

## THE RELATIONSHIP OF DAILY LIVING ACTIVITY (ADL) WITH ANXIETY LEVEL IN THE ELDERLY AT SOCIAL SERVICE UPT DEAF, SPEECH AND ELDERLY SOCIAL SERVICES PEMATANG SIANTAR

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### ABSTRACT

*Activity Daily Living (ADL) is a basic skill that a person must have in taking care of himself, including clothing, eating, drinking, toileting, bathing and making up. The elderly will experience a decrease in carrying out daily activities and can directly cause harm to the elderly. Elderly is someone who has entered the age of 60 years and over. This study aims to see the relationship of daily activities (ADL) with the level of the elderly at the Social Service Unit for the Deaf, Speech and Elderly, Pematangsiantar social service. This type of research is descriptive correlation through cross sectional approach. This research was conducted from September to October 2020. The population in this study were the elderly at the Social Service Unit for the Deaf, Speech and Elderly at the Pematangsiantar Social Service as many as 30 people. Sampling in this study is using total sampling, which means that all members of the population can be sampled, namely 30 people. The results of this study were that data processing using SPSS, in an indigo  $P = 0.03$  ( $P < 0.05$ ), so that  $H_0$  was rejected, meaning that this study had a statistically close relationship between activities of daily life (ADL) and the level of reduction in elderly and elderly at the Social Service Unit for the Deaf, Speech and Elderly, Pematangsiantar Social Service.*

**Keywords :** Activity Daily Living (ADL), Anxiety Level, Elderly

### 1. INTRODUCTION

The changes experienced by the elderly, especially physical changes, have an impact on decreasing the function of body organs and abilities in daily activities, thus affecting the level of independence of the elderly (Bonsoe, in Unang 2014). Changes in social life in the elderly, the economy is inadequate, their enthusiasm for life will decrease so that their Activity Daily Living (ADL) will change and they may not have the spirit to live their lives. Changes in the environment with a lack of recreation, inadequate transportation, can also affect the Activity Daily Living (ADL) of the elderly themselves (Pulkeliene, 2011). Individual age continues to grow and lasts constant from birth to death, essentially getting old is a natural process which means a person has gone through three stages of life, namely: childhood, adulthood, and old age.

Entering old age means experiencing physical and psychological setbacks. The decline in psychological conditions in the elderly is caused by dementia where the elderly experience memory decline and this can affect Activity Daily Living (ADL). Activity Daily Living (ADL) is a person's ability to take care of himself, starting from waking up, bathing, dressing and so on (Mubarak 2006, in Akbar, Yulitasari, Santoso 2016). Elderly dependence is caused by the condition of many elderly people experiencing physical and psychological setbacks. Meanwhile, when viewed from the level of independence which is assessed based on the ability to carry out daily activities. Lack of physical

mobility is a problem that is often found in elderly patients due to various physical, psychological, and environmental problems experienced by the elderly. Immobilization can cause complications in almost all organ systems. The mental health condition of the elderly shows that in general the elderly are unable to carry out daily activities (Malida, 2011).

Things that affect the level of anxiety in the elderly, namely predisposing factors (supporting) and precipitation. Predisposing factors are tension in life in the form of traumatic events, emotional conflicts, impaired self-concept, frustration, physical disorders, history of anxiety disorders. Meanwhile, the precipitation factor is in the form of threats of violence and threats to self-esteem (Kusumawati & Hartono, 2010). Besides these factors, there are still many factors that cause anxiety in the elderly, namely always thinking about the disease they suffer, economic constraints, time to gather with family that they have very little, thinking about their unmarried children, often feeling lonely. Excessive anxiety has a detrimental impact on the mind and body and can even cause physical diseases including suppression of the immune system.

From the results of a preliminary study conducted at the UPT Social Services for the Deaf, Speech and Elderly Social Service of North Sumatra Province in Pematangsiantar in 2020, data on the number of elderly who became members of the UPT Social Services for the Deaf, Speech and Elderly Social Service of North Sumatra Province in Pematangsiantar was as many as 30 people. From this preliminary study, many elderly complain about their life being away from their families makes the elderly feel uneasy with their families even though they live in an orphanage with friends of the same age, their life is now empty, and they say they are resigned to living in an orphanage and sometimes cry alone remembering the past. The quality of life is not good with many complaints in the elderly, namely physical pain that sometimes interferes with their activities,

## **2. IMPLEMENTATION METHOD**

Data analysis in this research is descriptive associative using quantitative approach method. Research Place This research was conducted at the UPT Social Services for the Deaf, Speech and Elderly Social Service in Pematangsiantar which is located at Jalan Sisingamangaraja No. 68, Pematangsiantar, North Sumatra. At UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar. The population in this study were all the elderly at the UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar with a total of 30 people.

## **3. RESULT AND DISCUSSION**

### **1. Characteristics of Respondents**

Most of the research samples that participated in this study were female with a fairly far range, namely 70% of the sample were female and only 30% of the sample was male. And the majority of respondents aged 60-74 years as many as 27 people (90%). As you get older, you will experience a setback, which in this case is physical activity. This causes disturbances in meeting daily needs, resulting in the dependence of the elderly in carrying out daily activities. The majority of respondents generally work as many as 20 people (66.7%) and do not work as many as 10 people (33.3%). In this case, many elderly people work, this can cause anxiety for the elderly who at that time they worked and after living at the UPT Social Services they did not work.

## **2. Activity Daily Living (ADL) for the elderly at UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar in 2020**

From the results of this study, most of the respondents who carried out daily activities independently at the UPT Social Services were 29 people (96.7%). Based on the researcher's observations, the elderly are able to carry out their daily activities without the help of others. And only 1 person who performs daily activities by depending on others. At UPT Social Services, the majority of the elderly can still walk and carry out their own activities. In contrast to the elderly who daily use assistive devices such as wheelchairs, the elderly need the help of others.

## **3. Anxiety levels in the elderly at UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar in 2020**

From the results of this study, most of the respondents had mild anxiety levels as many as 16 people (53.3%) although there were still elderly people who did not experience anxiety. It is proven that there are several symptoms of anxiety that can be found in the elderly at the UPT Social Services, including bad feelings, fear of the dark, fear of crowds, difficulty sleeping, waking up at night, difficulty concentrating, feeling sad, muscle pain, stiffness. Feeling of pressure in the chest, feeling of suffocation, shortness of breath, indigestion, unable to hold urine, and feeling restless. All of these symptoms are symptoms that many or almost all of them can be found in the elderly with mild to severe anxiety levels.

## **4. Relationship of Activity Daily Living (ADL) with Anxiety Levels in the Elderly at UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar in 2020**

According to Kaplan and Sadock's theory of psychoanalytic theory, namely in psychoanalytic theory there is Freud's evolutionary theory, where Freud reveals about anxiety or anxiety is a signal to the ego, where the signal provides information, that there is an unacceptable impulse. This can awaken the ego to take self-protection measures against these pressures and urges. Then the impact of these anxiety symptoms will be able to lead to dependence of the elderly on daily activities. In theory, anxiety will make a person feel confident that bad things will happen, resulting in the fear that bad things are real and lead to a decrease in daily activities.

These results are in accordance with previous research conducted by Hartanti in 2013 "The Correlation of Anxiety Levels with Activities of Daily Life in the Elderly at UPT Social Services for the Elderly Jember" which based on statistical tests  $< 0.05$ ). These results mean that there is a significant relationship between the level of anxiety on activities of daily life in the elderly at the orphanage. The same is true for the current research on the elderly at the UPT Social Services, Pematangsiantar. The results of this study, in a P value of 0.03 ( $P < 0.05$ ), thus causing the results to have a statistically significant relationship. Because the

number of elderly people in the UPT Social Services is 30 people, then all the elderly in the UPT are used as respondents, which are 30 people.

#### 4. CONCLUSION

Based on the results of the research on Activity Daily Living (ADL) With Anxiety Levels in the Elderly at the UPT for the Deaf, Speech and Elderly Services at the Pematangsiantar Social Service in 2020, it can be concluded that the results of statistical tests using the correlation test in a P value of 0.03 ( $P > 0.05$ ). This value means that this study has a significant relationship between "Activity Daily Living (ADL) and Anxiety Levels in the Elderly at the UPT for the Deaf, Speech and Elderly Services at the Pematangsiantar Social Service."

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DOI: 10.54443/ijebas.v2i1.167

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