

Occupational Therapy to Make Paints from Used Bottles at The Civil Social Residence Foundation, Batam City

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ABSTRACT

Background. Elderly is the population aged 60 years or more. Lasnia is a condition that takes place in human life. The elderly will experience some setbacks both physically, psychologically, and cognitively. One way to maintain the psychological function of the elderly to remain stable is by doing occupational therapy which has the aim of increasing the ability of the elderly to produce a product of art so that it fills the spare time for the elderly.

Purpose. This quantitative study aimed to Free time that is not used will cause boredom and boredom in the elderly. So making piggy bank skills from used bottles is one of the occupational therapies that will be taught to the elderly to reduce the level of stress and boredom experienced by the elderly living in an orphanage.

Method. This activity was carried out on Saturday, April 15, 2023, at the Budi Social Foundation for the Elderly, which was attended by 17 elderly people. The activity is carried out by making piggy bank crafts using used bottles.

Results. The implementation of the activity consists of four stages, namely the identification, planning, implementation, and evaluation stages. The results of the evaluation of this activity show that the elderly can produce works of art and make piggy bank creations using used bottles.

Conclusion. The elderly looked happy and enthusiastic when they took part in the activities carried out by the Nursing Profession students at Awal Bros University.

KEYWORDS

Elderly, Piggy Bank Used Bottles, Occupational Therapy

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INTRODUCTION

Elderly is a condition that takes place in human life (Singh dkk., 2019). Elderly is the last session of the human life cycle and also part of the process in life, everyone cannot avoid it.

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According to population census data, Indonesia is among the top five with the largest number of elderly people in the world, therefore, the increasing number of elderly people can also have an impact on the emergence of social welfare problems for the elderly themselves (De Kock dkk., 2021; Kolasinski dkk., 2020). Stress is a condition or condition that is created when a person is experiencing stress and things that are considered to bring about stress make the person experiencing it see a discrepancy between the circumstances or conditions and the biological, psychological, and social resource systems that exist in them. If the elderly are unable to overcome themselves or adjust to the changes that occur in old age (Arvanitakis dkk., 2019; Fix dkk., 2020), then they elderly will continue to think and have bad perceptions, which will result in the elderly feeling dizzy, tired easily, having trouble sleeping, and so on which are symptoms of stress.

One way to restore mental function in the elderly is with occupational therapy (Armstrong & Okun, 2020; Cao & Chen, 2019). Occupational therapy is the science and art of directing one's participation in carrying out certain predetermined tasks to improve, strengthen, increase abilities, and facilitate the learning of skills or functions needed in the process of adjusting to the environment (Chou dkk., 2020; "Occupational Therapy Practice Framework," 2020; Shallis dkk., 2019). Occupational therapy for the elderly is a non-pharmacological alternative that is easy to do, easy to make, and easy to use but provides great benefits in reducing stress. Some of the goals of occupational therapy are as follows: creating certain conditions so that clients can develop the ability to be able to relate to other people and the surrounding community, helping clients release their emotional impulses naturally, helping clients to find activities that suit their talents and conditions, assisting them in data collection, special therapy to restore physical function, improve joint and muscle movement, and movement coordination, teaching daily activities (ADL) such as eating, dressing, shopping, using certain tools, etc (Abramoff & Caldera, 2020; Simon dkk., 2020; Sparks, 2019). helping clients to adjust to routine work at their place of residence.

Stress that occurs in the elderly must be addressed immediately and as soon as possible to be prevented because if handled quickly, it will cause death. In overcoming and reducing stress that occurs in the elderly, treatment does not have to be expensive (Azizah dkk., 2022; Nicholas dkk., 2023). Occupational therapy for the elderly is a non-pharmacological alternative that is easy to do, easy to make, and easy to use but provides great benefits in reducing stress (Cheung dkk., 2020; Novak dkk., 2020). This is done as a form of the nurse's role in minimizing the number of cases of increased stress every year which continues to increase. From this phenomenon, it is necessary to carry out research to determine the extent to which the effect of applying occupational therapy on reducing stress in the elderly. One of the skills occupational therapy activities is art, where the elderly are trained to produce productivity. On this occasion, students of the Regular and Transfer Program Professional Nurses will carry out activities to make piggy banks from used bottles for the elderly at the Budi Sosial Foundation's Orphanage for Lubuk Baja Batam City in 2023.

RESEARCH METHODOLOGY

Occupational therapy activities for the elderly are carried out by making piggy bank handicrafts from used bottles which are attended by all elderly people at the Budi Sosial Foundation's Nursing Home. The elderly involved in this activity are those who are able and willing to take part in the activity. The elderly who are experiencing mental problems such as severe depression and the elderly who have long bed rest with impaired mobility are not recommended to participate in this activity so they are not included. The activity was carried out on Saturday, April 15, 2023. This activity method includes 4 stages, namely:

a. Identification stage

This stage is the stage of situation analysis and needs analysis at the Budi Social Foundation's Nursing Home, this activity is attended by all residents of the Nursing Home. The Budi Social Foundation, which is able and willing to take part in handicraft activities, makes piggy banks from used bottles. Participants in this handicraft activity were accompanied by nursing home staff along with lecturers and Nursing Professional Students at Awal Bros University as facilitators.

b. Planning Stage

At this stage, an explanation of activities is carried out to the elderly and a time contract is carried out for the implementation of activities. Furthermore, the elderly will be explained the steps for making handicrafts and preparing the necessary equipment such as used bottles, wrapping paper, glue, scissors, double tips, cutter, used boxes, and decorations.

c. Level of Implementation

The stage of implementing occupational therapy activities is to make piggy banks from used bottles using simulations and mentoring starting with:

- 1) Prepare all the tools and materials needed.
- 2) Furthermore, the elderly are asked to take used bottles of 600 cc
- 3) Then cut the head of the bottle using a cutter.
- 4) Provide cardboard that is the size of the circle of the bottle head that has been cut, then the cardboard is cut in a circle following the size of the head of the used bottle, two pieces. Pieces of cardboard are used to cover the top and bottom of the bottle
- 5) Prepare wrapping paper that has been measured according to the length of the bottle body and a circle-shaped cardboard that has been cut
- 6) Paste the double tip on the cardboard in the shape of a circle, then glue it to the wrapping paper that has been measured at the top and bottom of the bottle
- 7) Cut one of the cardboard boxes in the shape of a circle which will be used as a cover by making a hole where the money will enter
- 8) Tidy up the cardboard and wrapping paper
- 9) Paste the cardboard on the top and bottom of the bottle
- 10) Then the wrapping paper is rolled on the body of the bottle
- 11) After that, give decoration to the piggy bank of used bottles according to taste
- 12) After finishing, the piggy bank can be displayed and stored in a favorite place for the elderly

d. Evaluation Stage

At this stage is the monitoring and evaluation stage of the implementation of occupational therapy activities to make piggy banks from used bottles. Evaluation of this activity is carried out by observing during the activity. The elderly looked happy, and excited while participating in the activity and the elderly looked satisfied with the work that had been done and enthusiastic while participating in the activity. The elderly can produce a work of art and find activities to do in their free time.

RESULT AND DISCUSSION

Occupational therapy activities were carried out on Saturday, April 14, 2023, and were attended by 17 elderly people at the Budi Social Foundation's retirement home (Auliani dkk., 2023; Mustafiyanti dkk., 2023; Wanti dkk., 2023). The time of implementation of this activity is carried out by the agreed plan at the planning stage. The functions of moderator, presenter, facilitator, and observer are by the organizational structure (Putri dkk., 2023; Vicky dkk., 2023). Occupational therapy activity materials for making handicrafts and piggy banks from used bottles are by the

planned activities to be carried out. The results of observation of all 17 elderly (100%) elderly actively participated in the handicraft activities given from the beginning to the end of the activity. The elderly can make piggy banks from used bottles according to the facilitator's directions. The time for implementing occupational therapy activities is completed on time as planned (Mulyasari dkk., 2023; Noer dkk., 2023). At the end of the session, the elderly looked happy, excited, laughing, and very enthusiastic while participating in the occupational therapy activities that were being held.

This increase in the number of elderly people is a consequence of an increase in life expectancy. The increase in the life expectancy of the Indonesian population is an indication of the success of long-term development, one of which is the improvement in economic conditions and people's living standards. With an increase in the average age or life expectancy at birth, due to the reduced crude death rate, the presentation of the elderly will increase with all the accompanying problems (Al Maarif dkk., 2023; Utami dkk., 2023). Stress is a physical and psychological reaction to every demand that causes tension and disrupts the stability of everyday life. The prevalence of stress in the elderly who live in nursing homes is 30%. The Central Statistics Agency (BPS) states that in Indonesia the prevalence of stress events in the elderly who live with their families at home reaches 8.34%. Stress in the elderly if not addressed immediately can cause various impacts in their daily lives such as disruption of the communication process and decreased cognitive power (Fadiyah dkk., 2023; Ranal dkk., 2023). One of the methods that can be used to solve stress problems is occupational therapy.

With this craft of occupational therapy, someone who is experiencing depression will return to normal life and can increase his interests while maintaining and practicing the skills he had before he was sick so that he will remain a productive person (Fiqih dkk., 2023; Hermansyah dkk., 2023; Pamuji & Limei, 2023). This is the opinion of Kaharingan (2015) that therapy in the form of occupational therapy can improve cognitive status in the elderly if it is done regularly and in a structured manner.

Activity Documentation







CONCLUSION

Based on the results of the implementation of occupational therapy activities to make piggy banks from used bottles at the Budi Sosial Foundation for Werha, it can be concluded that the activity that has been given to the elderly is a skill activity that the elderly are doing for the first time. All 17 elderly (100%) actively participated in the activities held from start to finish. All the elderly looked happy, laughing, and very enthusiastic about the activities being carried out.

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AUTHORS' CONTRIBUTION

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; In-vestigation.

Author 3: Data curation; Investigation.

Author 4: Formal analysis; Methodology; Writing - original draft.

Author 5-7: Supervision; Validation.

Author 6-9: Other contribution; Resources; Visuali-zation; Writing - original draft.

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