



THE RELATIONSHIP OF THE ROLE OF POSYANDU cadres ON THE QUALITY OF LIFE OF ELDERLY STROKE PATIENTS IN THE WORK AREA MEURAH MULIA NORTH ACEH HEALTH CENTER

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ABSTRACT

The increase in the number of elderly (elderly) in Indonesia is estimated to be the fastest growing elderly in the world. The increasing number of elderly cannot be separated from the aging process and its problems. One of the solutions made by nurses to improve the quality of life of the elderly is by carrying out health promotion to organize and provide nursing care for the elderly through elderly posyandu activities by optimizing health cadres. The results of an initial survey conducted by researchers through interviews of 10 elderly stroke patients, there were 6 elderly stroke patients who complained about their illness and their families also said the patients seemed not enthusiastic about living life because they lacked attention and lack of motivation from the surrounding environment, and 4 elderly stroke patients who accepts his illness gracefully and does not complain about his illness. The design of this study will use a cross-sectional type of analytic. The population in this study amounted to 32 people, namely all elderly stroke patients who were in the working area of the Meurah Mulia North Aceh Health Center. The sampling technique was carried out using the total sampling method, totaling 32 people. Data analysis was performed univariately and bivariately using the 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 in terms of patient quality of life and 13 respondents (40.6%) in the less category. The results of statistical tests using the Chi Square Test obtained, value $0.002 < 0.005$, then H_0 was rejected and H_a was 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 Patients in the Working Area of the Meurah Mulia Health Center, North Aceh District.

Keywords: *Role of cadres, Quality of life, Stroke patients.*

INTRODUCTION

Aging or growing old is the final stage of life and will happen to all living creatures. Aging is not a disease but a gradual process that results in biological, psychological, social, and spiritual changes (Nugroho, 2015).

A person is said to be elderly if they have reached the age of more than 55 years, both women and men. At this stage, the individual usually has experienced a decline in physiological functions and body organs. The older a person gets, the more susceptible they are to various non-communicable diseases (NCDs). These diseases include hypertension, diabetes mellitus, and also stroke (Potter & Perry in Azizah, 2011).

Stroke is a neurological emergency state, clinical signs and symptoms that develop rapidly due to focal or global brain disorders with symptoms it last for 24 hours or more and can cause death without any other clear cause (Ismatica and Soleha, 2018).

Stroke is indeed the third leading cause of death globally, following heart disease and cancer. It is also a major contributor to severe and long-term disability worldwide. The World Health Organization (WHO) has predicted that the number of stroke cases will rise in various European countries, reaching 1.1 million per year by 2025, and 1.5 million per year in the same year (Ghani et al., 2016). This highlights the importance of raising awareness about stroke prevention and ensuring prompt and effective treatment for those affected by the condition.

According to data from the World Stroke Organization, approximately 1 in 6 people worldwide will experience a stroke in their lifetime. The prevalence of stroke varies in different parts of the world. In the United States, around 7 million people (3.0%) have experienced a stroke. China has a high death rate from stroke, accounting for 19.9% of all deaths in the country. Africa and North America also have high stroke death rates (Mutiasari, 2019).

In Indonesia, according to the Basic Health Research (Riskesdas) conducted in 2018, the prevalence of stroke was 10.9%. This means that approximately 713,783 people suffer from stroke in Indonesia every year. The highest prevalence of stroke is found in East Kalimantan Province (14.7%) and South Sumatra Province (10%), while the lowest prevalence is in Papua

Province (4.1%). When looking at age groups, the highest prevalence of stroke is seen in individuals aged 75 years and over. In terms of gender, stroke mostly affects men, with a prevalence of 11% (Riskesdas 2018).

engaging in activities and social interactions. It can lead to feelings of depression, anxiety, and low self-esteem. Stroke survivors may also experience cognitive impairments, such as difficulties with memory, attention, and problem-solving.

Physically, stroke can result in paralysis, weakness, or numbness on one side of the body. It can affect a person's ability to walk, speak, and perform daily activities independently. Post-stroke complications, such as muscle stiffness and pain, can further impact physical functioning and overall well-being.

Socially, stroke survivors may face challenges in maintaining relationships and participating in social activities. Communication difficulties, changes in personality, and physical limitations can make social interactions more challenging. Social support from family, friends, and healthcare professionals plays a crucial role in the rehabilitation and recovery process.

Environmental factors contribute to the impact of stroke as well. Accessibility and availability of healthcare services, rehabilitation facilities, and assistive devices can influence a patient's recovery and quality of life. Modifications to the physical environment, such as installing handrails or ramps, can also enhance mobility and independence for stroke survivors.

In conclusion, stroke has multifaceted impacts on individuals, affecting their physical, psychological, social, and environmental well-being. Recognizing and addressing these impacts through comprehensive rehabilitation, support systems, and accessible healthcare services are essential for improving the quality of life for stroke survivors.

friends, and the community. It has found a positive impact on an individual's quality of life and overall well-being. In a study conducted by Khairani (2021), it was observed that individuals with higher levels of social support experienced higher levels of self-acceptance and reported better health outcomes. This highlights the importance of having a strong social support system in improving one's quality of life.

Furthermore, the research conducted by Nugroho et al. (2022) showed that a high quality of life is associated with better daily functioning, mobility, sleep, work capacity, and psychosocial well-being. On the other hand, individuals with low quality of life experienced negative emotions and had poor psychosocial well-being.

Moreover, the study by U. Bariroh et al. (2016) found a significant relationship between quality of life and the healing process. Individuals with a higher quality of life tend to have a faster recovery and reduced risk of recurrent strokes.

Overall, these research findings highlight the importance of addressing and improving a person's quality of life for better overall well-being and health outcomes. This can be achieved through measures such as enhancing social support, promoting self-acceptance, and focusing on various aspects of daily life and psychosocial well-being.

These cadres work closely with health workers to organize and provide nursing care for the elderly. They help in conducting health assessments, providing health education, monitoring medications, and coordinating with healthcare professionals for necessary treatments or referrals.

Health workers also collaborate with the community to raise awareness about the importance of elderly care and promote healthy aging. They engage in outreach activities such as health campaigns, workshops, and seminars to provide information on proper nutrition, exercise, preventive measures, and managing chronic diseases.

Furthermore, health workers play a crucial role in early detection and management of health issues among the elderly. They conduct regular screenings for common conditions like hypertension, diabetes, and osteoporosis, and provide appropriate interventions and follow-up care. They also ensure that the elderly receive their vaccinations and participate in health programs specific to their needs, such as fall prevention programs or memory enhancement activities.

By organizing and providing nursing care for the elderly, health workers contribute to enhancing the quality of life for this population. Through their collaboration with community members, they strengthen the support network for the elderly and promote a holistic approach to elderly care.

One of the strategies used by cadres to reduce existing cases and provide strong spirits for the elderly is through health education. The role of elderly posyandu cadres is to conduct various examinations, both physical, mental, and emotional, to ensure the overall well-being of the elderly.

These cadres also check the nutritional status of the elderly and monitor their blood pressure regularly. In order to ensure proper nutrition, they provide additional food known as PMT (Pemberian Makanan Tambahan). They also organize exercise programs specifically designed for the elderly, taking into consideration their individual needs and conditions.

Furthermore, these cadres organize leisure walks for the elderly, providing them with an opportunity to socialize and engage in light physical activity. In case any health issues are identified, the cadres provide referral services to community health centers for further evaluation and treatment.

Apart from physical health, the cadres also provide counseling services to address the emotional and mental well-being of the elderly. They offer support, guidance, and advice to help the elderly cope with any challenges they may be facing.

By implementing such strategies, cadres aim to reduce the number of existing health issues among the elderly and promote their overall well-being. Through these efforts, the elderly can lead healthier and more fulfilling lives. health. Meanwhile, the function of elderly posyandu cadres is to plan activities, and provide counseling and information to the elderly (Indonesian Ministry of Health, 2012). The results of research conducted by (Setyoadi, 2013) concluded that the existence of an elderly posyandu program in an effort to improve the health of the elderly involving cadres will 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 recorded at the Meurah Mulia District Health Center.

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, show there were 6 elderly stroke patients who complained about the disease they were suffering from and their families also said that the patients did not seem enthusiastic about living their lives accept they lacked attention and lack of motivation from the environment around them, and 4 elderly stroke patients who accept 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 will use a cross-sectional type of analysis which aims to determine the relationship between variables where the independent (free) variable and the dependent (bound) variable are identified at one unit of time. This research was carried out in the Meurah Mulia Community Health Center Working Area, North Aceh, in May 2023. The population in this study was 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 a total sampling method of 32 people.

RESULTS AND DISCUSSION

Based on the research results, it was obtained

1. Respondent Characteristics

Table 4.1. 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	SD-SMP	15	46.9
		SMA	13	40.6
		DIII/S1	4	12.5
		Jumlah	32	100.0
3	Long time of illness	3-11 Month	18	56.3
		1-2 Years	13	40.6
		≥ 3 Years	1	3.1
		Amount	32	100.0

(Source : Primary Data for 2023)

Based on Table 4.1, 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%).

2. Univariate Analysis

a. Characteristics of Cadre Roles

Tabel 4.2. Characteristics of Cadre Roles in the Work Area Meurah Mulia Community Health Center, North Aceh

No	Category	Frequency (f)	Percentage (%)
1	Good	26	81.3
2	Not enough	6	18.8
	Amount	42	100

(Source : Primer Data for 2023)

Based on Table 4.2, 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%).

b. Quality of Life for Stroke Patients

Tabel 4.3 Quality of Life of Stroke Patients in Work Areas Meurah Mulia Community Health Center, North Aceh

No	Category	Frequency (f)	Percentage (%)
1	Good	19	59,4
2	Not Enough	13	40,6
	Total	32	100

(Source: Primer Data for 2023)

Based on table 4.3, 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%).

3. Bivariate Analysis

tabel 4.4 cross-tabulation of the relationship of the role of posyandu cadres on the quality of life of elderly stroke patients

No	Cadre Role	Quality of Life for Stroke Patients				Amount		a	p Value
		Good		Not Enough		N	%		
		F	%	F	%				
1	Good	19	73.1	7	26.9	26	100	0.005	0.002

2	Not enough	0	0	6	100	6	100		
Amount		19	59.4	13	40,6	32	100		

(Source: Primer Data for 2023)

Based on table 4.4, 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 using bivariate analysis show a value of $0.002 < 0.005$, so it can be concluded that there is a relationship between the role of cadres and the quality of life of elderly stroke patients in the working area of the Meurah Mulia Community Health Center, North Aceh Regency.

Discussion

1. Univariate Analysis

a. 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's 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 experiences depression, and having cadres who are able to provide support to stroke patients gives patients more hope for their recovery. And then 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 years category, it makes patients more understanding and it easier to comprehend the information provided by posyandu cadres. According to Maryam, et al (2010), cadres play an important role as intermediaries in conveying information to the community, so cadres have a positive influence in increasing the activeness of the elderly in participating in Posyandu activities.

b. 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's category for patient quality of life and 13 respondents (40.6%) in the Poor category.

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

According to Dewi (2009), suffering from a stroke for a long time will make patients increasingly hopeless about their illness, patients will feel helpless about their condition, even though each patient has different defense mechanisms, they will still have difficulty facing the stress of their illness. The results of this study are in line with research by Hayulita and Sari (2014) which states that there is a relationship between the length of illness and the quality of life of post-stroke patients. Patients who are sick for more than 6 months will experience a decline in their quality of life.

2. Bivariate Analysis

Based on the research results, shows that the results of statistical test analysis using bivariate analysis show that the results of statistical test analysis using the Chi-Square Test show that the value is $0.002 < 0.005$, so 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 patient's quality of life. Elderly Stroke 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 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 Firda on the relationship between family support and the quality of life of post-stroke patients, the results of which were a relationship between family support and the quality of life of post-stroke patients with statistical test results obtained $p = 0.000 \leq \alpha = 0.005$. This research has similarities, namely the variables of quality of life of stroke patients, while the differences lie in the variables of family support, number of research samples, and research location.

CONCLUSION

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

From the results of research conducted on stroke patients in the Meurah Mulia Community Health Center Working Area, North Aceh Regency, with the following results. Based on the results obtained, the role of cadres at the Meurah Mulia

Community Health Center, North Aceh Regency is in a good category, namely 26 people (81.3%).2. The quality of life of stroke patients is in a 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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For educational institutions, it is hoped that it can be used as input to further improve the quality of education so as to create a new generation of healthy who have high knowledge, especially female students.2. Research Place, it is recommended for health workers to provide information to patients on how to do light exercises that patients can do to train the muscles so they are not too stiff. And provide ways to maintain a healthy lifestyle for the patient's family to avoid various unwanted diseases 3. For future researchers, it is hoped that it can be used as a reference to increase knowledge and information so that it can be used as a reference to improve the quality of research with the title of the relationship between the role of posyandu cadres and the quality of life of elderly stroke patients.

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A citation is a reference to a published or unpublished source that you consulted and obtained information from while writing your research paper. For this conference, authors must follow the APA citation style.

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