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*The Correlation Between Independence Levels  
and The Efforts to Fulfill Personal Hygiene of  
Elderly in Panti Sosial Tresna Werdha (PSTW)  
Abiyoso Pakem Sleman Yogyakarta*

## **ABSTRACT**

Background: Entering elderly age, a person will experience many physical, mental and social declining. Elderly people will experience deterioration of the independence so that they will require help from others to meet their needs. Requirement that is usually overlooked is the personal hygiene which is one of the basic needs that must be met by every human being. Objective: The research aimed to determine the correlation between the level of independence and the fulfillment of personal hygiene of the elderly in PSTW Abiyoso Yogyakarta.

Methods: The method used was cross sectional survey with a sample of 49 respondents.

Outcome measure: The instrument used was a questionnaire. The data was processed by using the Spearman rank statistical test.

Results: The result showed that there was a correlation between the level of independence and the effort to fulfill the personal hygiene of the elderly in PSTW Abiyoso Yogyakarta, with the results' significant value = 0.001 ( $p < 0,05$ ).

Conclusion: there was a correlation between the level of independence and the effort to fulfill the personal hygiene of the elderly in PSTW Abiyoso Yogyakarta.

Keywords: elderly, independence, personal hygiene

## **INTRODUCTION AND OBJECTIVE**

The general condition of the elderly in Social Institutions Tresna Wredha (PSTW) Abiyoso unit is diverse, there is the desire itself, there are ushered the family, there are also brought by officers. The observation of some of the elderly, there are some elderly people who do not pay attention to cleanliness as nails look long, limp hair and there are dependent entirely on the officer, so the officer must know and understand about the basic human need, especially the elderly.

Abraham Maslow there are five basic needs which is based on human needs, including: physiological needs, safety and security needs, love and belonging needs, esteem needs and self-actualization needs. Physiological needs such as eating, bathing, drinking and other personal hygiene needs. This need is called the basic needs that if not met may cause a man to lose control or own behavior (Utami, 2012).

The everyday life of a man in desperate need of cleaning, because it is a very important thing that can affect a person's health and psychological. Cleanliness is influenced by individual values and habits. It was also strongly influenced by cultural, social, family, education, perception of one's health, as well as the level of development. Personal hygiene problem is usually overlooked and is often considered a trivial thing, but if it is left alone, can affect general health (Tarwoto, 2006). Elderly health is also influenced by the personal independence in managing hygiene, so the elderly are expected to have good independence. Expected independence is independence in its ability

to perform activities or tasks of daily alone or as little guidance in accordance with the stage of development (Budi, 2004). If the elderly already have a good self-sufficiency in managing personal health hygiene the elderly can be better.

## METHODS

The method used is cross-sectional, observational study is to determine a relationship between the degree of independence of the effort to fulfill the personal hygiene of the elderly. Sample used is 49, which meets the inclusion criteria ie elderly aged 60 years and over, not experience dementia and can communicate well. Data were collected by means of survey, using a questionnaire that had been tested the validity and reliability, then given directly to the respondents, as a measure of independence modify KATZ index which was accounted for by Siti Maryam and others in his book Know Your Elderly and Maintenance. As for personal hygiene questionnaire modified from the study Siregar. Analisis test performed using Spearman Rank test statistic.

## RESULTS AND DISCUSSION

The result showed that there was a correlation between the level of independence and the effort to fulfill the personal hygiene of the elderly in PSTW Abiyoso Yogyakarta, with the results' significant value = 0.001 ( $p < 0,05$ ).

The closeness of the relationship between the two variables is in the interval 0.40-0.70, which means the relationship between the degree of independence with personal hygiene fairly closely otherwise meaningful.

The research proves that there is a relationship between the degree of independence of the effort to fulfill the personal hygiene of the elderly in Social Institution (PSTW ) Abiyoso Yogyakarta with significance value  $0.001 < 0.05$ . According Tarwoto (2006 ) Personal hygiene is something that is very important and must be considered as it will affect a person's physical

and psychological health . Especially the elderly because the elderly will experience a decline in physical and psychological which will hamper the daily activities . So that the elderly need to strive for getting the attention they do not depend on other people and able to take care of themselves (self-contained), especially in maintaining personal hygiene .

Everyone has the same basic needs, although each have a background of social, cultural, parsepsi, and different knowledge. To meet basic human needs in accordance with the priority level of each. Basic needs that must be met is the basic requirement to the ultimate level of priority. Basic needs according to Abraham Maslow's physiological needs are the very basic needs, the most powerful and clear of the requirement is to survive physically. Humans will suppress kebutuhan so that basic needs are met (Utami , 2012) .

Elderly in PSTW Abiyoso can perform its own activities look more clean, neat and fragrant. While the elderly who require assistance in their activities less cleanliness . This concurs with Asmadi (2008) elderly who own their activities will be fulfilled all the basic needs. Various basic needs are constantly emerging, although the possibility does not appear in sequence . That is , there are some people with certain beliefs, the hierarchy of basic needs are different than others. Based on the fulfillment of basic human needs, it will be concluded about the quality of one's personality development. The higher a person's hierarchy of needs is satisfied, then the person is more optimal in achieving the degree of independence.

The function of the nurse is to help someone in healthy or sick to maintain health or healing or face kemantian quiet. The business can be done by the client if he is conscious, willed and strong enough, therefore the nurse was instrumental in independet client as a must-have capability. According to Potter & Perry (2005) Nursing in Henderson can be defined to help the sick and

healthy individuals in carrying out the activities that have contributed to the health and healing. Which the individual would be able to do without assistance when the patient has the strength, the will, and the knowledge needed and it is carried on by way of help regain their independence as soon as possible.

Humans will experience growth from growth and development in the life span. In carrying out the daily activities of individuals will become dependent from birth to become self-sufficient in adults can be affected by upbringing, environment and health. From these explanations Henderson nursing goal is to work independently with personnel and health care providers to help clients regain self-sufficiency as quickly as possible. Where human beings are regarded as perfect beings component bio, psycho, cultural and spiritual has fourteen basic needs.

### Factors Affecting Efforts Most Personal Hygiene Compliance

Results of logistic regression is known that the effort to fulfill personal hygiene is strongly influenced by the sex of each elderly who are in PSTW Abiyoso with significant value  $0.009 < 0.05$ . Women are more accustomed to keeping it clean myself because as a wife and a mother will definitely keep hygiene is also a husband and children and the women will move to because the mother will definitely prepare all household needs including those needed for her husband and her children. This concurs with the Darmojo Rina (2011) that there is a relationship between the sexes with a degree of independence of the elderly, elderly men have a greater dependence than women, and this will increase with age. Life in the family structure (family living arrangement) it can be seen that more women who left her husband to raise their children to succeed. Most of the male respondents who did not self occurs because male respondents who are unfamiliar with homework.

It is influenced by local tradition, where men are only tasked with finding a job that involves money while taking care of home and family is the responsibility of the wife as homemaker . It is very influential in his old age that resulted in elderly women are more prepared to face his old age who are used to move every day compared to elderly men. According Darmojo (2011) are the result of research that exposes that women more self-control than men , among other signs of male depression (men 43 % and women 42 % ) , showed behavior / bad tempers ( men 7.3 % and women 3.7 % ) , and irritability ( 17.2 % men and 7.1 % women ) . So it can be assumed that women are more prepared to deal with problems than men , because women are more able to deal with the problem of the men who tend to be more emotional.

### CONCLUSION

There was a correlation between the level of independence and the effort to fulfill the personal hygiene of the elderly in PSTW Abiyoso Yogyakarta.

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