
Evaluation of the Implementation of the Posyandu Program Elderly in Aceh Utara

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Abstract

This program is aimed at ensuring that elderly people who are vulnerable to disease can live healthy, independent and efficient lives so that they do not become a burden on their families and the surrounding community. This research aims to evaluate the Posyandu Program for the Elderly including factors inhibiting its implementation. The research method uses a descriptive qualitative research model. The results of research on health examination activities show that the examinations carried out include measuring body mass index which consists of measuring body weight and height, checking blood pressure, checking blood sugar and cholesterol levels, counseling and health education activities. For activities, additional food is provided to meet the nutritional requirements of the elderly in the form of rice, bread, fruit and milk. The inhibiting factor is based on a lack of public knowledge and understanding regarding the importance of elderly posyandu for elderly people. Apart from that, another inhibiting factor is the lack of facilities and infrastructure to support the elderly posyandu program, such as health facilities, examination tools and educational programs. Based on the results of this research, the relevance of this program data is continued by increasing public understanding through outreach, changing and maximizing facilities and infrastructure to make them even better.

Keywords: Evaluation, Implementation, Program Posyandu, Elderly

Introduction

Evaluation is part of research. Evaluation is the process of collecting data to determine to what extent, in what terms, and how program objectives can be achieved. Evaluation is a tool for analyzing and assessing phenomena and applications of science. As an independent branch of science, evaluation science is supported by several theories (Dunn, 2003; Pramono, 2022). Evaluation is usually aimed at assessing the extent to which policies are effective to be accountable to the authorities. Evaluation can see the extent to which goals have been achieved and to see the extent of the gap between expectations and reality. According to Anderson in Winarno (2007b) "in general, evaluation can be said to be an activity involving the estimation or assessment of policies which includes the substance, implementation and impact of the implementation of the policy". In general, a program can be interpreted as a plan or design of activities that will be carried out by someone in the future. Meanwhile, the definition of program specifically is usually associated with evaluation, which means an entity or unit of activity which is the implementation or realization of a policy, takes place in a continuous process and occurs within an organization involving a group of people. Program evaluation is a series of activities carried out deliberately to see the level of success of a program. Carrying out program evaluation is an activity intended to find out how high the level of success of planned activities is (Arikunto, 2017).

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An elderly person is someone who has entered the age of 60 years and over who begins to experience a gradual process of change over a long period of time. The changes experienced by the elderly start from physical, biological, psychological, cognitive changes, as well as their role in society. The elderly are figures who must be respected and privileged, the processes faced by the elderly must be handled wisely so that they can enjoy old age healthily and happily. Therefore, the elderly need to receive attention to be of better quality and more productive so that they can achieve prosperity in their lives (Telenggen et al., 2020; Winarno, 2002, 2007a).

Naturally, elderly people experience a process of physical, mental and spiritual change. A very basic problem in the elderly is health problems, so it is necessary to organize elderly health. One effort to improve the health of the elderly to achieve a happy and efficient old age in family and community life is by increasing awareness of the elderly to maintain their own health. Elderly health problems require alertness and preparedness, these elderly health problems will become crucial when the public does not receive sufficient information regarding elderly health problems.

Regulation of the Minister of Health of the Republic of Indonesia Number 67 of 2015 concerning the implementation of health services for the elderly in community health centers. Based on the Minister of Health's regulation, services for

the elderly can be carried out outside the health center building, such as services at posyandu to increase access and coverage of health services for the elderly. The Community Health Center is the leading unit in public health services which is expected to be able to carry out promotive, preventive and curative efforts for the elderly by paying attention to the guidelines for elderly health services (A. Rahim et al., 2019).

According to researchers, there are several things that are questionable, one of which is regarding the activities of the Posyandu for the Elderly which are spread across 23 Gampongs which are considered not to have been implemented well, this is because the interest, quality of the cadres and the budget for the Posyandu for the Elderly Program are still limited (Rahmayana, A. Irviani, et al., 2014; Rahmayana, Ibrahim, et al., 2014). The activities carried out are less varied, where every time at the posyandu the only activities carried out are weighing body weight (BB), measuring body height (TB), measuring blood pressure and lab examinations (sugar, cholesterol and uric acid), this is due to resources. human resources (HR) for posyandu cadres and others so it is necessary to hold capacity building activities through training activities so that all cadres are more skilled in service, motivate the elderly and create an effective atmosphere in the implementation of Posyandu so that it can attract the interest of the elderly to be active in elderly posyandu activities, So there is a need for an evaluation of the elderly posyandu program which is useful for determining whether the program is worth continuing, revising or stopping.

Methodology

The research location is determined with the aim of making research easier and smoother on the objects that have been determined, so that the problems to be researched are not too broad. The location for this research is the elderly posyandu at the Pirak Timu Community Health Center, North Aceh Regency because based on preliminary data that the researchers obtained, the implementation of health services for the elderly has not been effective, followed by a lack of participation from the elderly community to take part in the activities of this elderly posyandu program (Moleong, 2019; Sugiono, 2014). Researchers use descriptive qualitative research methods which aim to search, analyze and manage direct events in the field by understanding social interactions with interviews and observations (Mojan, 2018). The observations made by the researcher used a cellphone as a voice recording tool and recorded events in the field. In conducting observations, researchers took steps to make observations easier by observing and studying the actors involved and their roles in evaluating the implementation of the elderly posyandu program in Pirak Timu sub-district and the obstacles in evaluating the implementation of the elderly posyandu program in Pirak Timu.

Results And Discussion

His research is about the elderly posyandu program in Pirak Timu District, North Aceh Regency to find out whether the program that has been established by the government is running in accordance with the aims and functions of the program or is it just a program with no results, which can be seen from the following 2 programs:

Posyandu for the elderly, as a form of government policy development in providing health services for the elderly, is an integrated service post for the elderly that has been agreed upon and driven by the community living in a certain area (Rafian et al., 2023; Rizkiya et al., 2023). This is implemented through community health center activities involving the elderly and their families as well as community leaders and social organizations. As said by Henny's mother, SKM. As an informant from the North Aceh district Health Service, he stated that:

"Posyandu for the elderly has an important role in maintaining the quality of life for the elderly in society, which aims to improve the quality of life for older people who are more vulnerable to disease. The elderly posyandu program has been running in North Aceh for a long time, but for Pirak Timu District itself it is still very lacking, this can be seen from the number of villages that have participated in running this elderly posyandu program even though Pirak Timu District has 23 villages while only 9 villages are running it. , health checks in the elderly posyandu program such as, BMI measurements which consist of measuring body weight and height; blood pressure checks; Check blood sugar and cholesterol levels, but not every month because checking sugar and cholesterol is only done when elderly people have complaints about their health and there are also health counseling and education activities." (interview 3 June 2024).

From this interview it can be concluded that the elderly Posyandu has an important role in maintaining the quality of life of the elderly in society, which aims to improve the quality of life of elderly people who are more vulnerable to disease. The posyandu program for the elderly has been running for a long time in North Aceh, but for Pirak Timu District it is still considered lacking. This can be seen from the number of villages that run the program, only 9 villages out of 23 villages in Pirak Timu District. Health checks at Posyandu for the Elderly, namely: BMI measurement which consists of measuring body weight and height; blood pressure checks; check blood sugar and cholesterol levels (not every month); Health counseling and education activities. Mr. Munawir as the village head of Gampong Ara Ton-Ton, Pirak Timu

"In my village there has been a posyandu program for the elderly for a long time, I also support the running of this program because in my opinion, with the existence of the posyandu for the elderly I hope it can help the elderly in maintaining their health, especially since the elderly are very vulnerable to disease, elderly people can carry out health checks at the posyandu for the elderly so that the elderly can control their health every month." (interview 28 June 2024).

From this interview it can be concluded that running an elderly posyandu program is important for elderly people who are more susceptible to disease. With the elderly posyandu program it is hoped that it will be able to help elderly

people maintain their health, elderly people can carry out health checks at elderly posyandu so that elderly people can control their health regularly. each month. Mr. Abdullah as the village head of Gampong Ketapang, Pirak Timu

"The posyandu program for the elderly is very useful for the community, especially the elderly, but we are still having difficulty running it, so it is not yet available in my village due to lack of funds so we cannot provide the infrastructure to support these activities. Apart from that, the community is also less interested in holding a posyandu." (interview 28 June 2024)

From these interviews it can be concluded that in several villages in Pirak Timu District they have not implemented an elderly posyandu program, this is due to a lack of funds so they cannot provide facilities and infrastructure to support elderly posyandu activities, in addition to the lack of public interest in holding an elderly posyandu program.

"The community health center has made efforts to provide health services for the elderly in each village which is carried out by village cadres and guided by us at the community health center to make it easier for the elderly to get health services easily, but several programs should be implemented such as health, psychology, spiritual and nutritional services. However, what is routinely carried out is a health check. The Posyandu for the Elderly here is known as Posbindu (Integrated Post) the Elderly, the health check activities that we provide to the elderly usually take the form of simple laboratory examination activities such as checking random blood sugar, cholesterol and uric acid which are carried out at the Posyandu for the Elderly. These activities are in addition to "aims to bring access to services closer as well as an effort to improve the performance of health screening for the elderly. Apart from that, there are also measurements of height (TB), body weight (BB), blood pressure (BP) and abdominal circumference (LP)." (interview 20 May 2024)

From this interview it can be concluded that the Posyandu for the Elderly is known as Posbindu (Integrated Post) for the Elderly, the health check activities carried out on the elderly usually take the form of simple laboratory examination activities such as random blood sugar, cholesterol and uric acid checks which are carried out at the Posyandu for the Elderly This activity is not only aimed at bringing access to services closer, but also as an effort to improve the performance of elderly health screening. Apart from that, there are also measurements of height (TB), body weight (BB), blood pressure (BP), and abdominal circumference (LP). A similar thing was said by Mrs. Muktaramah, an elderly resident from one of the villages in Pirak Timu District, who also said that:

"This elderly posyandu program really helps us elderly people to carry out routine health checks without having to travel far to the health center. Apart from that, we also get firsthand treatment if there are complaints related to health and get free medicines. (interview May 20, 2024).

From the interview above, it can be concluded that the implementation of the elderly posyandu program in Pirak Timu District really helps the elderly in carrying out routine health checks without having to go all the way to the health center. Apart from that, the elderly also get first treatment if there are complaints related to their health and also receive medicines. for free. Based on the observations and observations from the interviews above, this is in line with what was stated by (Henniwati, 2008) Posyandu activities are a manifestation of community participation in maintaining and improving their health status. Posyandu for the elderly is a forum for communication, technology expertise and health services for the community and for the community which has strategic value for the development of human resources, especially the elderly. Posyandu for the elderly is also a forum for community-based activities to jointly gather all the strengths and abilities of the community to implement, provide and obtain information and services according to needs to improve the nutritional status of the community in general.

In the elderly posyandu program in Pirak Timu sub-district, there is a lack of community participation in running the elderly posyandu program, however, the health examination activities carried out at the elderly posyandu have met the standards so it can be stated that the elderly posyandu program in Pirak Timu district is worthy of being continued.

Providing Supplementary Food (PMT)

Providing Supplementary Food (PMT) is the activity of providing food in the form of safe and quality snacks along with other supporting activities by paying attention to aspects of food quality and safety. And contains nutritional value that meets target needs. And by providing additional food (PMT) you can prevent malnutrition and maintain healthy health. Providing Supplementary Food (PMT) is the activity of providing food in the form of safe and quality snacks along with other supporting activities by paying attention to aspects of food quality and safety as stated by Mrs. Nurhayati, AM, Keb, as Health Officer from UPTD, stating that:

"Food choices for the elderly can be addressed by preparing the right menu, considering nutritional adequacy, food consistency and food texture. Providing internal food in the form of thick liquids such as cream soup is more suitable for the elderly considering changes in chewing ability, appetite, needs and absorption of food in the body. One food ingredient that can provide adequate nutrition for the elderly is by using local food such as tubers, which can be pumpkin and the like. "However, this is not required by the village health center itself which took the initiative to provide this additional food." (interview May 20, 2024)

From this interview it can be concluded that additional food is not provided by the community health center, but the PMT is an allocation of village funds for each village implementing the elderly posyandu. The provision of additional food is also different for each village depending on the funds spent and depending on the village's own policy. Even though it is relatively small, the implementation of the posyandu for the elderly has been going well so far. The next interview was conducted with Mrs. Muktaramah as an elderly member of the community, who said that:

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for each village implementing posyandu for the elderly. Provision of additional food also varies for each village depending on the funds spent and depending on the policy of the village itself. Even though it is relatively small, the implementation of the posyandu for the elderly has been going well so far. (interview May 20, 2024)

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"Here, the food is different every month, sometimes we get boxed rice with chicken and vegetables, sometimes we get moist cakes, sometimes we get bread and milk and some other fruit. (interview May 17, 2024)

From the interview above, it can be concluded that the provision of additional food in the elderly posyandu program in Pirak Timu sub-district is different every month. The elderly receive food in the form of boxed rice with additional chicken and vegetables, wet cakes, bread and milk and some fruit.

The results of the observations and interviews above are in line with the theory put forward (Halldén et al., 2007)(Anjani et al., 2022), namely regarding adequacy, in the elderly posyandu program in Pirak Timu sub-district in the context of providing additional food for elderly people to support nutritional adequacy. The nutritional status of the elderly is the condition of the elderly which is determined by the degree of physical need for energy and nutrients obtained from food and foods whose physical impacts can be measured.

Inhibiting Factors in Implementing the Elderly Posyandu Program

If the public is aware of the importance of regulations and truly understands the content and objectives of the policy, then the implementation process will be easier and more effective. However, if public awareness and understanding is low, this can become a major obstacle, causing resistance, hampering the socialization process, and reducing the effectiveness of rule enforcement.

Lack of public awareness and understanding of the elderly posyandu program can be one of the inhibiting factors in implementing the elderly posyandu program in Pirak Timu sub-district. As stated by Mrs. Henny, SKM as part of the North Aceh District Health Service, said that:

"Posyandu in most of the villages in Pirak Timu are not functioning due to a lack of public knowledge and understanding regarding the importance of the elderly posyandu program for the elderly community so that many people are not willing to participate in running the elderly posyandu program because the community considers the program not important to run. (interview 3 June 2024)

From these interviews it can be concluded that one of the factors hampering the implementation of elderly posyandu is the lack of knowledge and understanding of the community regarding the importance of the elderly posyandu program for elderly people so that many people are not willing to participate in running the elderly posyandu program because the community thinks that the posyandu program is elderly people are not important to run. The next interview was conducted with Nurjannah's mother, S. Keb. as an academic says that:

"The community health center has held several outreach sessions regarding the elderly posyandu program in Pirak Timu sub-district but only a small portion of the community attended. Even though counseling is important to increase knowledge and understanding in the community regarding the programs that will be implemented, the community does not care about this. According to some people they are too busy farming. (interview May 20, 2024)

From this interview, it can be concluded that the inhibiting factor in implementing the elderly posyandu program in Pirak Timu District is the lack of community participation in the outreach conducted by the community health center which is useful for increasing knowledge and understanding in the community regarding the programs that will be implemented at the elderly posyandu.

Based on the results of the observations and interviews above, if seen from the communication aspect, the elderly posyandu program in Pirak Timu District has obstacles in implementing the elderly posyandu program caused by a lack of public knowledge and understanding regarding the importance of elderly posyandu for the elderly community. According to (Cahyo Ismawati, 2010), the knowledge of the elderly is still low about the benefits of posyandu, the distance between the elderly's house and the posyandu location is far or difficult to reach, the lack of family support for coming to the posyandu and the attitude of the elderly is not good towards posyandu officers. The personal assessment or attitude of the elderly towards activities at the posyandu greatly influences the level of satisfaction of the elderly regarding the quality of posyandu services. The low level of satisfaction causes the elderly to be less motivated to come to the elderly posyandu to have their health checked regularly.

Facilities And Infrastructure

Facilities and infrastructure play an important role in supporting program effectiveness. Dunn explained that facilities include the tools and materials used, while infrastructure is the necessary infrastructure, such as buildings and other facilities. Both must be available and managed well to ensure that the program can be implemented optimally and achieve the desired goals. The quality of facilities and infrastructure also influences community participation and the success of program implementation as stated by Mrs. Henny, SKM as part of the North Aceh District Health Service, said that

"For the sustainability of the elderly posyandu program, the most important factor is the facilities and infrastructure for the Pirak Timu sub-district. Facilities and infrastructure are still very limited, such as medical equipment and accessibility, supporting routine examinations, health education and social interaction for the elderly. In addition, good infrastructure increases comfort and safety, encourages the active participation of the elderly, and ensures that health programs can be implemented effectively. (interview 22

May 2024)

From this interview it can be concluded that one of the factors hampering the posyandu program for the elderly in Pirak Timu sub-district is due to the lack of adequate supporting facilities and infrastructure such as medical equipment and accessibility, supporting routine checks, health education and social interaction for the elderly. In addition, good infrastructure increases comfort and safety, encourages the active participation of the elderly, and ensures that health programs can be implemented effectively. As stated by Mrs. Nurhayati, AM. Keb as a Health Officer from UPTD, stated that:

“The lack of village funds for elderly posyandu hampers the provision of necessary facilities and infrastructure, such as health facilities, examination tools and educational programs. This impacts the quality of services provided, reduces community participation, and limits older people's access to important health services. To overcome this problem, there needs to be priority budget allocation and support from various parties. (interview 22 May 2024)

From these interviews it can be concluded that the lack of village funds for elderly posyandu hampers the provision of necessary facilities and infrastructure, such as health facilities, examination tools and educational programs. This impacts the quality of services provided, reduces community participation, and limits older people's access to important health services. To overcome this problem, there needs to be priority budget allocation and support from various parties. Nujannah's mother, S. Keb, an academic, said the same thing:

“The lack of facilities and infrastructure results in low participation of the elderly. They will be reluctant to come to the posyandu because the facilities are inadequate, which reduces their access to health services. Apart from that, the health services provided are not optimal, so that the necessary examinations and treatment cannot be carried out effectively.” (interview 22 May 2024)

From these interviews it can be concluded that the lack of facilities and infrastructure results in low participation of the elderly. They will be reluctant to come to the posyandu because the facilities are inadequate, which reduces their access to health services. Apart from that, the health services provided are not optimal, so that the necessary examinations and treatment are not available. can be done effectively.

Based on the results of the observations and interviews above, inadequate facilities and infrastructure can be one of the factors hampering the implementation of the elderly posyandu program in Pirak Timu sub-district, Llansia. The result of the lack of facilities and infrastructure is that the health of the elderly as posyandu users is not monitored and information regarding the health status of the elderly is not obtained.

Conclusions

Based on the research results, which are described in the discussion regarding the evaluation of the elderly posyandu program in Pirak Timu District, North Aceh Regency, the research results can be concluded as follows: The results of the research show that for health examination activities in the elderly posyandu program in Pirak Timu subdistrict, it shows that the cadres and the community health center collaborate in carrying out health examinations on the elderly, the examinations carried out include: BMI measurements which consist of measuring body weight and height, examinations blood pressure, checking blood sugar and cholesterol levels, counseling and health education activities. For activities, additional food is provided to meet the nutritional needs of the elderly in the form of rice, bread, fruit and milk.

The inhibiting factor in implementing the elderly posyandu program in Pirak Timu District, North Aceh Regency is motivated by a lack of public knowledge and understanding regarding the importance of elderly posyandu for the elderly community. Apart from that, another inhibiting factor is the lack of facilities and infrastructure to support the elderly posyandu program, such as health facilities, examination tools and educational programs.

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