

## ELDERLY EDUCATION SERVICE AT NURSING HOME TRESNA WERDHA BIREUEN ACEH

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### ABSTRACT

*Begins from the journey of human development phases since pre-conception to post conception time, from the vetus to be parents, it is understandable that in every phase, people experience different psychological developments. Some developed positively and some developed negatively. However, being in elderly phase have been a special social phenomena where the problems come with it are hard to be solved so the faith of the elderly perceived as the family parasite and tend to be ignored by their family and community. There are about 60 elderly stay in Nursing home Tresna Werdha Bireuen. With educational service given, it makes them live happier and can socialize well. Giving the educational services at nursing home Tresna Werdha Bireun, further study about how the educational services given, focusing on how to utilize the old age at nursing home Tresna Werdha Bireuen, is needed to be done. This research is to know the educational services given to the elderly stayed at nursing home Tresna Werdha Bireun. A qualitatic descriptive research with a psychological development approach can analyze this problem well. The result of this research showed that the services given in the form of dormitory, health, clothes and food services and the system of educational services are done in accordance with the elderly psychology.*

### INTRODUCTION

Human are thousand of Allah' creature given a chance to life a live on earth. Human are more priviledged than other creatures. It can be seen from the advantages that the human have, while it can be deny that they also have the disadvantages which are not had by other creatures. Having blessed with the great advantage, they lead themselves to be superior to other creature and even to their own kind and tend to make violation and abomination. There are tyrannical, some are miserable through works that can be done together. Ironically, this applies anywhere and to anybody, from the bottom to the top, from little to big, and from babies to the elderly. As a human being given the opportunity to live on this earth by God, we will surely pass the phases of life termed of human life. This phases of age begins before humans are born, then continue to the baby phase, the phase of childhood, through the phases of children and then towards adolescence, adult until the old phase. The old phase are often termed elderly phase. Elderly is a term that is familiar among today's society. This period is a long period and can give frightening impression for anyone who will enter it. The period in which man will wait queue or turn to face the call of the Creator, accompanied by knowing nothing about when and where they will be called by Allah SWT. It is like a long queue that is not clear when to get a call, Waiting anxiously, waiting uncertainty when is the time, asking a qustion the owner and does not receive the answer in return, asking to be the firstly but become lastly. This crisis is the secret behind power of Allah that there is no single creature of the earth is able to open the veil.

Elderly is the final stage of the aging process. In defining the limitations of the elderly population according to the National Family Planning Coordinating Board, there are three aspects to be considered namely aspects of biology, economic aspects and social aspects (BKKBN 1998). Biologically, the elderly population is a population that undergoes continuous aging process marked by physical endurance decrease and increasingly vulnerable to disease attacks that can cause death. This is due to changes in the structure and function of cells, tissues, and organ systems that are weakened. economically, the elderly population is viewed more as a burden than as a resource. Many people assume that old life no longer provides many benefits, some even assume that old life, often perceived negatively as a burden of family and society. From the social aspect, the elderly population is a social group of its own. Many people assume that old life no longer provides many benefits, some even assume that old life, often perceived negatively as the burden of family and society. From the social aspect, the elderly population is a social group of its own. In Western countries, the elderly population occupies the social strata below the youth. This is seen from their involvement in economic resources, their influence on decision making and the declining in social relations.

Seeing the many phenomena of the elderly age, from themselves to other people, makes their lives irregular and inconvenient. This crisis always haunts their lives; and farther, the outside factors that do not offer the solution. External factors often make them think twice, because these external factors may come from people closer than themselves, family, neighbors or even people always stop in daily life.

The above response is a common occurrence in today's society. Making them a maid in the household, making them a slave to work when it is supposed to be a period where they can rest in order to prepare themselves for the call of Allah. The treatment of young people against elderly is done by their own child by giving an opportunity to the elderly to be treated in the nearest nursing house. By entering their parents into a nursing home, they expect that the elder will be treated well, guided, directed, given suitable education to the elderly.

This process is also experienced by the elderly who placed in one of the special service to provide services for elderly people, it is interesting to be studied when they get education in the form of services, guidance, direction and coaching from people they do not know and have no family relationship with them but these people are able to make them happy and make their activities near the end of their age valuable. The Office is a Nursing Home Tresna Werdha in Bireuen District. Panti Jompo Tresna Werdha Kabupaten Bireuen Aceh is an agency that provides special education (fostering) elderly, with existing facilities they are capable of providing good services for elderly people. This implies that we implicitly say that we are, for certain reasons, unable to serve, guide, direct and nurture them where it should be our responsibility as their own biological children. This paper is to describe the educational services given to the elderly so that it can provide services information to the community about how to provide educational services to those who are elderly with various psychological and physical limitations and weaknesses.

## PREVIOUS RELATED STUDIES

The researcher found some previous related studies so that the researcher knows the position and the renewal discussed in this research result. First, the research which is done by Pranarka in 2006 and published in unimed.org jurnal; this research found that the elderly health service provided by the society is a *hospital based community geriatric services*, where the center of the elderly health services in the hospital act as a consultant to the elderly services in the community. Second, the research of A. Yulianti dan M. Miriyanti in the jurnal of jurnal unej.ac.id in 2014. This research found that elderly life quality in the social services is more interactive than those who live in their own houses. The research showed a real picture to all of that there are steps of the strategic educational services given to the elderly who live in their community to that they can be communicative and interactive to their God and their society.

## DICUSSION

### 1. Definition of Elderly

Elderly means the span when a human have achieved their old ages, which is lengthened to senility, old age does not have a certain age limit but old here is something that is commonly known to humans. Young age is about thirty to thirty-five years. Middle-aged age is about fifty years meanwhile the age of the elderly began at sixty years (Ash-Shiddiq Asy-Syafi'I:2006).

In development psychology, there are several clues of the people who are coming to the elderly age, those clues are the weak of the gland, such as the pituitary gland that produces the dye hormone MAS; it make they have grey hair (although sometimes grey hair is also found at the hair of younger people), Followed by skin fat glands reduced resulting in wrinkles. The disease begins to dominate as the body's resistance begins to weaken.

Weakness propagates throughout the body so that weight and height decreases and the ability to move actively slow down becomes less. In the study of religious psychology about religious life for the elderly these findings clearly point to the tendency to accept the increasing of religious opinions. Proximity to religion makes sexual arousal decline, in line with the decline in physical abilities and frustrations that result in his need for religion. This opinion is reinforced by the opinion of William James states that the extraordinary religious age seems to exist precisely in old age, when the sexual life fluctuation is over (Jalaluddin:1996). In line with William James, Robert H. Thouless concluded that the determining of various religious attitudes in elderly age is because of the personalization. Loss of self and body identification and also the rapidity of the coming of death are among the factors that lead to various religious attitudes in the increasing age.

### 2. Elderly educational Services At the Nursing House Tresna Werdha Bireuen Aceh.

There are several educational services provided by the Tresna Werdha Nursing Home Bireuen District of Aceh are:

#### a. Boarding System

Seniors are those who have reached old age (uzdur) about 60 Years and above, where in that age it is susceptible to both harmful diseases and ordinary diseases. According to Law No. 13 of 1998 on elderly welfare, someone is said to be elderly if they have reached the age of 60 years and above. The determination of such age limits is closely related to the life expectancy of the Indonesian population based on data that in 1980 life expectancy was 52.2 years, 1990 (59.8 years), 1995 (63.6 years), 2000 (64.5 years), 2010 (67.4 years), and 2020 (71.1 years).

At a glance, the elderly have got priority and facilities currently such as in some hospitals, it can be seen there are stickers attached stating "Elderly and children are served first". They also get half price of airplane ticket; they even get free ticket in some tourist attraction area; and the special counters are available for them at the airport and railway station. However, abuses are still practically done to the elderly. In the city bus, for example, it says "Seats for the elderly. support the National accessibility movement" but it was contested by other passengers who are younger. Clearly, a lot of elderly are forced to face the elderly age bitterly. The above facts are parts of the problem that occur around our lives against violations of elderly's human rights. This violation is being considered normal and commonplacely happens everywhere that cause our attention and service to the elderly become imperfect. For that reason we should put into account a decent life for the elderly such as have been given by Nursing House Tresna Werdha Bireuen. At Panti Jompo Tresna Werdha of Bireuen Regency the elderly are given the opportunity to be responsible to each other. While such responsibilities are not entirely granted to them, the dormitory system makes them more sociable with one another. Dormitory system is a system that resembles a system of lodging which is under a supervision that includes attention, guidance, direction and maximum supervision. The dormitory system implemented at the

Tresna Werdha Nursing Home Bireuen District is seen in the elderly life arranged with six dormitories. Six dormitories are occupied for six elderly people each. Interestingly, one hostel has a boarding chair relatively appointed based on an body endurance strength. The dormitory leader has the duty to pay attention and maintain the order of the dormitory. In addition they are also responsible for maintaining and reporting the circumstances of their friends who are sick to provide health services. In essence ten a dormitory are filled with ten elderly in, but the nursing home deliberately put only eight elderly per dormitory for their health and the appropriateness. For the feasibility of the dormitories are equipped with bed, wardrobe and utensils such as dishes, baskets, spoons and others. To keep the dorm clean, then the dormitories are equipped with a hammer, broom stick, mop, bathroom brush, bath soap, laundry soap and others.

The equipments are prepared so that the member of the dormitories are not constrained to find it or they do not have to from a place that are far from their dormitories. This equipment can be utilized anytime, for example for those who want to eat food from outside it is permitted. Men elderly are registered at the dormitory but there are two dormitories with the same dormitory name. Furthermore, the kupula dormitory has two different sexes placed in one dormitory, the reason is because there are two of 60 elderlies who met and mean to be married while living in the Panti Jompo Tresna Werdha of Bireuen District sometimes ago. Because they are compatible and they like each other, they continue their relationship into a marriage bonds. By giving an opportunity for the elderly to pay attention to the surrounding, it is expected that they will want to socialize with each other. It is necessary to educate them to keep on interacting eventhough their body and thoughts are weak. Providing assistance with others will increase their psychological sensitivity to respond to events occurring in their natural surroundings. The psychology sensitivity can help them avoid the dementia in thinking, senility in motion, and senility in feelings.

The dormitory system provided by the nursing home will provide an opportunity for the elderly to help each other. It also help the elderly who have intropert character so they can separate themselves from a less restful environment in their life. It also suitable for the elderly who still have and want to take care of their spouse. This system is also good to help those who like to hang out and interact with each other, same age, fate and shame. As a result the burden of families and communities at least can be reduced and provide a sense of security for those who reside at the nursing home Tresna Werdha Bireuen.

### 3. Health Services

This health service is given essentially at any time, but routine scheduled examinations are only given twice a week on Tuesday and Saturday. However, the schedule may change when needed, suppose there is an elderly needing intensive health service, care workers in this case will come and if an emergency, they are directly referred to the hospital Fauziah Bireuen. The nursing home Tresna Werdha of Bireuen has direct cooperation with Fauziah Hospital, so that it is possible for the elderly cannot be handled properly at the nursing home, they will be rushed to the Fauziah Hospital on the referral of the nursing home and physician of nursing home Tresna Werdha Bireuen District. This is done in case of urgency or emergency, so that they does not experience delays in treatment for elderly people who are severely ill.

So far Nursing Home *Tresna Werdha Bireuen* has not found a chronic disease that is experienced by the elderly at this nursing home. Various diseases experienced are a disease commonly experienced by the elderly in general such as stroke (paralyzed), unclear vision (eye pain), headache illness and others. For elderly people who have been severely sick so the custom of the institution informs the nearest family to be treated at home but if the family does not exist or refuse the nursing home continue to make treatment as best as they can give and when death has come to pick up (died) the elderly then the institution help their funeral in the cemetary of *Gampong Cot Bada Bireuen* which is assisted directly by the people of *Gampong Cot Bada*. Through the help of the people of *Gampong Cot Bada* other things are also carried out in a wisdom such as prayer together, the seventh day and the fortieth day are also welded with wisdom. This is conveyed sadly by care worker at the nursing home that there was a sad moment when one of grandmother who died and was not visited by the family even when the nursing home has notified the mourning news to the family.

### 4. Food Services

Many needs for the elderly make the orphanage to think caarefully to meet it, in addition to maintain their health, they also keep the elderly from things that can damage their decreased metabolism. Immunity of the elderly metabolism has decreased drastically, for example, foods that are eaten should not contain fat and others that can damage the immune system. Vulnerable diseases can strike suddenly through the food that enters to their body makes them to continue to consume foods that match their body's ability level. In the elderly nursing home of Tresna Werdha Bireuen the menu are determined directly by the doctor who is seconded by the health service, the menu are scheduled as follows: eat three times a day, with the following classification: Monday morning milk, Sunday morning green bean porridge and other additional meal which is incidental.

Food supplements are often shifted in a month, when the limited budget available then the nursing home would provide only the primary needs. While secondary needs can be given when the budget are sufficient. Food services for the elderly at the Tresna Werdha Nursing Home Bireuen is almost the same as the system applied in *santri* lodgment but for the elderly, they are freed to eat whenever they want to fit the needs. But the retrieval schedule remains constrained so that the public kitchen can work optimally. Another term for this system is suitably called *rantangan* system. The difference is if the *rantangan* is delivered by the cooking party but at the Nursing Home Tresna Werdha Bireuen only prepared the food then it is taken directly by the elderly. For elderly who is sick or unable to take food then the hostel system can help. Each dormitory has a strong dormitory leader who keeps and report if there are friends who need help such as taking food, providing other assistance that is deemed desperately needed.

With the services available in the public kitchen, it would not make it difficult for old age to get food. Availability and timeliness will help them to eat on time. This condition is certainly very useful for the elderly to improve their weakened immune system and avoid themselves from unwanted diseases. In addition, the public kitchen system also has a limitation such as in meeting the demand of all of the elderly such as the level of food taste; it certainly can not be at the same level as it is desired by the elderly who is at the Nursing Home Tresna Werdha Bireuen. Desire and taste are equally adjusted. Although, sometimes they are allowed to look for food or side dishes that suit their own desires and their physical condition.

### 5. Food and Equipment Services

Living side by side make the elderly know their neighbors more. The same social condition allow them to always feel the pain between each other. It makes them closer, and better equipped to face life after old age. To live in the same social social, of course they have the same needs. The needs of clothing and food that can now be provided by the Nursing Home Tresna Werdha Bireuen. It is planned every once a year while the equipment is given per-quarter eg a broom for dorm cleanliness, bathroom brush for bathroom cleanliness, carboloc for bathroom fragrance, floor cleaner and other equipment tailored to its needs.

For the cleanliness of the body and clothing of the Nursing Home, Tresna Werdha Bireuen District also provides equipment for washing and toiletries are also given on a quarterly basis. This need is also sometimes controlled by staff directly and intensively for hygiene, the elderly needs granted and the waste can be reduced. The need for clothing and food are often delayed far from expectation date. This delay is also due to the funds that is sometimes cut from the Regional Revenue or delayed disbursement. So sometimes the nursing home took the initiative to owe some money first and then pay it when the process of disbursement of funds has been done. Despite the trust of the debtors began to be undermined by the length of the payments but the home nursing still keep trying to keep the elderly needs fulfilled.

The elderly experience varies life at the Tresna Werdha Nursing Home Bireuen varies; some can take advantages of existing facilities to meet their side needs such as planting vegetables that can be sold and the results can be utilized. In addition there are also who utilizing the potential in weaving mat and the craft can be sold. These potentials activities provide special memories for the elderly themselves; they can remembering their youthful and to kill time with useful things.

### 6. Educational Services

Education is a conscious effort on a regular basis in order to change a person from a bad to be good, it can make people aware of the ignorance to know is a process called education. For the elderly is actually a lot of eating salt (life experience) would be a science in itself. We can not merely ignore the life experience of the elderly. But their endurance of remembering and reviewing has been reducing. For that, the adolescence and adult education are certainly different from the of elderly education.

Education for adolescents and adults are more a process for self-maturation, this maturation process is to provide full responsibility for adolescents and adult, under the supervision of parents or educators. This maturity aims to provide an experience of their lives so that later they can interact with both new and old environment. The process of elderly education according to teachers of educators as well as staff and teachers of the elderly at the Panti Jompo Tresna Werdha Bireuen is almost similar to the process of children education. Elderly education emphasizes the individual approach, character and character that makes them want to be always noticed and praised by people around including their teacher. Educating the elderly is not different when we are dealing with children, the elderly requires friends for playing, joking and peppered with selfish and spoiled nature. The nature of spoiled and want to always be noticed (capers) emerging anger, pessimistic and pity when their request is not granted. To provide effective education services, the Nursing Home of Tresna Werdha of Bireuen prefer to use the individual approach in providing guidance and direction for the elderly. While in the process of studying the Quran, they prefer to use the method of discussion and Q & A to avoid boredom.

By utilizing the experience of the elderly, the process of recitation is more likely to invites them to able to improve their worship and remembrance of death. The approach method in facing elderly and the method of discussion in the recitation process can help educators to take advantage of their experience. Both methods in two streams of view are considered effective because even if their memory is diminishing they have had long life and valuable experience to be stimulated again with this approach. In facing the elderly patronizing should be avoided instead it is more a reminding and praising without making any difference between one another. With this process it is expected to give them a way to always remember God, to carry out His command and to know all the restrictions. In their elder period they need to remember more deaths than to think of useless thing to themselves in the hereafter. By reminding them about the hereafter then they themselves will remember more about death. By remembering more about death it is hoped that automatically they will prepare better for divine call.

### CLOSING

Provision of education services for the elderly resident of Tresna Werdha of Bireuen can be described such as life system using dormitory service, Health Service, Food Service, Clothing and Food Service, and Education Service system through carrying out appropriate activities are Sports, Spiritual Guidance (Pengajian). The activities are carried out based on the situation and conditions are recreation, hand skills and farming. The significant obstacles summarized in this study is the subject of the lack of Human Resources special addressing the problem of advanced age either a psychologist or a special nanny whose functional position at an advanced age. In addition, there is no special daily activity schedule that must be implemented by the elderly. These constraints resulted in the weakening of service standards and activities for the elderly at the Tresna Werdha Nursing Home Bireue in utilizing their old age. However, the main thing is the lack of facilities and infrastructures for the elderly to get

excellent service, while the lack of facilities and infrastructure is due to the number of pruning of Operational Funds by the local government of Bireuen through the Regional Revenue Budget (APBD) of Bireuen Regency.

For the development and progress which are expected by many parties, there are some suggestion that is given by the researcher to the elderly nursing house Tresna Werdha Bireuen. Some of which is to give the elderly good services by recruiting good human resources which have relevant specialty in elderly services. For this reasons the worker hired should be those who have sufficient educational background and experiences to handle the elderly people. The human resources can be examined from these two aspects. The other urgent thing for the elderly is their vulnerability to the diseases; for this reasons the medical personnels should live in the nursing house so that they can give a 24 hours services and they should be equipped with medicines needed.

The programs and activities for the elderly should have specials schedules so that they can make use the rest of their lives well. These activities can be classified as a routine, once a week or once each month. However, the improving the quality of worship should be priority.

The attention should also goes to the economic improvement so that they can manage their own operational funds through the income come from their own bussineses such as a cooperation and so on.

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