

HEALTH CHECK TO IMPROVE QUALITY OF LIFE OF ELDERLY KUMBASARI MARKET TRADERS

I.A. Pascha Paramurthi ¹, Ida Ayu Astiti Suadnyana ², I Ketut Arya Yoga Krisnantara ³

^{1,2} Program Studi Fisioterapi, Fakultas Ilmu-Ilmu Kesehatan, Universitas Bali Internasional

³ Program Magister Fisiologi Olahraga, Universitas Udayana

¹ paschaparamurthi@gmail.com, ² astiti.utek@gmail.com, ³ aryayogakris@gmail.com

Abstract

Community service carried out by Physiotherapy Study Program Lecturers at the Faculty of Health Sciences, University of Bali International was carried out at Kumbasari Market which also involved students in the Physiotherapy Study Program. The purpose of this activity is for elderly traders in Kumbasari Market to know general health conditions such as blood pressure, pulse, diet, sleep quality, physical activity, cognitive and quality of life, and have the awareness to be able to maintain health to create an optimal quality of life. The importance of maintaining quality of life can affect daily activities so that the elderly in old age can be more productive. The method used in this activity is the method of examination and providing education to participants. The existence of this activity is expected so that the elderly can maintain and improve general health conditions such as blood pressure, pulse, diet, sleep quality, physical activity, and cognition so that the quality of life of the elderly can be maintained.

Keywords: Elderly, Health, Quality of Life, Market Trader

INTRODUCTION

A market is a place where traders and buyers meet to be able to make buying and selling transactions of goods for daily needs. Social relations that occur between buyers and traders become dominant, intense and occur directly in the market, especially between sellers and regular customers. According to a survey conducted by AC. Nielsen the number of traditional markets in Indonesia reached 1.7 million or about 73 percent of the total existing market.¹ The interaction that occurs between merchants and customers requires good physical health because a lot of energy is needed to be able to have interactive communication with buyers.

The same happened to traders in Denpasar's Kumbasari Market. Pasar Kumbasari, previously known as Pasar Priuk, is a traditional market located opposite Pasar Badung, with a small river separator. Unlike other shopping places, Kumbasari Market and Badung Market are known as places to shop for souvenirs that are quite complete, ranging from textiles, clothing, and crafts, to works of art at affordable prices. Kumbasari Market stands on an area of 6,230 square meters and has a long history. Kumbasari Market was built in 1977. Many Kumbasari Market traders depend on their main livelihood as traders. To meet the increasingly high needs of life, traders sell in the market. Often in addition to interactions that require sufficient energy, it is also caused by the increasingly high needs of the community, traders

do not know the time in selling in the market which can cause health complaints or health problems. Kumbasari market activities start early in the morning until morning, which is an activity to shop for various types of groceries. From 8 am to evening, activities to shop for various types of clothing needs and souvenirs typical of Bali. In the afternoon until early morning, it is a community activity to shop for various types of basic needs, such as groceries, spices, various types of sea fish, and so on.

Seeing the large number of traders in the market and the importance of market traders, it is undeniable that traders fall into the elderly category and also work productively as traders in the market. The condition of the elderly as market traders may experience health problems such as decreased physical abilities and other health problems that can affect the quality of life of the elderly. Based on the condition of the elderly, we checked the number of elderly who work actively as traders in Kumbasari Market as many as 20 people.

Elderly traders claim to often experience problems with their health. Based on the results of the interview, the health problems of elderly kumbasari market traders are complaints of musculoskeletal pain, dizziness, ulcers, and conditions such as hypertension. The elderly program in Denpasar also already has a program for the elderly and does not close opportunities for traders in the kumbasari market. However, market traders are reluctant to come because every day they have to do activities in the market, and even if they go home they feel exhausted and it is better to rest at home. Based on the results of a preliminary study conducted at the kumbasari market, it was found that most of the elderly experience complaints of dizziness, shoulder pain, low back pain, and knee pain especially during unfavorable weather, which makes them experience health problems.²

IMPLEMENTATION METHOD

This community service activity was carried out on Saturday, December 17, 2021. The method used in community service is by health examination asking complaints that are often felt, checking blood pressure, pulse, diet, sleep quality, physical activity examination, cognitive examination, and quality of life examination. This examination was carried out for 20 elderly traders at Kumbasari Market. The provision of proper education to elderly traders in Kumbasari Market is given after the examination and the results of the examination

RESULTS AND DISCUSSION

This activity took place on Saturday, December 17, 2021, when 20 elderly kumbasari market traders participated. Examination of the health condition of the elderly began at 10.00 am so as not to interfere with transaction activities in the market.

This activity was attended by 5 organizing committees, 2 from Physiotherapy lecturers and 3 student assistant members. These activities include general condition checks, blood pressure *checks with a sphygmomanometer*, *pulse rate* with oximetry, eating patterns with *a frequency of eating in 1 day*, *sleep quality measured by Pittsburgh sleep quality index*, *physical activity checks measured by the International Physical Activity Questionnaire Short-Form version (IPAQ-SF)*, cognitive examinations with *Mini-Mental State Examination* and *quality of life examination with WHOQOL-BREF* (World Health Organization Quality of

Life-BREF) and ended with the provision of education and home programs on the importance of maintaining a healthy body and improving quality of life.

This community service activity obtained age and gender data with the table below:

Table 1. Age and Gender

Age	Frequency	Percentage (%)
60 - 61	13	65
62 - 63	4	20
64 - 65	3	15
Gender	Frequency	Percentage (%)
Woman	16	80
Man	4	20
Total	20	100

Based on the age examination, it was found that the elderly were mostly in the age range of 60-61 years with a total of 13 (65%) respondents. This condition can be caused because at this age the period of entering retirement. Seniors entering retirement feel the need to return to work. In addition, the elderly who continue to work feel like and also need to keep working. At this age, it is not uncommon for the elderly to try to be able to increase productivity. This increase in productivity can be caused by economic needs and the need to stay active. The economic concept is concerned with meeting the needs of human life and society in general. This is what encourages them to try and develop themselves as the elderly.³

Based on the gender examination, it was found that the elderly were most in the female category with 16 (80%) respondents. Based on BPS data (2021), 2021 in Denpasar City in 2023, there are 366.9 more male genders than the female population, which is 359.7.⁴ Looking also at the data on the number life expectancy, dominant women have a greater life expectancy than men, this can occur because dominant women live longer than men, especially because of the higher risk of cardiovascular disease in men. The global average life expectancy for women is 71.1 years and for men only 67 years.⁵

This community service activity obtained the results of measuring blood pressure, pulse, diet, sleep quality, physical activity, cognitive, and quality of life according to the table below:

Table 2. Complaint Examination Results

Complaints	Frequency	Percentage (%)
Dizzy	6	30
Knee pain	2	10
Low back pain	2	10
Shoulder pain	4	20
No complaints	6	30
Total	20	100

In the results of the examination of elderly complaints of traders in the market most experienced complaints of musculoskeletal pain such as knees, waist, and shoulders obtained as many as 2 (10%) respondents for knee pain, 2 (10%) respondents for low back pain and 4

(20%) respondents who complained and conveyed the information. In addition, dizziness and no complaints were found by 6 (30%) respondents. Based on the data obtained, where the complaints felt by market traders in Kumbasari are most musculoskeletal pain and dizziness. The cause of complaints of pain in musculoskeletal can be caused by physical activity from the elderly which is relatively low whereas the activity of the elderly in the market is more dominant sitting and standing when serving customers. This condition can cause a decrease in muscle strength which can cause complaints of musculoskeletal pain.⁶ As for complaints of dizziness, this can occur because the elderly experience hypertension and hypotension conditions that can cause dizziness. In addition to hypertension or hypotension, dizziness can also be caused by the possibility that in life the elderly feel alone and no one encourages them, or the elderly experience protracted problems that can cause feelings of anxiety, fear, pressure, or anxiety.⁷

Table 3. Blood Pressure Test Results

Blood pressure	Frequency	Percentage (%)
Hypertension	2	10
Usual	14	70
Hypotension	4	20
Total	20	100

Based on blood pressure checks, the most elderly people in the normal category were found to be 14 respondents. This is also in line with research conducted by Paramurthi (2022) in a study journal on physical activity, blood pressure, and oxygen saturation in the elderly in Batubulan Kangin Village stating that higher physical activity can reduce the risk of hypertension.⁸ In addition to physical activity, sleep quality also affects the blood pressure of the elderly. Sleep has a huge effect on physical, mental, and emotional health and the body's immune system. People who lack sleep tend to be more susceptible to diseases, such as heart attacks, anemia, and high blood pressure.⁹

Table 4. Pulse Check Results

Pulse	Frequency	Percentage (%)
Tachycardia	0	0
Bradycardia	0	0
Usual	20	100
Total	20	100

On pulse examination, it was found that 20 elderly people were in a normal pulse. The pulse rate of elderly kumbasari market traders is classified as normal, this can be caused by traders in the kumbasari market not doing much activity that increases the pulse rate and the activities carried out are minimal. In line with the results of this community service, it was found that the physical activity of elderly traders in the kumbasari market was included in the category of medium and low activity.

Table 5. Dietary Examination Results

Diet	Frequency	Percentage (%)
1 time/day	2	10
2 times/day	6	30
3 times/day	12	60
<3 times/day	0	0
Total	20	100

The diet of elderly kumbasari market traders is dominant in eating 3 times a day, which is as many as 12 (60%) respondents. The diet of 3 times a day of elderly traders at the kumbasari market is to consume rice, vegetables, meat, and fruit. The diet of the elderly can be influenced by hunger or the calorie and energy needs of elderly traders in the kumbasari market. The more energy that comes out, the more food intake is needed. In addition, habits that have been applied in the past such as the habit of eating 3 times a day can be the cause of the elderly having a regular frequency of eating.

Table 6. Sleep Quality Check Results

Sleep Quality	Frequency	Percentage (%)
Good	16	80
Bad	4	20
Total	20	100

In the sleep quality examination, kumbasari market traders were dominant in good sleep quality, namely as many as 16 (80%) respondents. The quality of sleep of elderly kumbasari market traders is relatively good, this can be caused because the elderly themselves are tired enough to work in the market, and when the elderly sleep at night will become more sound.

Table 7. Physical Activity Examination Results

Physical Activity	Frequency	Percentage (%)
High	0	0
Moderate	6	30
Low	14	70
Total	20	100

In physical activity, the elderly are classified as a low category with a total of 14 elderly. This condition can occur due to low physical activity that can be done by elderly traders in the kumbasari market. The activities carried out are just standing and sitting while selling. Activities such as gymnastics and doing sports, it is rarely done because the elderly who sell at the kumbasari market have focused on selling. This causes the elderly can also experience musculoskeletal complaints.

Table 8. Cognitive Examination Results

Cognitive	Frequency	Percentage (%)
Usual	16	80
Probable cognitive impairment	4	20
Definite, cognitive impairment	0	0
Total	20	100

In the results of the cognitive examination of the elderly, it was found that as many as 16 (80%) elderly fell into the normal category. Cognitive in the elderly in the kumbasari market is most in the normal category where the abilities of the elderly in the kumbasari market such as orientation in time and place, registration, attention, calculation, recall, and language consisting of naming objects, word repetition, understanding and execution of verbal and written commands, writing, and copying pictures are still good to do. This condition sees the work of the elderly as a trader which requires the ability to remember the price of goods, calculate the number of sales and the amount of profit, communicate with customers, bargain, and communicate directly with customers which can cause the cognitive abilities of the elderly to be well maintained.

Table 9. Quality of Life Check Results

Quality of Life	Frequency	Percentage (%)
High	0	0
Moderate	20	100
Low	0	0
Total	20	100

The quality of life of elderly traders in Kumbasari Market is dominant in the medium category, which is as many as 20 (100%) respondents. This condition looks at various dimensions, namely the physical, dimensional, psychological, social relationship dimensions, and environmental dimensions. There is a physical dimension to the quality of life assessment where the problems of elderly traders in the dominant kumbasari market are musculoskeletal complaints and blood pressure that can cause complaints of dizziness. In addition, the dimensions of social, psychological, and environmental relationships can be influenced by the circumstances of each elderly. Good social relations occur among elderly kumbasari market traders where there is interaction with other traders, neighbors, children, grandchildren, and others. In addition, psychology can be influenced by stress, anxiety, fear, and motivation in the elderly.



Figure 1. Data Retrieval and Health Check
Source: Personal Documents

CONCLUSION

By conducting community service with the theme of health checks to improve the quality of life of the elderly, kumbasari market traders are expected to provide insight to the elderly who are still productive in selling in the market to always maintain their health, especially increasing physical activity such as to reduce musculoskeletal complaints and maintain the cardiovascular condition of the body. Sports that can be done such as elderly gymnastics or yoga. The results of this community service were obtained by the elderly experiencing dizziness and no complaints where as many as 6 respondents, normal blood pressure as many as 14 respondents, normal pulse as many as 20 elderly, the most sleep quality in the good category of 16 elderly, physical activity obtained by 14 elderly participants low activity, elderly cognitive in the normal category of 16 elderly and quality of life of elderly traders at Kumbasari Market Dominant in the medium category, which is as many as 20 respondents.

REFERENCES

- Sukarja, I. M. (2019). Stres Kerja dengan Kejadian Hipertensi Pada Pedagang Pasar Tradisional. *Jurnal Gema Keperawatan*, 12(1).
- Kresniari, N. K., Nuryanto, K., & Megayanti, S. D. (2022). Aktivitas Fisik Lansia di Wilayah Kerja Puskesmas I Denpasar Barat pada Masa Pandemi COVID-19. *Jurnal Riset Kesehatan Nasional*, 6(1), 54-60.
- Handayani, S. (2020). Bantuan Sosial bagi Warga Lanjut Usia di Masa Pandemi. *Journal of Social Development Studies*, 1(2), 61-75.
- Badan Pusat Statistik, Proyeksi Penduduk Provinsi Bali Menurut Jenis Kelamin dan Kabupaten/Kota (Ribu Jiwa), (2021). Bali: BPS Provinsi Bali
- Perempuan, K. P., Anak, P., & Statistik, B. P. (2018). *Pembangunan manusia berbasis gender*. Jakarta: Kementerian Pemberdayaan Perempuan dan Perlindungan Anak.
- Khomarun, K., Nugroho, M. A., & Wahyuni, E. S. (2014). Pengaruh aktivitas fisik jalan pagi terhadap penurunan tekanan darah pada lansia dengan hipertensi stadium I di Posyandu Lansia Desa Makamhaji. *Interest: Jurnal Ilmu Kesehatan*, 3(2).
- Makwa, D.J., Hidayati, E., Profesi, M.P. and Klinis, B.P., 2019. Relaksasi Untuk Mengatasi Stres Sehari-hari Pada Lansia. *Pros Temilnas XI IPII*, pp.20-1.

- Paramurthi, I. P., Negara, N. L. G. A. M., Prianthara, I. M. D., & Sarasdianthi, P. A. Studi Tentang Aktivitas Fisik, Tekanan Darah, Dan Saturasi Oksigen Pada Lansia Di Desa Batubulan Kangin.
- Moi, M. A., Widodo, D., & Sutriningsih, A. (2017). Hubungan gangguan tidur dengan tekanan darah pada lansia. *Nursing News: Jurnal Ilmiah Keperawatan*, 2(2).