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RESEARCH ARTICLE

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

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Abstract

Objective: This study aimed at analyzing and then determining whether there was an effect of dementia on the fulfillment of Activity of Dayling 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.

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Introduction:-

The aging process is belived 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 untill 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

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gradually increase along with the increase in life expectancy (WHO, 2019).

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.

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