



DESCRIPTION OF PHYSICAL DISCOMFORT IN ELDERLY

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ABSTRACT

Physical discomfort can occur in the elderly due to degenerative processes. Physical discomfort that is often found in the elderly is chronic pain in physical ailments. The research objective was to identify physical discomfort in the elderly in Balok Village, Kendal District, Kendal Regency. The research design used was a descriptive survey. The sample in this study amounted to 52 respondents with a total sampling technique. The measuring instrument is a questionnaire. Data analysis using univariate. The results of univariate analysis of physical discomfort in the Balok Village, Kendal District, found that 29 respondents (55.8%) experienced physical discomfort and 23 respondents (44.2%) did not experience physical discomfort. Physical problems due to degenerative processes cause physical discomfort in the elderly. Most of the elderly (55%) experience physical discomfort due to the aging process in elderly in Balok Village Kendal District Kendal Regency.

Keyword: elderly; physical discomfort

INTRODUCTION

Someone who is more than 60 years old is called elderly (World Health Organization, 2016). According to data from WHO (World Health Organization) in 2014 worldwide, the number of elderly people is estimated at 629 million with an average age of 60 years and it is estimated that in 2025 it will reach 1.2 billion. Central Java occupies the third position, namely by the number (10.34%). In the first rank, occupying the highest number of elderly is DIY (13.02%), and in second place is East Java (10.40%) (BPS, 2015).

Physical discomfort can be a factor in problems that occur in the elderly. Physical discomfort that is often found in elderly clients who experience insomnia is chronic pain or physical illness (Hartono et al., 2017). According to Dewi (2014), a description of physical diseases that often occur in the elderly is hypertension, CHF, PPOM, osteoarthritis, and degenerative joint disease. Research conducted by Hartono, Februaryanti, Cahyati (2017) on the elderly, there is a relationship between physical illness and the incidence of insomnia in the elderly at RPTSW Garut. This is because the elderly who have physical ailments tend to complain of pain. This is because chronic pain or physical ailments are complaints that are quite often found and are associated with uncomfortable conditions due to pain. Another study conducted by Rusmilawaty and Darmayanti (2014), shows that there is a relationship between headaches and sleep disorders in the elderly in Tresna Werdha Budi Sejahtera social institution, Banjarbaru. This is because the headache factor can directly affect the condition of the elderly. Discomfort in the entire head area with the border from the chin to the back of the head which makes the elderly experience physical discomfort.

A preliminary study conducted in Kelurahan Balok Kec. Kendal towards 10 elderly people. Say often experienced Physical discomfort problems. As many as 6 out of 10 elderly people said they experienced pain in the head and 4 others said they often experienced pain in their knees and felt achy body. Based on the above phenomena, further research is needed. About research related to the description of physical discomfort in the elderly in Balok Village, Kendal District, Kendal Regency.

METHOD

The research design used by researchers was a descriptive survey. The sample in this study were all elderly in Balok Village, Kendal District, Kendal Regency because there were 27 elderly people who did not meet the inclusion criteria so that the sample became 52 elderly. The sampling technique in this study is to use total sampling. This research tool uses a physical discomfort questionnaire. Data analysis using univariate.

RESULTS AND DISCUSSION

Table 1.
Physical Discomfort (n = 52)

Variable	amount	%
Physical discomfort	29	55.8
Do not experience of Physical discomfort	23	44.2

Table 1 shows that the results of the frequency distribution of physical discomfort in Balok Village, Kendal District, found that 29 respondents (55.8) experienced physical discomfort and 23 respondents (44.2%) did not experience physical discomfort.

The results of research conducted on January 13, 14 and 26, 2019, regarding the age characteristics of respondents with Physical Discomfort with the Incidence of Insomnia in Balok Village, Kendal District, showed that the average age of respondents was 62 years old. At the age of 60 and over, they experience a degerative process and decrease their health status. Resulting in various diseases, both physical (physical discomfort) and mental (Hawari, 2013).

Based on the theory of Perry and Potter (2009), the age of 60 years and over is at risk of developing the disease that causes it discomfort such as pain and breathing in the elderly. Alisa, According to Despitasari, and Efendi (2019) in their research entitled "the effect of hip motion training on the level of low back pain in the elderly at the TransSna Werdha Sabai Nan Aluih Sicunjuk Social Home" in Padang, it was found that the increasing age of humans will cause physical discomfort in the elderly. themselves the elderly. This happens because of the degenerative aging process which will have an impact on changing human beings. Such as changes in the musculoskeletal system, the presence of low back pain experienced by the elderly. If this pain is not treated further, it will not only cause pain but can cause discomfort in the elderly.

CONCLUSION

Physical Discomfort in the elderly in the Balok Village, Kendal District, it shows that the majority of the elderly are 62 years old from 52 respondents. physical discomfort.

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