit tend to have a negative attitude.²² Limited resources at Posyandu, including adequate numbers of health workers and facilities, and limited accessibility, such as hard-to-reach Posyandu locations, are also significant obstacles. In addition, social and cultural norms that consider visits to Posyandu to be unimportant or less useful also affect the attitude of the elderly. It is important to increase older adults' knowledge of Elderly Posyandu through health education and effective information.²³ This can help improve their attitudes towards the program and increase their participation in Posyandu Lansia visits.²⁴ Analysis of the correlation between knowledge and attitudes towards the utilization of Posyandu visits for older adults can provide valuable insights for healthcare providers and policymakers in designing more effective interventions to increase elderly participation in community health programs.²⁵ Older people who have health problems are said to be more vulnerable (frailty). One aspect that causes older adults to experience vulnerability is the high risk of falling.²⁶ The knowledge and negative attitudes of the elderly towards Posyandu Elderly visits are influenced by a combination of lack of education and promotion, limited resources and accessibility, unsupportive social and cultural norms, previous bad experiences, and lack of motivation.²⁷ More intensive and directed efforts are needed to overcome these obstacles to increase the participation of the elderly. Family significantly affects the well-being and health of individuals. Therefore, nurses should support family engagement in nursing care.²⁸

Knowledge and attitudes towards the use of Elderly Posyandu visits are crucial factors in determining the extent to which older people will take part in the program.²⁹ By understanding the correlation between knowledge and attitudes toward using Posyandu visits for older adults, efforts can be directed toward increasing the program's effectiveness through a holistic approach, including education, communication, and social support.³⁰ This can help ensure that older people have adequate knowledge and attitudes that support and encourage active participation in the community health program. Older people must understand the existence, purpose, benefits, and procedures for visiting Posyandu Elderly.³¹ Good knowledge of the program can help them understand the importance of regular visits for health monitoring, early disease detection, and other preventive health services. A positive attitude towards visits to the Posyandu for the Elderly is very important.³² Seniors need to see this program as a useful means of maintaining their health and improving their quality of life. A positive attitude also includes the belief that visiting the Posyandu for the Elderly can help them obtain appropriate and supportive health care.³³ Foodborne diseases are a preventable but under-reported public health issue. These illnesses are a public health concern and contribute significantly to healthcare costs. People must understand how their knowledge, attitudes, and practices affect food safety and how they can reduce the risk of foodborne illness.³⁴

Knowledge and attitudes, as well as other factors such as accessibility of services and social support, also influence the utilization of Posyandu visits for the Elderly. Seniors will be more likely to take part in programs if those services are easily accessible and they get support from family, friends, and the surrounding community.³⁵ Effective education and health promotion programs can help increase knowledge and form a positive attitude toward Posyandu Lansia visits. Appropriate outreach and communication campaigns can help convey relevant information and motivate seniors to participate.³⁶ Involving seniors in program planning and implementation can create a sense of ownership and increase participation.³⁷ Consider engaging with seniors in developing strategies that fit their needs and preferences. It is important to convey information about the Posyandu Lansia in a way that is appropriate and relevant to the elderly audience.³⁸ Ensuring messages are conveyed clearly and in easy-to-understand language is key.³⁹ Adequate knowledge, attitude, and practices about the use of antibiotics are essential for effective treatment and the cure of diseases.⁴⁰

CONCLUSION AND SUGGESTION

Efforts to improve the knowledge and attitudes of older adults towards the Posyandu Lansia program need to be improved through various education and health promotion strategies. Involving families, communities, and related parties in supporting the participation of older adults is also important. Thus, increasing the participation of older adults in the visit of the Elderly Posyandu can be achieved, thus positively impacting the overall health and well-being of older adults. Develop education programs and information focused on older adults and their families about the benefits, objectives, and procedures for visiting the Elderly Posyandu. Conducted training and socialization for health workers

on duty at the Elderly Posyandu to provide friendly and caring services for the needs of older adults. Combining these strategies is expected to increase the knowledge, attitudes, and participation of older adults in the visits of the Posyandu Lansia, which in turn will contribute to improving their health and well-being.

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