



OVERVIEW OF THE CAUSES OF SELF-CARE DEFICIT DISORDER: MUSCULOSKELETAL DISORDERS IN THE ELDERLY IN KENDAL INDONESIA

Rina Anggraeni*, Lilis Virdayanti, Riani Pradara Jati, Qurrotul Aeni, Andriyani Mustika Nurwijayanti

Sekolah Tinggi Ilmu Kesehatan Kendal, JL. Laut No.31 Kendal, Jawa Tengah 51311, Indonesia

*rinaanggraeni.stikeskendal@gmail.com

ABSTRACT

The increasing number of elderly will affect various aspects of elderly life, especially in terms of health and welfare of the elderly. Problems that arise make the ability to do activities decrease, one of which is the ability to perform self-care. Factors that cause a person to experience a self-care deficit include musculoskeletal disorders, neuromuscular disorders, weakness, psychological disorders and decreased motivation/interest. This study aims to describe the causes of self-care deficit disorder in the elderly in Cepiring. The type of research method chosen is descriptive analysis. The sample used using purposive sampling technique. The sample in this study were 86 respondents aged 60-80 years and experiencing self-care deficits. Data collection in this study used the Standard Nordic Questionnaire (SNQ). Data analysis uses frequency distribution to determine the number of musculoskeletal disorders. The results of the study most of the respondents experienced low Musculoskeletal Disorders as many as 46 (53.5%) respondents.

Keywords: causes; elderly; musculoskeletal disorders; self-care deficit

First Received 09 September 2023	Revised 16 September 2023	Accepted 30 October 2023
Final Proof Received 20 November 2023	Published 30 November 2023	
How to cite (in APA style) Anggraeni, R., Virdayanti, L., Jati, R. P., Aeni, Q., & Nurwijayanti, A. M. (2023). Overview of the Causes of Self-Care Deficit Disorder: Musculoskeletal Disorders in The Elderly in Kendal Indonesia. <i>Indonesian Journal of Global Health Research</i> , 5(4), 783-786. https://doi.org/10.37287/ijghr.v5i4.2480 .		

INTRODUCTION

Aging or becoming old is a condition that occurs in human life. The aging process does not only start from a certain time, but starts from the beginning of life and is a lifelong process (Nugroho, 2015). One of the main indicators of the level of public health is the increase in life expectancy, with increasing life expectancy meaning that there are more elderly people (elderly) (Akbar, Nur & Nengsih, 2021). Globally, the world's elderly population continues to increase. In 2019 the elderly population reached 13.4% and is predicted to increase in 2050 to 25.3% (World Health Organization, 2019). WHO data shows that the highest elderly population is in Asia. The number predicted to be the highest in the world is 400 million people or 1/2 of the number of elderly people in the world (World Health Organization, 2018). The number of elderly people (Seniors) in Indonesia is currently around 27.1 million people or almost 10% of the total population. In 2025, it is projected that the number of elderly people will increase to 33.7 million people (11.8%) (Ministry of Health, 2021). The large number of elderly people in Indonesia must be handled as a whole by paying attention to their needs (Silvanasari, 2012).

The number of elderly people in Central Java is 12.15% of the total population. This number makes Central Java a region that has entered the aging population era, namely a condition when the number of elderly people in an area experiences a progressive increase or when the

percentage of the population aged 60 years and over reaches 10% and above (BPS, 2021). Kendal Regency is ranked 24th with an elderly population of 119,070 with a percentage of 12.25% (Central Java Provincial Statistics Agency, 2020). The increasing number of elderly people will affect various aspects of elderly life, especially in terms of the health and welfare of the elderly (physical, mental and economic). The problems that arise cause the ability to carry out activities to decrease, one of which is the ability to carry out self-care (Ramawati, 2011). Potter & Perry (2005) self-care is defined as the act of maintaining one's cleanliness and health for physical and psychological well-being (in Patilaiya., Hairudin, Sinaga, Jarona, 2022). (Craven, & Hirnle, 2007), stated that one of the important self-care is personal hygiene, which is a person's ability to carry out self-care which consists of eating, bathing, eliminating and cleaning clothes without the help of other people. If someone has problems in carrying out self-care, they will be at risk of experiencing a self-care deficit.

Elderly people cannot practice personal hygiene, this is influenced by various factors, one of which is musculoskeletal disorders such as osteoporosis, the joints and muscles of the body are disturbed so that elderly people do not have the energy and dexterity to carry out personal hygiene (Latifah, 2021). According to research (Hardono, Tohiriah, and Wijayanto, 2019) most of the elderly's physical condition is not good, many elderly people suffer from rheumatism. With their current situation, hygiene can be very limited. Complaints of pain that they suffer really interfere with their ability to carry out hygiene. The aim of this research is to determine the description of musculoskeletal disorders that occur in elderly people who experience self-care deficits.

METHOD

The type of research design chosen is descriptive analysis. The sample for this research was 86 elderly people using purposive sampling technique. Data collection in this study used the Standard Nordic Questionnaire (SNQ). The instrument used is valid after testing the validity and reliability with r calculated above the r table (>0.5).

RESULTS

Tabel 1.

Frequency Distribution of Musculoskeletal Disorders in Elderly Respondents with Self-Care Deficits (n=86)

Musculoskeletal Disorders	f	%
Low (0-20)	46	53,5
Middle (21-41)	37	43,0
High(42-62)	3	3,5

Based on table 1, data shows that the elderly in Cepiring Kendal hamlet mostly experience low musculoskeletal disorders, 46 respondents with a percentage of 53.5%.

DISCUSSION

The results of the study showed that the majority of elderly people in Tambaksari Korowelang Kulon hamlet with musculoskeletal disorders experienced low and moderate musculoskeletal disorders, the frequency of elderly people experiencing low musculoskeletal disorders was 46 respondents with a percentage of 53.5%, moderate musculoskeletal disorders were 37 respondents with a percentage of 43.0% and elderly people who suffer from musculoskeletal disorders are 3 respondents with a percentage of 3.5%. According to research from (Tandirerung, Male, Mutiarasari, 2019), musculoskeletal disorders are a group of disorders involving organ structures such as bones, muscles, tendons, nerves and joints which cause pain and discomfort as a consequence of the activities and loads that occur over a long

period of time and repeatedly. This is in line with research (Wahyudi, Pramita, Daryono, 2022),, the results of research on 27 respondents using the Standard Nordic Questionnaire (SNQ) instrument showed that 26 respondents had low risk musculoskeletal complaints with a percentage of 96.3%, risk while 1 respondent with a percentage of 3.7% and none experienced serious musculoskeletal disorders.

Other research that has been conducted (Azizah, 2017) has resulted in findings that a decrease in hormones in women after menopause will make health problems occur more quickly. This can cause disorders, one of which is in the musculoskeletal system, which will cause a decrease in muscle mass, muscle size, transfusion needs for muscles, making the muscles smaller, dead muscle cells will be replaced by connective tissue and fat, the strength or amount of power produced by the muscles will decrease. with increasing age, lower extremity muscle strength decreases by 40% between the ages of 30-80 years (Nurseptiani, Tresnowati, Magfiroh, 2022) as people get older they tend to have a decreased percentage of physical abilities and health. This incident is because humans experience a degeneration process in the elderly phase so that musculoskeletal disorders will occur. The research synthesis stated that many elderly people experience musculoskeletal disorders, for example muscle pain, which makes activities disturbed and uncomfortable, which causes self-care activities to be disrupted.

CONCLUSION

All of respondent with self care deficit has musculoskeletal disorders. The majority of respondents experienced low level musculoskeletal disorders with a score of 0-20, 46 (53.5%) respondents.

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