



The Education Of Medicinal Herb To The Member Of PERLAHAT (Elderly Association Wants To Live A Healthy Life)



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Abstract

It is known that the older the person is, the lower organ function will be, and it cause some symptoms. Some elderly overcome these symptoms by drinking medicinal herbs, but they do not know for sure the benefits of it and the correct one to process it. The purpose of this research is to increase the knowledge of the elderly about medicinal plants. The method used was by giving education about medicinal herbs through lectures and demonstrations to 85 elderly students attending PERLAHAT activity.

The pretest shows that the elderly knowledge about benefits, kind and way to process medicinal herbs gets 5,2 of mean and 10 for maximum point. The post test showed that after giving educational about medical herbs the means of elderly knowledge raises become 8,8 and 10 maximum point. It can be concluded that giving education about medicinal herbs through lecturer and demonstration suitable for elderly. Furthermore, nurses can not only giving education but also improves the utilization of medical herbs. So the elderly and families independency increase to overcome their health problem and improved their quality of life.

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INTRODUCTION

Aging or getting old is a condition that must occur in human life. The Indonesian Health Ministry said that elderly is a person from the age of 55 years and over. The results of the 2010-2035 population projection, Indonesia will experience an aging period, which 10% of the population will be aged 60 years and over in 2020. The high life expectancy (UHH) is an indicator of the achievements of national development in the health sector (Infodatin , 2016). It is known that the older the person is, the lower organ function will be, so they can get health problem acutely or chronically.

Increasing disease in the elderly can cause changes in their quality of life. To improve the quality of life for the elderly, the government has made a program under the existing health service in the area, namely PUSKESMAS through the PROLANIS program which is a proactive service for elderly people with type 2 diabetes mellitus and hypertension.

PROLANIS is given at the Puskesmas so that the reach of its services is still lacking. Another program for the elderly is GERMAS (Community Care for the Elderly). This program provides compensation to poor elderly by conducting physical examinations. This program is limited to 5 elderly per month, so it can be concluded that this program will not improve health services distribution to the elderly. In addition, elderly people with health problems due to the aging process need solutions to overcome them at home. In accordance with Government rule PP 103 of 2014 Concerning Traditional Health Services Article 70; (1) The government is responsible for empowering and encouraging the active role of the community to develop traditional health, (2) Community empowerment as referred to in subsection is directed so that the community can carry out health care independently (independent care) and properly and (3) Health care independently as referred to in paragraph (21) can be implemented by utilizing the , medicinal herbs and skills.

PERLAHAT has 120 members consisting of the elderly and pre elderly. PERLAHAT gather at Jatidowo village hall to receive PROLANIS services from the Banjarjo Public Health Centre every 2nd week on Thursday every month. PERLAHAT members are very active in all activities in every program, especially those that improve health. In general, PERLAHAT members sometimes consume traditional medicinal herbs, but they do not know the benefits of it and the correct one to process it . They only know the types of medicinal herbs and its benefits from relatives, friends or neighbors. Even they did not know some correct information. Jatidowo Village is a village with the smallest area in Rejotangan Sub-District. Each family has a home page that can be used to plant medicinal herbs.

Based on the results of interviews with PERLAHAT members, they really want information about the use of medicinal herbs. Therefore, we want to provide education to the elderly about medicinal herb plants.

METHOD

1. Perform a time contract with PERLAHAT management
2. Preparing tools and materials
3. Giving a pre-test using a questionnaire
4. Giving education to the elderly of PERLAHAT members by lectures and demonstrations
5. Giving posttest using a questionnaire

RESULT

The Elderly's Knowledge Before The Education About Medicinal Herbs Is Given

Table 1.1 The Elderly's Knowledge Before The Education About Medicinal Herbs Is Given

Nilai	Mean	Min.	Max.	t-test
<i>pretest</i>	5,2	5,0	7,0	0,000
<i>posttest</i>	8,8	8,0	9,0	

The target of giving education about medicinal herbs is as many as 85 elderly who attend the elderly's POSYANDU (Integrated Health Care Centre) at the Jatidowo village hall, Rejotangan District, Tulungagung Regency. Elderly's knowledge about medicinal herbs before being given education was still not optimal, as written in the table above. The average means of elderly's knowledge was 5.2 (from the highest score of 10). But the average means after being given of education, increased 9.0. Based on the results of statistical analysis using Paired T test shows that there is a significant difference in the value of elderly's knowledge about the benefits of medicinal herbs before and after being given education.

DISCUSSION

According to Maryam in Setiyorini et al. (2018) elderly is someone who has reached the age of more than 60 years, and has experienced in anatomical, physiological and biochemical changes in the body so that it has an impact on the function and abilities of the body as a whole. The body function of elderly would be decrease due to their aging process. This decline in body function will cause symptoms. Some elderly people overcome these symptoms by drinking medicinal herbs from certain plants because most of the elderly, especially those in PERLAHAT community. They were thought that these ingredients are inherited from their ancestors can reduce symptoms or cure illnesses.

Based on table 1.1 the average value of elderly's knowledge about medicinal herbs is 5.2 from the maximum value of 10. Wawan and Dewi (2011) say that a person's knowledge is influenced by several factors, one of which is education. The education in this case includes formal and informal education. The elderly get information about these ingredients by word of mouth, so they do not really understand clearly the various kinds of herbs, their health's benefits and how to process them properly. It can be concluded that the average value of elderly's knowledge about medicinal herbs is less than optimal.

Based on table 1.1 the average value of elderly's knowledge after being given education about medicinal herbs is 8.8 from the maximum value of 10. According to Setiyorini, et al. (2018) communication with the elderly tends to be more difficult, because the elderly's experience changes both physically and psychologically. So they can be concluded that the factors that influence communication to the elderly include sensory changes, hearing loss, dementia and psychological changes. The elderly who came to PERLAHAT's activity did not experience psychological problems and dementia. We provide education by lecturer and demonstration method. The teaching material about the benefits and types medicinal herbs is given by the lecture method which is supported by showing directly the forms of medicinal herb plants that have been prepared before. While the teaching material for the processing of medicinal herb plants is given by demonstrating the processing of medicinal herb plants directly.

Notoatmojo (2010) wrote that knowledge can be influenced by predisposing factors, such as gender, education level and age. Knowledge can also be influenced by external factors such as information from electronic media and print media or it can be through health education. In accordance with this theory, the knowledge of the elderly about medicinal herbs increases after being given education. This shows that the provision of education with lecture and demonstration methods is in accordance with the characteristics of the elderly which is shown by a very significant increase in elderly's knowledge.

CONCLUSION

The elderly's knowledge about medicinal herbs were increased after being given education about it.

SUGGESTION

The elderly's knowledge about medicinal herbs were increased after being given education about it.

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