

Group Activity Therapy Using Plant Plant Methods For The Elderly At Nursing Home

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ABSTRACT

Background. The gerontological nursing stage is one part of the clinical practice of the nursing profession that must be completed by students. As a form of achieving learning goals, we carry out group activity therapy activities for the elderly using the method of planting plants in pots. Some of the health problems experienced by the elderly include hypertension, sensory disturbances, tremors, diabetes mellitus, and dementia. This activity aims to: increase creativity, patience, thoroughness, memory and fill spare time. Population: out of 15 elderly people at the Budi Social Batam Foundation for the Elderly, as many as 10 can take part in the skill of planting in pots. Students use the method; pre and post conference, namely before carrying out activities, students measure the ability of the elderly to participate in activities, then intervention is carried out planting in pots. Results; this activity is liked by the elderly, the elderly are very enthusiastic, but the elderly force themselves to lift the pots and planting media.

Purpose. This activity aims to: increase creativity, patience, thoroughness, memory and fill spare time.

Method. Pre and post conference, namely before carrying out activities, students measure the ability of the elderly to participate in activities, then intervention is carried out planting in pots.

Results. This activity is liked by the elderly, the elderly are very enthusiastic, but the elderly force themselves to lift the pots and planting media.

Conclusion. There is a significant difference regarding the ability to apply therapy activities between the pre-test and post-test, this shows that there is an ability and an increase in the elderly in filling out activities, one of which is skills.

KEYWORDS

Activity Therapy, Elderly, Planting

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INTRODUCTION

Aging is what makes “old not as good as new” and the failure rate increases with age, people become sick, weak and sometimes dying (Gavrilov, 2004). Aging or practical aging can be seen as a decrease in the biological function of chronological age.

Aging is unavoidable and takes place at different speeds, depending on one's genetic make-up, environment and lifestyle, so that aging can occur earlier or later depending on the health of each individual (Fowler, 2003). The aging process is characterized by a decrease in cell energy which reduces the ability of cells to repair themselves. Two phenomena occur, namely physiological decline (loss of body functions and organ systems) and increased disease (Fowler, 2003). The older a person is, the lower the quality of life. Starting from physical appearance, the ability to function the body, the more susceptible to disease, to the reduced ability to perform optimally. Most of the elderly (elderly) spend the rest of their lives relaxing and enjoying life with their beloved family. But not a few elderly people who spend the rest of their lives.

Several health problems experienced by the elderly include hypertension, sensory disturbances, tremors, diabetes mellitus, and dementia. Dementia is a syndrome characterized by various impairments of cognitive function without disturbance of consciousness. Impaired cognitive function includes intelligence, learning and memory, language, problem solving, orientation, perception, adjustment of attention and concentration and social skills (Arif Mansjoer, 2010). Various types of therapy to treat dementia are Group Activity Therapy (TAK). Occupational therapy is an attempt at healing through a particular job or work. Occupational therapy is a type of medical therapy that is part of medical rehabilitation. The emphasis of this therapy is on sensory-motor and neurological processes by manipulating and facilitating the environment, so as to achieve improvement, improvement and maintenance of abilities. By taking into account the assets (capabilities) and emissions (limits) owned.

Occupational therapy is an individual behavior or activity carried out in the areas of work, self-care, and recreation. Occupational therapy is an activity that looks conscious, planned and pleasurable. From a medical point of view, occupational therapy is assistance aimed at repairing muscles by means of work that must move the muscles of the joints. Based on the above, the Group will carry out Occupational Therapy for the Elderly by planting plants in pots. This activity is carried out to channel interests and talents, train activities and fill spare time for the elderly.

RESEARCH METHODOLOGY

In this study the authors used a descriptive method, which is a method that describes a situation or problem that is happening based on the facts and data obtained and collected during the research. The problem solving framework is a series of procedures and steps in activities that aim to obtain systematically structured stages, so that they can be carried out effectively and efficiently. The basic thing offered to help overcome this problem is through group activity therapy activities for the elderly at the Nursing Home which is packaged under the name of the activity "Group Activity Therapy Using the Potted Planting Method for the Elderly at the Nursing Home". Batam Social Development Foundation for Seniors". For more details, see the schematic below.

Description of the troubleshooting framework, including:

1. Field Study

Field studies include observation, data collection related to Gerontic Nursing Stage material in the Clinical Practice of the Professional Nurse, as well as interviews with related parties who can support Clinical Practice activities.

2. Library Studies

Literature study as a basis for obtaining good references so that reports on the Professional Clinical Practice of Gerontic Stage Nurses can be scientifically justified. Literature study contains theories related to clinical practice objects.

RESULT AND DISCUSSION

Health problems experienced by the elderly include hypertension, sensory disturbances, tremors, diabetes mellitus, and dementia. Functional disorders experienced by the elderly with health problems include intelligence, learning and memory, language, problem solving, orientation, perception, adjustment of attention and concentration and social skills. Various types of therapy to treat dementia are Group Activity Therapy (TAK). Activity therapy is an occupational therapy in

which individual behaviors or activities are carried out in the areas of work, self-care, and recreation. Occupational therapy is an activity that looks conscious, planned and pleasurable. From a medical point of view, occupational therapy is assistance aimed at repairing muscles by means of work that must move the muscles of the joints. Planting potted plants for the elderly can also be carried out to channel their interests and talents, practice activities and fill their free time.

CONCLUSION

Based on the results of observations that have been made about the Effect of Education on the Importance of Physical Activity Training for the Elderly at the Batam Social Development Foundation for the Elderly, the following conclusions can be drawn:

1. There is a significant difference in knowledge in applying activity therapy between the pre test and post test, this shows an increase in ability and an increase in the elderly in realizing the importance of physical activity training.
2. Knowledge of the elderly about the importance of physical activity training is still low before counseling and health checks are carried out. From the results of the pre-conference, this educational activity has never been carried out at the Batam Elderly Social Care Foundation.
3. The elderly already know the importance of physical activity training and are committed to doing it regularly.
4. As many as 10 elderly people can participate in this activity with the result of an increase in blood pressure that is still within normal limits and an increase in muscle strength in their extremities.
5. Throughout the activities the elderly can follow instructions and carry out activities together.

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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: Supervision; Validation.

Author 6: Other contribution; Resources.

Author 7-8: Visuali-zation; Writing - original draft.

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