

DESCRIPTION OF CARE GIVER'S EXPERIENCE IN CARING FOR THE ELDERLY IN A WREDA CENTER

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Submitted: Jul 13rd 2023 Revised: Aug 18th 2023 Accepted: Jan 23rd 2024 Published: Jan 31st 2024

ABSTRACT

The increasing number of elderly today requires an effort to improve health status in this age group. The elderly are a vulnerable group where the elderly are often found with chronic and terminal disease problems. Some of the elderly are in nursing homes, the role of care givers in nursing homes is important. This study aims to describe the experience of care givers in wreda center. This research is a qualitative research with a phenomenological study design. The sampling technique uses a snow ball sampling technique, namely elderly care givers who experience are more than 1 year old. The sample in this study were 5 respondents who were elderly care givers who had experience of more than 1 year. Data collection techniques are triangulation by way of in-depth interviews, observation, and documentary studies. The results of the study found several factors that influence elderly care giver including knowledge, infrastructure, resources, and social support. In addition to the factors that influence elderly care, it is also found that care needs for the elderly include Physical Needs, Emotional and Psychological Needs, Spiritual Needs, and Social Needs.

Keywords: Care Giver, Caring Experience, Palliative Patients

INTRODUCTION

Elderly is someone who is over 60 years old. Currently the number of elderly people in Indonesia has increased. (Ministry of Health RI, 2022) explained that currently the number of elderly people has increased from 18 (2010) million people to 27 million (2020) and is likely to be predicted to increase to 40 million people in 2035. The increasing number of elderly today requires an effort to improve health status in this age group. The elderly are a vulnerable group where the elderly are often found with chronic and terminal disease problems. (Ministry of Health RI, 2022) explained that the elderly naturally experience a decrease in physical function which is the result of decline and damage at the cellular and molecular level which is called aging, this causes the elderly to experience physical and psychological decline and are at risk of experiencing illness that leads to death. (Tejawinata, 2013) explained that the elderly group is one of the groups that need palliative care, the elderly are a group that often experience degenerative diseases. (Ministry of Health, 2007) mentioned several groups included in palliative including cancer, degenerative diseases, chronic obstructive pulmonary disease, cystic fibrosis, stroke, Parkinson's, heart failure, genetic diseases and infectious diseases such as HIV/AIDS. This condition is a special challenge for elderly care givers, especially in nursing homes or nursing homes. Many nursing homes in which care for some of the elderly with palliative care. (Elmaghfuroh, Sholehudin and Budi, 2022) explained that the nursing home is the last stop for the elderly in the nursing home, the assisting staff, volunteers, and health workers at the nursing home are the hopes of the elderly at the Nursing Home. The purpose of this study was to find out the experience of care givers in caring for the elderly with palliative care in wreda center.

METHOD

This research is a qualitative research with a phenomenological study design. The sampling technique uses asnowball sampling technique, namely elderly care givers who are more than 1 year old. The sample in this study were 5 respondents who were elderly care givers who had experience of more than 1 year. Data collection techniques are triangulation by way of in-depth interviews, observation, and documentary studies. Data collection tools during interviews were to use voice recorders, interview guides and field notes, as well as the researchers themselves. Observations were made to determine the participants' nonverbal responses and physical conditions. Data analysis used the Collaizi method. (Creswell, 2010) explained that the collaizi analysis technique includes four stages including data collection, reading repeated transcripts, determining categories and themes, the last stage is writing reports.

RESULTS

This study was attended by 5 respondents who were elderly care givers who had experience of more than 1 year. The purpose of this study was to describe the experience of care givers in caring for the elderly in palliative care homes

for the elderly. The following will describe the characteristics of the respondents.

Table 1.1
List of Research Respondents
N:5 2023

Respondents	n	Percentage
Age		
Mature	5	100 %
Education		
high school	2	40 %
S1/D3	3	60 %
Gender		
Woman	4	90%
Man	1	10%
Length of work		
>5th	5	100%

Table 1.1 shows an overview of the characteristics of care givers, including that the sexes are mostly women who are vulnerable to adulthood. The highest level of education is higher education, namely D3/S1, with all working years of more than 5 years.

This research uses several questions related to the care giver's experience in caring for the elderly, including:

1. Can you tell me about your mother's experience of caring for her grandmother who has a palliative illness
2. What obstacles do you encounter while caring for the elderly?
3. What efforts have been made to overcome these obstacles?

The purpose of further research is to describe the experience of care givers in caring for the palliative elderly in nursing homes. The results of the analysis obtained several themes regarding the description of the care giver's experience in caring for the palliative elderly in nursing homes, including:

Factors Affecting Palliative Elderly Care at Nursing Homes

Knowledge of palliative elderly care

"Yes, because the grandmother can't do anything, so we all help, starting from eating, drinking clean, defecating, urinating... (P1)

"The best thing is right after taking a shower, they are brought to the front like Dede, ma'am, so they can get sunlight, then when there are gatherings they are invited to be brought in in a wheelchair for activities like recitation.....(P3)

"What is it, ma'am, I don't know, ooo, there are those, ladies and gentlemen, who can't do anything anymore." (P5)

Facilities and infrastructure

"....sorry, the place is a bit smelly because Grandma can't do anything, so she sometimes pees and defecates on the bed. The problem is we can't give pampers because it's limited when we have clothes because our funds are limited." (P1)

"..... Waiting for the donor's helping hand ma'am. Because we are private companies, there is no budget. Sometimes it can be from volunteers, social services, recitation mothers or donations from students who are practicing." (P2)

Human Resources

".....Yes, sometimes it's tiring, ma'am, when many people get sick because the resources are limited."

"..... because there are no nurses here, so we only rely on the puskesmas." (P4)

Social support

"... for health, there will be periodic visits from the health center to check on her grandmother." (P3)

"...sometimes his healthy granny helps take care of his sick friends. (P2)

Palliative Elderly Care Needs

Physical Needs

"Yes, it's like earlier, because usually the grandmother can't do anything, so we all help, starting from eating, drinking

clean, chapter, tub" (P1)

"That's okay ma'am, so if something like that can't be done anything like a stroke like that here it's placed in the very back of the ward. But I'm sorry, the place is a bit smelly because the mother can't do anything, so sometimes she pees and defecates in bed" (P2)

Emotional and Psychological Needs

"... it's also called taking care of a lot of people, you have to be there, for example, if parents are a bit angelic, miss, sometimes I want to be told that I'm annoying, easily offended, easily angry. Sometimes it's cute too, so I get angry too...(while smiling)," (P3)

Spiritual Needs

"Then when there is a get-together, they are invited to use a wheelchair for activities such as recitation" (P4)

"Invited to be brought using a wheelchair for activities such as recitation, worship together, the problem is if you are old, remember that there are lots of worship services above." (P5)

Social Needs

"...so that we are not alone, we are invited to sing together so that we are happy". (P5)

"... Ms. Ma'am who is behind me, who can do anything, can't hear, but can't even talk. So all day just silent. Most occasionally it is taken out but most of the time it refuses." (P3)

DISCUSSION

The results of the study found several factors that influence elderly care including knowledge, infrastructure, resources, and social support. Knowledge is an important aspect that must be possessed by care givers.(Ilham, Mohammad and Yusuf, 2019)in his research explained that there was a relationship between the level of care giver knowledge of palliative patients and their caring attitude, besides that it also explained that the better the knowledge in caring for palliative patients, the better the attitude shown in palliative patient care. These results are in line with research.(Melastuti and Amal, 2022)explained that the knowledge of palliative care givers affects the ability of caregivers to treat palliative patients, while this knowledge can be influenced by experience and training on palliative care.(Sugiyanto, Prasetyo and Pramono, 2021)explained that care giver knowledge can also be increased through FGD activities, where with the FGT there is an exchange of information, experience, and skills in caring for palliative patients.

Facilities and infrastructure, availability of supporting tools are important for palliative patients. These supporting tools can lighten the work of caring for clients. In line with research(Ikhardika, Fredy and Hamdan, 2022)Factors that hinder palliative care in nursing homes include the lack of infrastructure, the lack of personnel caring for the elderly and the low support of elderly families in care.(Prasetyo, 2021)explained that the inability of care givers to meet the needs of equipment was caused by financial factors, due to limited finances, primary needs were prioritized, as well as what happened in nursing homes.(Tampubolon, Fatimah and Hidayati, 2021)explained that one of the obstacles to palliative care in Indonesia is the lack of attention from palliative care providers so that the needs of palliative patients cannot be met.

The third factor is resources. Most of the resources in nursing homes are volunteers and do not have nursing educational qualifications. In addition, in terms of the number of existing human resources is very minimal.(Ikhardika, Fredy and Hamdan, 2022)explained that the lack of personnel in nursing homes causes obstacles in caring for the elderly.(Ministry of Health, 2007)explained that palliative HR is not only from health workers but also from families, social workers and volunteers who have knowledge of palliative care. In this case the resources that can be used in nursing homes are peers, some elderly with good health, physical conditions, knowledge can play a role in caring for elderly palliative patients.

The fourth factor is support from people around the elderly. Most of the operations at the nursing home are assisted by donors from the surrounding social environment. Family is also a supporting factor.(Tampubolon, Fatimah and Hidayati, 2021)explained that one of the obstacles to palliative care in Indonesia is the lack of attention from palliative care providers so that the needs of palliative patients cannot be met.(Ikhardika, Fredy and Hamdan, 2022)Factors that hinder palliative care in nursing homes include the lack of infrastructure, the lack of personnel caring for the elderly and the low support of elderly families in care.

Palliative Elderly Care Needs, In addition to the factors that influence elderly care, it is also found that care needs for the elderly include Physical Needs, Emotional and Psychological Needs, Spiritual Needs, and Social Needs. Most palliative patients have physical complaints caused by the disease process, apart from the disease process also caused by the side effects of the therapy given.(Tejawinata, 2013)explained that palliative care is not only for cancer

patients, but also in the condition of the elderly in the elderly who tend to experience a degenerative process which can cause continuous physical and psychological disorders and at one point the final goal is a quiet and peaceful death. (Sugiyanto, Prasetyo and Pramono, 2021) explained the problems that often occur in palliative patients including physical, emotional, psychological, spiritual, and social problems. Physical problems such as pain, limited activity, self-care. Palliative patients also often have complaints of irritability, anger, frequent mood changes, social limitations and spiritual changes.

CONCLUSION

The results of the study found several factors that influence elderly care including knowledge, infrastructure, resources, and social support. In addition to the factors that influence elderly care, it is also found that care needs for the elderly include Physical Needs, Emotional and Psychological Needs, Spiritual Needs, and Social Needs. Suggestions from the results of this study is the need for further research related to action in an effort to increase the knowledge and skills of care givers in caring for the elderly in nursing homes.

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