

Behaviours (Cognitive, Affective and Psychomotor) among Patients with Gout Arthritis in Elderly

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Abstract

The phenomenon that occurs in the community at this time, many elderly gout arthritis as many as 41 of 61 elderly people in Posyandu Wonokromo Surabaya Indonesia who still complain of joint pain suddenly and stiffness in the joints that causes limited movement. This study aims to describe the behavior (cognitive, affective, and psychomotor) of patients with gout arthritis in the elderly. The design of this study uses descriptive research with cross sectional approach. The population in this study were 41 elderly with gout arthritis. The sample in this study were all elderly patients with gout arthritis, with a large sample of 41 respondents. Sampling with Total Sampling technique. This research instrument used a questionnaire and data analysis using descriptive statistics. The results showed that of 41 elderly people with gout arthritis almost half had low cognitive behavior (48.7%), almost half had moderate affective behavior (46%), and almost half had moderate psychomotor behavior (46%). The conclusion of the research is that the elderly who suffer from gout arthritis have low cognitive behavior, moderate affective behavior, and moderate psychomotor behavior. It is expected that all elderly people with gout arthritis, in order to always improve their ability and continue to shift information about the disease gout arthritis in order to improve health and change behavior (cognitive, affective, and psychomotor) to be high.

Keywords: Behaviours, Elderly, Gout Arthritis.

Introduction

Staying healthy and happy in old age is a challenge¹. Elderly tend to experience health problems caused by decreased function due to aging process, therefore the body will accumulate more metabolic and structural distortion called degenerative diseases². Degenerative diseases that are rapidly developing in the elderly present one of which is gout arthritis³. Elderly people with Gout arthritis should have a high level of cognitive, affective, and psychomotor behavior in their health. Eating a drink or high food purine (meat, nuts, organ meats, etc.) and a lack of physical activity (exercise) is a negative behavior

and harmful to the health of the elderly people with gout arthritis. In fact, in the community are found many elderly people who are gout arthritis who still consume drinks or food purine high and lazy activities. So many elderly Gout arthritis sufferers still complain of sudden joint pain (big toe joints, ankles, knees, elbows, wrists, and fingers), feel warm, and stiffness in the joints causing limited movement. Eating foods and high food purine and lazy activities is a habit that is bad for health as well as the incidence of gout arthritis disease in elderly in Indonesia tends to increase. Good health behavior in the elderly is required by each community to emphasize and decrease the incidence rate of gout arthritis⁴.

Gout is a term used for a group of metabolic disorders characterized by elevated uric acid concentrations (hyperuricemic). Gout or uric acid is a disease caused by the filling of the monosodium uric crystals in the body, causing joint pain called gout arthritis⁴. Common factors that because gout include lack of sleep, which can lead to lactic acid buildup. When sleeping, there is a breakdown of lactic acid in the body. If a person experiences

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adequate sleep, the decomposition of lactic acid in the body will be perfect. If a person experiences less sleep, lactic acid has not been perfectly described so that there is a buildup of lactic acid in the body. Buildup of lactic acid in the body can prevent the production of uric acid through urine. Outside factors can be consumption of food and beverages that can stimulate the formation of uric acid such as foods that have high protein levels including nuts, emping, Melinjo, chocolate, and Drink cola. Consuming food of high purine will cause increased levels of uric acid in the blood, which causes the occurrence of crystallization in the joints. Protein especially derived from animals can increase the levels of uric acid in the blood including the liver, kidneys, brain, lung, and Spleen (Helmi, 2012). It affects the daily activities of the elderly^{5,6}.

Health research data in east Java province states that 32.7% of joint diseases cause insecurity in the elderly⁷. Based on the initial data retrieval conducted by the researchers on 03 December 2019, in Wonokromo, Surabaya. There is elderly who suffer from gout arthritis disease which is as much as 41 from 61 elderly. The

phenomenon obtained by researchers from interviews in elderly people with gout arthritis, that the behavior of health is still low because the elderly in RW. 05 Wonokromo Surabaya is rarely get information about Gout arthritis disease and low education level. Efforts that can be made to overcome gout arthritis is to change the behavior. Behavior is complex, including cognitive, affective and psychomotor⁸. The purpose of this research was identifying cognitive, affective, and psychomotor behaviors in the elderly with gout arthritis.

Method

The design of this research uses descriptive research with cross sectional approaches. The population in this study is elderly people with a gout arthritis of 41 elderly. The samples in this study were all elderly sufferers of gout arthritis, with large samples of 41 elderly sufferers of gout arthritis. Sampling with Total Sampling techniques. This research instrument uses questionnaires and data analysis using descriptive statistics. The research variables used are behaviors (cognitive, affective, and psychomotor) sufferers of gout arthritis in elderly.

Results

Table 1. Demographic characters of respondents.

Socio-demography	Category	N	%
Age (years old)	45-59	4	7.3
	60-74	25	61
	75-90	13	31.7
Gender	Male	11	26.8
	Female	30	73.2
Education level	Basic	36	88
	High	5	12
Information about gout arthritis	Ever	15	37
	Never	26	63

Table 2. Behaviours (cognitive, affective, and psychomotor) among patients with gout arthritis in elderly.

Variables	Category	Frequency	Percentage (%)
Cognitive	High	3	7,3
	Middle	18	44
	Low	20	48,7
Affective	High	7	17
	Middle	19	46
	Low	15	37

Variables	Category	Frequency	Percentage (%)
Psychomotor	High	6	15
	Middle	19	46
	Low	16	39

Discussion

Behavior (Cognitive): The results of Table 1 study showed that from 41 elderly people with gout arthritis, almost half (48.7%) Elderly Gout arthritis sufferers have low cognitive behaviors. This is demonstrated by the result of recapitulation of data from the Cognitive Questionnaire positive Statement (knowledge and understanding) Number 1, 2, 3, (application) Number 5, (analysis) number 7, (synthesis) Number 10, and (evaluation) Number 11 almost half the elderly sufferers Gout arthritis replied “Disagree”, in accordance with the statement of researchers supposedly elderly people gout arthritis replied “Agree”. Supported by the theory that Gout arthritis is a disease caused by the saving of the monosodium vein in the body, causing joint pain characterized by the presence of redness and feeling hot [8]. Gout arthritis disease can be caused by eating habits of high food purine (beans, melinjo, organ meats) and high-alcoholic beverages (drinks containing alcohol)⁸. Elderly people with Gout arthritis is easy injuries [9], therefore every exercise should be warming up first. If the elderly lifestyle sufferers Gout arthritis well, then the low risk of complications occurs. Eating nutritious food, regular exercise is a behavior with respect to the improvement and maintenance of elderly health patients with Gout arthritis^{1,9}.

While on the negative statement (knowledge and understanding) Number 4, (application) Number 6, (analysis) number 8, (synthesis) Number 9, and (evaluation) number 12 almost half the elderly patients Gout arthritis answered “agree”, in accordance with the statement of researchers should elderly people gout arthritis answered “disagree”. Supported by the theory of Fitriana (2015) The endurance of one’s body grows increasingly declining, so that gout arthritis disease is largely suffered by the elderly. The physical and mental health condition of a person affects the health condition of the body, because when a person suffers from a disease there will be mental health decreases (stress) so it can cause new illness or complications¹⁰.

Behavior (Affective): Based on table 1 shows

that of 41 elderly sufferers of gout arthritis, almost half (46%) Have moderate affective behavior. It is indicated by the recapitulation of the data from the affective questionnaire of positive statements (understanding) Number 2, (participation) Number 3, (assessment/determination of Attitude) Number 5, (organization) Number 7, and (the formation of living patterns) Number 9, 10, 12 almost half of the sufferer Gout arthritis in the elderly answered “disagree”, in accordance with the statement researchers should be gout arthritis in elderly answered “agreed”. The elderly experienced a variety of physical and mental changes. Spiritual development in the elderly, among other developments achieved at this level elderly can think and act by giving examples of ways of loving and giving justice. In the elderly there are also changes that require themselves to adapt continuously. If the process of adjusting yourself with the environment is less successful, it will arise problems. The problems and individual reactions to him will vary greatly depending on his personality. The elderly will be pleased when participating in activities held in the elderly Posyandu, because when attending the activities, the elderly can find and observe a variety of new things such as the counseling or sports together. Elderly often feel unconfident in conveying complaints of illness suffered, with the activity can help elderly in presenting related problems or diseases suffered today, so that at home elderly already know what things to obey.

While on the negative statement (understanding) Number 1, (participation) Number 4, (assessment/determination of Attitude) Number 6, (organization) Number 8, and (the formation of living patterns) Number 11 Almost half of the sufferer Gout arthritis in the elderly answered “agree”, in accordance with the statement researchers should be gout arthritis in elderly replied “disagree”. The elderly thinking process is easy to change, so it can be known when the elderly suffers from a disease of a love by people around then the elderly will feel disliked and the elderly are not interested in responding, because the elderly think that he has felt capable in the problems that he suffered. Elderly are also subjected to changes in sensory system especially

in vision, when observing elderly images/objects often have errors in the meaning of them¹¹.

Assessment of affective behavior can be seen through the observation method and interviews in patients directly about the appearance, speech, nature of feelings, perception, and others. The decline in the affective behavior will be evident in the elderly (over 60 years). The above theory is in line with the research results showing that 25 respondents (61%) That is 60-74 years old, decreased affective behavior showed slow speech, motor activity: Tick and lethargic and natural feelings of fear and sadness but the affect shown flat. Based on cross-tabulation results between the ages and the most affective behavior (60%) Early age groups (60-64 years) are in medium category. The opinions are also similar in line with those found by Islamic Guidance and Counseling who conducted research at the Tresna Werdha (BPSTW) Protection Hall of Ciparay Bandung, finding some elderly aged over 60 years experiencing decreased affective behavior such as feelings of sadness and fear in the face of diseases that he suffered.

Nurses play an important role in providing teaching or understanding to the elderly about the importance of maintaining mental health in connection with the decline of affective behavior, so that the elderly do not suffer from impaired affective functions such as feelings of sadness and fear during the illness of Gout arthritis. Thus, the elderly will achieve a good degree of mental health in his old age and have high affective behavior

Behavior (Psychomotor): According to table 1 shows that of 41 elderly people with gout arthritis almost half (46%) of moderate psychomotor behavior. This is demonstrated by the recapitulation of the data from the psychomotor questionnaire of positive statements (perception and readiness) of number 2, 3, (guided movements and accustomed movements) number 4, (complex movements) number 7, (Adjustment of movement patterns) number 8, and (creativity) Number 11 almost half the elderly patients Gout arthritis replied "Never", according to the statement of researchers supposedly elderly people gout arthritis answered "always". However, from the positive aspects (creativity) Number 10 almost half the elderly people who gout arthritis answered according to the researcher's statement "always". The elderly is a human life cycle that must be experienced by everyone. In fact, at this time, each time the word "elderly" in mind is a person who is

helpless, and has many health complaints [6], one of the many elderlies who suffer from the disease gout arthritis. The elderly not only as a person who is repossessed and respected, but also serves as an agent of change in the family environment and the surrounding community in creating a healthy family, by utilizing the experience already possessed and enriched with the provision of appropriate health knowledge. The elderly undergoes a change in the musculoskeletal system which is reduced muscle mass and strength such as the strength of hand grasping and foot strength. The risk factor is reduced muscle strength, flexibility and coordination, the limited range of joint motion, increased risks of falling and fracture, therefore the motion pattern in elderly people with Gout arthritis is very limited and the food consumed is limited (should not consume foods high in Purine). Elderly Gout arthritis sufferers are recommended for regular exercise in accordance with the pattern of motion to train the strength of muscles so as not to experience stiffness and reduce pain in the joints^{8,9}.

While the negative statements (guided movements and accustomed movements) number 5, (complex movements) number 6, and (adjustment of movement patterns) Number 9 Almost half the elderly people gout arthritis answered "always", should be in accordance with the statement of elderly researchers Gout arthritis replied "never". However, from the negative aspects (perception and readiness) to number 1, and (creativity) number 12 Almost half the elderly Gout arthritis sufferers answered according to the researcher's statement "never". Elderly who are still able to do gymnastics and road moves together, show that a healthy elderly. This signifies that in young times the pattern of life is also certainly healthy. Healthy living should start since young ". exercise is a pattern of motion that must be done routinely by elderly people who are gout arthritis. There is some exercise that can be done by elderly gout arthritis sufferers; Light gymnastics, keep the joints flexible and easy to move to reduce stiffness¹². Also, warm compress can reduce pain in joints¹³. Yoga, very beneficial for elderly people with gout arthritis can help increase muscle strength and flexibility of the body. Tai-chi, to enhance and maintain muscle strength without the need to use weights. Stretching or stretching, will help the flexibility as well as muscle strength. Regular walking, will get better health, not only burn calories but walking can also strengthen muscles without having to torture joints^{12,14}.

Conclusion

In this study we revealed that (1) elderly people with Gout arthritis almost half has cognitive behavior in the low category in the Posyandu Rekso Werdho V Wonokromo Surabaya; (2) elderly people who have gout arthritis nearly half have affective behavior in the category of being in the Posyandu Rekso Werdho V Wonokromo Surabaya; and (3) elderly people with Gout arthritis almost half has psychomotor behavior in the category of moderate in the Posyandu Rekso Werdho V Wonokromo Surabaya.

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