

THE RELATIONSHIP OF THE ROLE OF POSYANDU CADRES ON THE QUALITY OF LIFE OF ELDERLY STROKE SUFFERERS IN THE WORKING AREA OF THE MEURAH MULIA COMMUNITY HEALTH CENTER NORTH ACEH

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ABSTRACT

Stroke in the elderly can affect life in various aspects, including physical, psychological, emotional, cognitive and social. This decreased function will have an impact on the quality of life of the elderly. Elderly posyandu cadres have a role in improving the quality of life of the elderly by means of motivation, counseling and regular health monitoring. The aim of this research is to determine the relationship between the role of posyandu cadres and the quality of life of elderly stroke sufferers in the Meurah Mulia Community Health Center working area, North Aceh. This research design uses a quantitative method approach *cross sectional study*. Population in this study totaling 32 people, namely all elderly stroke patients who were in the working area of the Meurah Mulia Community Health Center, North Aceh. The sampling technique was carried out using the *total sampling* Which totaling 32 people. Data analysis was carried out univariate and bivariate using tests *Chi Square test*. Based on the results of the research conducted, it can be seen that there were 19 respondents (59.4%) in the Good category for patient quality of life and 13 respondents (40.6%) in the Poor category. Statistical test results using *Chi Square Test* obtained χ^2 value $0.002 < 0.005$, then H_0 is rejected and H_a is accepted, so it can be concluded that there is a relationship between the role of Posyandu cadres and the quality of life of elderly stroke sufferers in the working area of the Meurah Mulia Community Health Center, North Aceh Regency.

Keywords: *stroke, elderly, quality of life, posyandu cadres*

INTRODUCTION

Aging is a critical period in human life, one of the most debilitating neurological diseases in the elderly is stroke (Rajati et al, 2023). Stroke is one of the main causes of death worldwide, resulting in long-term disability in the majority of sufferers. The pathophysiology of stroke is very complex, involving various causal factors, including atherosclerosis, thrombus, and embolus. When a patient experiences a stroke, complete recovery of motor abilities and cognitive skills is often rare (Shehzar et al, 2023). Stroke can cause serious and long-term disability. As a result, many stroke sufferers require rehabilitation, and some require special rehabilitation (Langhammer et al, 2017).

Stroke remains the second-leading cause of death and the third-leading cause of death and disability combined (Feigin et al, 2022). According to the results of Basic Health Research, the prevalence of stroke in Indonesia in 2018 was (10.9%). As many as 713,783 people suffer from stroke every year, where the highest prevalence is in East Kalimantan Province (14.7%), South Sumatra Province (10%) and the lowest in Papua Province (4.1%). If we look at it based on age, the highest prevalence of stroke occurs at the age of 75 years and over, whereas if we look at it based on gender, the prevalence of stroke mostly occurs in men, namely 11% (Risikesdas 2018).

Based on the Basic Health Research of Aceh Province, it was found that the incidence of stroke in Aceh was (6.6%) in 2013, while in 2018 the incidence of stroke increased to (7.8%), as many as 13,389 people suffered stroke every year and Aceh province has the 28th highest number of stroke sufferers out of 34 other provinces in Indonesia (Risikesdas 2018). Stroke has an impact on quality of life patients.

Quality of life also affects a person's level of recovery, if the quality of life is not good then it affects the healing process itself, because the quality of life is found within oneself. On the other hand, the quality of life is better, the subsequent healing process can proceed more quickly to minimize recurrent strokes (Bariroh, et al, 2016). Social support is an individual's belief in support that comes from family, people closest to them, institutions or organizations. For stroke sufferers, social support becomes very important, because life becomes more difficult than before (Koc, 2014).

Health workers provide one solution to improve the quality of life of the elderly by health promoting. Health promotion is currently being carried out through elderly posyandu to support efforts to improve health, considering that the number of elderly people is quite large, health workers are very much needed in its implementation, but the expected coverage cannot take place without support from the community (Setyoadi et al, 2013).

One form of collaboration carried out by the Meurah Mulia Subdistrict community with the Meurah Mulia Community Health Center is by forming a posyandu for the elderly, by appointing groups from the community to become cadres who assist in the implementation of the posyandu for the elderly. One of

the efforts made by cadres is physical examination and providing health education in collaboration with health workers.

The role of elderly posyandu cadres is to carry out physical, mental and emotional examinations, check nutritional status, check blood pressure, provide additional food (PMT), exercise for the elderly, take leisure walks tailored to needs and conditions, and provide referral services to community health centers and provide counseling. health. Meanwhile, the function of elderly posyandu cadres is to plan activities, provide counseling and information to the elderly (Indonesian Ministry of Health, 2012).

The results of research conducted by Setyoadi et al (2013) concluded that the existence of an elderly posyandu program in an effort to improve the health of the elderly involving cadres will of course affect the biological, psychological, social and environmental health of the elderly. This will certainly affect the quality of life of the elderly.

Based on data obtained from the results of the initial survey on March 15 2023, data on stroke patients at the Meurah Mulia Health Center in North Aceh in 2022 showed that there were 26 stroke patients, while in 2023 there were 32 patients. This figure shows an increase or addition within a period of one year.

The results of the initial survey conducted by researchers through interviews with 10 elderly stroke patients, there were 6 elderly stroke patients who complained about the disease they were suffering from and their families also said that the patient did not seem enthusiastic about living his life because he lacked attention and lack of motivation from the environment around him, and 4 elderly stroke patients who accepts his illness gracefully and does not complain about his illness. So, based on this background, researchers were interested in conducting research entitled *The Relationship between the Role of Posyandu Cadres and the Quality of Life of Elderly Stroke Patients in the Working Area of the Meurah Mulia Community Health Center, North Aceh.*

METHODS

This research design uses a quantitative method approach *cross sectional study*. This research was carried out in the Meurah Mulia Community Health Center Working Area, North Aceh. in May 2023. Population in this study totaling 32 people, namely all elderly stroke patients who were in the working area of the Meurah Mulia Health Center, North Aceh. The sampling technique was carried out using the method *total sampling* Which totaling 32 people.

RESULTS AND DISCUSSION

The distribution of demographic data of respondents in this study Presented in the table as follows:

Table 1. Respondent Characteristics

No	Characteristics	Category	Frequency	Percentage
1	Age	37-50 Years	8	25.0
		50-60 Years	15	46.9
		≥ 60 Years	9	28.1
		Amount	32	100.0
2	Education	Elementary-middle school	15	46.9
		SMA	13	40.6
		DIII/S1	4	12.5
		Amount	32	100.0
3	Long Sick	3-11 Months	18	56.3
		1-2 Years	13	40.6
		≥ 3 years	1	3.1
		Amount	32	100.0

Based on table 1, it can be seen that the majority of respondents' characteristics in the Meurah Mulia Community Health Center Working Area, North Aceh Regency, the majority of ages are 50-60 years old, with 15 respondents (46.9%). The education of the majority of respondents is in the elementary/middle school category, namely 15 respondents (46.9%), and the duration of illness of the majority of respondents is in the 3-11 month category, namely 18 people (56.3%).

Table 2. Characteristics of Cadre Roles

No	Category	Frequency (f)	Percentage (%)
1	Good	26	81.3
2	Less	6	18.8
	Total	42	100

Based on table 2, it can be seen that the frequency of cadre roles in the Meurah Mulia Community Health Center area is in the Good category, namely 26 people (81.3%).

Table 3. Quality of Life of Stroke Patients

No	Category	Frequency (f)	Percentage (%)
1	Good	19	59,4
2	Less	13	40,6
	Total	32	100

Based on table 3, it can be seen that the quality of life of stroke patients in the Meurah Mulia Community Health Center Area, North Aceh Regency is predominantly in the Good category, namely 19 respondents (59.4%).

Table 4. Cross tabulation of the relationship between the role of posyandu cadres and the quality of life of elderly stroke patients

No	Cadre Role	Quality of Life for Stroke Patients				Total		a	p Value
		Good		Less		N	%		
		F	%	F	%				
1	Good	19	73.1	7	26.9	26	100	0.05	0.002
2	Less	0	0	6	100	6	100		
Total		19	59.4	13	40,6	32	100		

Based on table 4, it shows that there were 19 respondents (73.1%) whose role of cadres was good in the quality of life of stroke patients.. And 0 respondents (0%) whose role as cadres was poor, the quality of life for stroke patients was good. and there were 7 respondents (26.9%) respondents with good cadre roles, the quality of life of stroke patients was poor. And there were 6 respondents (100%) whose cadre roles were lacking while the quality of life was also lacking. It can be seen that the results of statistical test analysis use bivariate analysis show χ^2 value $0.002 < 0.005$, so it can be concluded that there is a relationship between the role of cadres and the quality of life of elderly stroke sufferers in the working area of the Meurah Mulia Community Health Center, North Aceh Regency

Discussion

Cadre Role

Based on the results of research that has been carried out, it shows that the majority of respondents in the Meurah Mulia Community Health Center work area are in the Good category, namely 26 people (81.3%). Meanwhile, 6 people (18.3%) were in the poor category.

According to researchers, the role of cadres greatly influences the quality of life of stroke patients, because every stroke patient will experience depression and the presence of cadres who are able to provide support to stroke patients and make patients have hope for their recovery. And where the cadres must also be equipped with medical knowledge by health workers so they are able to provide counseling to every stroke patient they visit at home. With the dominant age of patients being in the 50-60 year category, it makes patients more understanding and easier to comprehend the information provided by posyandu cadres.

Cadres carry out roles as coordinators, community organizers, health promotion providers, and basic aid providers. One of the solutions taken by

nurses to improve the quality of life of the elderly is by carrying out health promotions to organize and provide nursing care for the elderly through posyandu activities for the elderly by optimizing health cadres (Bratajaya et al, 2021).

Elderly posyandu cadres have a role in improving the quality of life of the elderly by means of motivation, counseling and regular health monitoring. Empowerment of elderly posyandu cadres to increase cadres' knowledge and skills in providing services to the elderly. Empowerment and development activities for elderly posyandu cadres provide the benefit of increasing cadre understanding and increasing cadre participation in early detection of risks and symptoms of disease as well as disease prevention in the elderly. Health cadres play a role in carrying out further screening for all elderly people in their respective areas so that further action can be taken to meet the welfare of the elderly. Empowering elderly posyandu cadres is one of the community-sourced health efforts to provide health services for the elderly (Anditha et al, 2021).

Quality of Life for Stroke Patients

Based on the results of the research conducted, it can be seen that there were 19 respondents (59.4%) in the Good category for patient quality of life and 13 respondents (40.6%) in the Poor category.

According to the researchers, the results of the characteristics obtained showed that the average duration of illness for respondents was in the 3-11 month category, namely 18 people (56.3%), where a short period of time would make the patient still have the enthusiasm to recover, and have psychologically better than patients who have been sick for a long time.

Quality of life refers to well-being, survival, and the extent to which a person is able to carry out daily activities independently. Quality care and assistance can return the patient's quality of life to optimal levels.

WHO defines quality of life as an individual's perception of their position in life, in the context of the culture and value system in which they live, and in relation to their goals, expectations, standards and concerns. Quality of life is a broad concept that is influenced by an individual's physical health, psychological state, personal beliefs, and social relationships (World Health Organization, 2012).

Stroke sufferers with decreased activity and psychological disorders such as depression consistently determine poorer quality of life. On the other hand, stroke sufferers with fewer health problems will have a better quality of life (Moura et al., 2021). When measuring patient health, it is not enough to assess the frequency and severity of disease. Healthcare-related improvements in quality of life must also be taken into account (Win et al., 2021).

The Relationship between the Role of Cadres and the Quality of Life of Elderly Stroke Sufferers

Based on the research results, it shows that the results of statistical test analysis use bivariate analysis shows that the results of statistical test analysis using *Chi Square Test* obtained χ^2 value $0.002 < 0.005$, then H_0 is rejected and H_a is accepted, so it can be concluded that there is a relationship between the role of Posyandu cadres and the quality of life of elderly stroke sufferers in the working area of the Meurah Mulia Community Health Center, North Aceh Regency.

According to the researchers' assumption, the role of cadres greatly influences the quality of life of stroke patients because cadres are one of the intermediaries from the health center health workers who directly visit the patient's house to see the patient's condition so that the cadres can provide support to the patient in psychological and psychological terms so that the patient will not feel hopeless. with his illness.

This research is in line with research conducted by Bratajaya et al (2021), based on research data showing that 19 people (63.3%) of the 30 respondents were categorized as having a high level of quality of life. Quality of life is assessed from physical, psychological health, social relationships and the environment. The quality of life of the elderly who are respondents is included in the high quality of life category, this is because of the support from the family and community environment as well as elderly posyandu cadres who always try to provide guidance, support and positive assistance to the elderly so that they can significantly improve the quality of life of the elderly.

Elderly participation in elderly posyandu plays a role in improving the quality of life of the elderly. The quality of life of the elderly is influenced by factors, such as physical, social, psychological and environmental factors (Anditha et al, 2021).

CONCLUSION

From the results of the research and discussion, the conclusions of this research are as follows:

1. Based on the results obtained, the role of cadres at the Meurah Mulia Community Health Center, North Aceh Regency is in the good category, namely 26 people (81.3%).
2. The quality of life of stroke patients was in the Good category, namely 19 people (59.4%).
3. There is a relationship between the role of Posyandu cadres and the quality of life of elderly stroke patients in the working area of the Meurah Mulia Community Health Center, North Aceh Regency.

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