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SCIENTIFIC PAPER REVIEWER

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Unversitas Airlangga, Surbaya

Dr. Bambang Widjanarko Otok, M.si
Institute Teknologi Sepuluh November (ITS), Surabaya

LIST OF ORAL PRESENTATION

THE RELATIONSHIP OF ACTIVITY LEVEL WITH SELF ESTEEM
IN THE ELDERLY

Hidayatus Sya'diyah, S.Kep.,Ns., MKep,
Prodi D3 Keperawatan
Stikes Hang Tuah Surabaya
mahisyah_sht@yahoo.com/ 082139085499

ABSTRACT

Introduction : Elderly have decrease of physical, mental, and social gradually. The body's immune system in the elderly can not survive against injury or infection, so that degenerative disease often found and this conditions will affect the health and physical activity of the elderly (Nugroho, 2008). According to Maas, et al (2008), the ability to interact physically with the environment are related to self-concept and self-esteem. The researchers wanted to examine the relationship between Activity Levels with Self Esteem In Elderly. **Methods** *: The study design was used analyze and cross sectional approach. This research was conducted in in Panti Werdha Mojopahit Mojokerto on March 2016. The population in this study were elderly 69 people.* **Result** *:The mean activity for elderly in Panti Werdha Mojopahit Mojokerto are 89.9 % (62 respondent) and the mean for sefl esteem of elderly are about 60.9 % (42 respondent). Level of significance with Chi square statistic is 0.046.* **Conclussion** *: The benefits of physical activity are increasing physical /biological function and psychological/ mental benefits a) confidence, b) sense of sportsmanship, c) social solidarity, d) improve the mood. So the elderly must maintenance of physical and mental health, as well as maintaining the quality of life.*

Introduction

Physical activity is a body movement produced by sceletal muscles that requires energy. Physical activity can prevent the decline of the function organs due to age, it is very important for elderly to keep an activity and achieve life satisfaction (Azizah, 2011). Pure of physical activity is an independent risk factor for chronic diseases, and overall is estimated to cause the deaths globally (WHO, 2010). In the Guide to Community Preventive Services Web site, 2008) the aging process does not always result in dependency and disability, most of the elderly remain independent functional (Potter & Perry, 2009). Physical activity elderly in Mojokerto, like cooking and making crafts. That activities were done only by a few elderly, while other didn't have an activity, causing the elderly are less interested in participating in social activities, more like being at

room, feeling inferior, let alone and there is less of gathering with peers.

The elderly population is part of family and community who are increasing in life expectancy. Across the world, the number of elderly is estimated that more than 629 million people, and by 2025, the elderly will reach 1.2 billion. According to estimates by the Central of Statistics (2005) in Indonesia, there are 18,283,107 elderly population. In 2009 the population aged 80 years has only reached about 11% from the world population and are predicted to grow around 19% in 2050. Based on research conducted by Indang Trihandini in Fatmah (2010) where in 1993 there were 94 (5.8 %) of respondents are not able to perform basic physical activity, increase to 126 (7.7%) in 1997, and 171 (10.5%) in 2000. Results of a study of researchers Triwibowo (2014) obtained 15 respondents (75%) are lazy to

follow the physical activities such as gardening, walks in the morning, they prefer to be at room, 3 respondents (15%) preferring to watch television in room, two respondents (10%) are no physical activity because tired. A preliminary study on December 15, 2016, taken from 10 elderly with observations and interviews showed 10% able to perform weight activities such as clean room, help cook; 40% in moderate activity such as jogging and 50% of light activity such as sweeping, make crafts, and so on. Humans have some elements of the two sides that influenced by the world, both have their respective strengths and weaknesses.

Everyone will experience the process of old and old age is a period of the last human life. Elderly have decrease of physical, mental, and social gradually. The body's immune system in the elderly can not survive against injury or infection, so that degenerative disease often found and this conditions will affect the health and physical activity of the elderly (Nugroho, 2008). According to Azizah (2011), the increasing age of humans occurs degenerative aging process that will result in changes in human beings. Success or failure of a person passes through this stage is influenced by maturity (maturity) development, support from environment, and life stress. That conditions can affect older people in physical activity of daily life. If the adaftive process of environment is less successful will get various impacts. According to Maas, et al (2008), the ability to interact physically with the environment are related to self-concept and self-esteem. Barriers to physical mobility can change the individual roles and social responsibilities. Barriers to mobility, social support network is disrupted, elderly have limited opportunities to be able to interact and social relationship.

Social support can help the elderly remain active. Elderly need to understand the meaning of social support such as a supporter / sustainer of his life (Azizah, 2011). Nurses as an important role for elderly and choose to maintain healthy behavior, which can improve their quality of life. The impact of the aging process is not the main cause disease (Maas, 2011). Nurses should be able to understand the personality type of the elderly to know capabilities and needs that they can do. Elderly who have physical limitations due to age decrease physiological functions that influence physical activity daily. Based on that background, the researchers wanted to examine the relationship Activity Levels With Self Esteem In Elderly

Methodology
The study design was used to analyze the relationship between level of physical activity with Seft Esteem and using cross sectional approach. This research was conducted in Mojokerto. The preparation of this study began in March 2016.

The population in this study were elderly in Panti Werdha Mojopahit Mojokerto with a population of 75 people and the target population was about 69 people according to criteria of inclusion and exclusion.

1. Criteria for inclusion
a. Elderly who are willing to respondents

2. Exclusion criteria
a. Elderly total bed rest
b. Elderly with severe stroke
c. Elderly who have mental disabilities
d. Elderly blind

Sampling in this study was Probability sampling Simple random sampling technique. Independent variable in this study was the level of activity of the elderly. The dependent variable in this study was the self esteem of elderly

Table 4.1 The operational definition of physical activity levels in correlation with the self esteem

No	Indicator	Measuring instrument & scala of data	Score
1.	PAL (Physical Activity Level)	Quetionnaire Ordinal	Kriteria : 1. Might activity (1.40 ≤ PAL≤ 1.69 kkal) 2. Moderate activity (1.70 ≤ PAL≤ 1.99 kkal) 3. Severe activity (2.00 ≤ PAL≤ 2.40 kkal)
2.	Self Esteem : 1. Feeling valuable 2. Feeling of good quality 3. Feeling fail 4. Can do things as good as others 5. Feeling no one could dibangga right 6. Be positive 7. Satisfied with yourself 8. Hoping to respect yourself 9. Feel yourself useless 10. Feeling no good to yourself 1.	Quetionnaire Ordinal	1: Strongly disagree 2 Disagree 3: Agree 4: Strongly Agree Number 3, 5, 8, 9, 10 score is otherwise Score total: 1) Low self esteem = 10-20 2) Normal = 21-30 3) High self esteem = 31-40

The research instruments include:

a. Data collection tool for physical activity levels using questionnaires PAL (Physical Activity Level). The questionnaire used contains the type of activities undertaken in a day or within 24 hours, the type of activity that was written adjusted for the value of PAR. PAR value of each activity known then multiplied by the length of activity (hours) were carried out according to the type of activity. PAL value that has been known to further categorized as mild, moderate, or severe.

b. Data measurement tool for self esteem is questionnaire that consists 10 statements about self-esteem:
1) Feeling worthless,
2) Feeling of good quality
3) Feeling fail
4) It can do things as well as others
5) Feeling no one could dibangga right
6) Be positive
7) Satisfied with yourself
8) Hoping to respect yourself
9) Feel yourself useless
10) Feel no good to yourself

The data has been analyzed with Chi-square statistic

Results And Discussion

This chapter describes the results of research and discussion in accordance with the purpose of research conducted in Panti Werdha Mojopahit Mojokerto in March 2016. Presentation of data consists of a general overview of the research location, general data (characteristics of respondents), specific data (the variables).

1. General Overview
Daily activities elderly in Panti Werdha Mojopahit Mojokerto :
a. Morning gymnastics
b. Religious activity
c. Periodic medical visits
d. Competitions in national day
e. Exposure to sunlight
f. Mentoring

2 General Data

General data displays demographic data and frequency distribution of respondents in table form includes gender, age, religion, living with

a. Gender

Tabel 5.1. Jenis Kelamin

Gender	Frequency	%
Laki-laki	22	31,9
Perempuan	47	68,1
Total	69	100

b. Umur

Tabel 5.2. Umur

Umur	Frequency	%
(56-65)	11	15,9
(66-75)	29	42
(76-85)	25	36,2
(86-95)	4	5,8
Total	69	100

c. Religion

Tabel 5.3. Agama

Religion	Frequency	%
Islam	67	97,1
Kristen	2	2,9
Total	69	100

d. Living with

Tabel 5.4. Living with

Living with	Frequency	%
Couple	9	13
Family	7	10,1
Etc	53	76,8
Total	69	100

2. Specific data
 a. Physical activity

Tabel 5.5. Physical activity

Physical activity	Frequency	%
Might activity	62	89,9
Moderate activity	7	10,1
Severe activity	0	0
Total	69	100

b. Self Esteem

Tabel 5.6. Self Esteem

Self Esteem	Frequency	%
Low Self Esteem	24	34,8
Normal Self Esteem	42	60,9
High Self Esteem	3	4,3
Total	69	100

c. Physical activity levels in correlation with the self esteem of the elderly

Tabel 5.7 Physical activity and self esteem

		self esteem			Tot
		Low	Normal	High	
PAL	Might activity	23	38	1	62
	Moderate act	1	4	2	7
Tot		24	42	3	69
$\alpha = 0,046$					

4. Discussion
a. Physical activity of elderly
Table 5.5 shows that of the 69 seniors earned 62 elderly (89.9%) who do light activity and seven elderly (10.1%) engage in moderate activity. From the data it can be seen that more elderly people who do light activity.

Elderly who are in Panti Werdha Majapahit Mojokerto doing light activities a number of 62 people due to a decrease in physiological ability for seniors to adjust the physical changes as the aging of the body's systems and physical fatigue in addition to the visual acuity that makes them reduce physical activity.

This is consistent with the theory described by Burnside (1979) cited by Potter and Perry (2005) in the seven major categories of elderly developmental tasks, one of which is to adjust to the decline in physical and health. Which in its formulation elderly must adjust to the physical changes as the aging of the body's systems. It is not associated with the disease, but this is normal. And this is also in accordance with the theory expressed by Azizah (2011) about the physical problems that are found in the elderly, which is easy to fall, tiredness, weight loss, and disorders of the visual acuity. Which is where all the above

theory is highly correlated with the results of the research.

 b. Self-Esteem
Table 5.6 shows that of the 69 seniors earned 24 elderly (34.8%) had low self-esteem, 42 elderly (60.9%) had a normal self-esteem and 3 elderly (4.3%) who have high self esteem. From the above data known to the elderly who have low self-esteem are more than the elderly who have high self esteem.

Research results obtained are more elderly people who have a normal self-esteem of the high self-esteem. This is because the elderly are at komunitinya / group which in terms of age, background needs and the same environmental conditions in the homes of elderly get / program activities together such as gymnastics elderly, therapeutic environment (gardening), TAK (teraoi activity capability), etc. ,

According to Hidayat (2012) Self-esteem a person can be improved in several ways, among others, help individuals to reduce dependence with good sportsmanship, increasing sensitivity by giving attention and respect for his presence, helping individuals to express thoughts and feelings, both positive and negative, give the opportunity to do positive social activities, and give the opportunity to develop social skills.

According to Baron & Byrne, 2004 A person with high self esteem remembering pleasant events better, which helps maintain a positive self-evaluation. While someone with low self esteem who do exactly the opposite, given the unpleasant events better, to maintain a negative self-evaluation. In a similar manner, a failure experience encourages a person with low self esteem to focus on their weaknesses, but for a person with high self esteem, they are focusing on their strengths. Signs and symptoms of low self-esteem, according Keliat, et al. (2011) is a self-criticism, feelings of inadequacy, pessimistic view of life, reduced productivity, rejection of self-efficacy.

c.Relationship of physical activity and self-esteem
Research results in Table 5.7 shows that out of 69 elderly people in the know, there are 23 elderly long light with low self-esteem, 38 elderly move with dignity normal light and one elderly move lightly with high self esteem. Then there are also known to one elderly move moderately low self-esteem, four elderly activity was normal self esteem and 2 elderly who move moderately high esteem

In this research, the results of Spearman Rho with a significance value of p <0.005 by using IBM SPSS 22 is obtained, namely p = 0.046 with α = 0.005 which means that Ho refused and H1 accepted, it is stated that there is a relationship between physical activity and the elderly at a price self elderly in Mojokerto in UPT elderly Panti Panti Werdha Mojopahit Mojokerto.

According Soegih 2009 Physical activity is any body movement produced by skeletal muscles and cause energy expenditure, which includes work, leisure and everyday activities.

Physical activity can also be interpreted as the movements of the body that cause energy expenditure which is essential for the maintenance of physical and mental health, as well as maintaining the quality of life in order to remain healthy and fit throughout the day (Fatmah, 2010). Physical activity determines a person's health condition.

According Fatmah 2010 the benefits of physical activity there are two of the benefits of physical / biological and psychological benefits / mental. Can explain the benefits of psychological / mental namely a) increase confidence, b) building a sense of sportsmanship, c) build social solidarity, d) improve and enhance the mood.

Research results obtained in accordance with the above theory of the benefits of physical activity maintain physical and mental health. It can be seen that there is a relationship between physical activity and self-esteem elderly elderly in Mojokerto in

UPT *Elderly Panti Panti Werdha Mojopahit Mojokerto*

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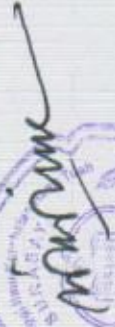## Hidayatus Sya'diyah, S.Kep., Ns., M.Kep

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