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Penulis : Chilyatiz Zahroh, Asmaul Faujiyah, Ima Nadatien, Yasi Anggasari, Nur Ainiyah, Siti Nurjanah

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behavior among people with gout arthritis

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BEHAVIOURS (COGNITIVE, AFFECTIVE, AND PSYCHOMOTOR) AMONG PATIENTS WITH GOUTH ARTHRITIS IN ELDERLY

Asmaul Faujiyah¹, Chilyatiz Zahroh², Ima Nadatien³, Yasi Anggasari⁴

Faculty of Nursing and Midwivery, Universitas Nahdlatul Ulama Surabaya
E-mail: chilyatiz@unusa.ac.id

Abstract

The phenomenon that occurs in the community at this time, many elderly gouth arthritis as many as 41 of 61 elderly people in Posyandu Rekso Werdho V Wonokromo Surabaya 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 gouth 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 gouth arthritis. The sample in this study were all elderly patients with gouth arthritis, with a large sample of 41 elderly people with gouth arthritis. 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 gouth 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 gouth arthritis have low cognitive behavior, moderate affective behavior, and moderate psychomotor behavior. It is expected that all elderly people with gouth arthritis, in order to always improve their ability and continue to shift information about the disease gouth arthritis in order to improve health and change behavior (cognitive, affective, and psychomotor) to be high.

Keywords: Behavior, Cognitive, Affective, Psychomotor, Gouth Arthtitis

Introduction

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 diseases (Anies, 2018). Degenerative diseases that are rapidly developing in the elderly present one of which is gouth arthritis. Elderly people with Gouth arthritis should have a high level of cognitive, affective, and psychomotor behaviour in their health. Eating a drink or high food purin (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 gouth arthritis. In fact in the community are found many elderly people who are gouth arthritis who still consume drinks or food purin high and lazy activities. So many elderly Gouth 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 purin and lazy activities is a habit that is bad for health as well as the incidence of gouth arthritis disease in elderly in

Indonesia tends to increase. Good health behaviour in the elderly is required by each community to emphasize and decrease the incidence rate of gouth arthritis (Anies, 2018).

Gouth is a term used for a group of metabolic disorders characterized by elevated uric acid concentrations (hyperuricemia). Gouth or uric acid is a disease caused by the filling of the monosodium uric crystals in the body, causing joint pain called Gouth arthritis (Fitriana, 2015). Common factors that use 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 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 (Sudoyo, 2014). 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 crystalliation 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).

Based on the initial data retrieval conducted by the researchers on 03 December 2019, in RW. 05 Wonokromo Surabaya There are elderly who suffer from gouth arthritis disease which is as much as 41 from 61 elderly. The phenomenon obtained by researchers from interviews in elderly people with gouth arthritis, that the behavior of health is still low because the elderly in RW. 05 Wonokromo Surabaya is rarely get information about Gouth arthritis disease and low education level.

The purpose of this research is (1). Identifying cognitive behaviors of people with gouth arthritis in the elderly in the Posyandu Rekso Werdho V Wonokromo Surabaya, (2). Identifying the affective behavior of people with gouth arthritis in the elderly in the Posyandu Rekso Werdho V Wonokromo Surabaya, (3). Identifying psychomotor behavior of people with gouth arthritis in the elderly in the Posyandu Rekso Werdho V Wonokromo Surabaya

Method

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

Result

Table 1 Behaviours (Cognitive, Affective, And Psychomotor) Among Patients With Gouth Arthritis In Elderly

No.	Variables	Category	Frekuensi	Persentase (%)
	Perilaku Kognitif	Tinggi	3	7,3

	Sedang	18	44
	Rendah	20	48,7
Perilaku afektif	Tinggi	7	17
	Sedang	19	46
	Rendah	15	37
Perilaku psikomotor	Tinggi	6	15
	Sedang	19	46
	Rendah	16	39

Discussion

Behavior (Cognitif)

The results of Table 1 study showed that from 41 elderly people with gouth arthritis, almost half (48.7%) Elderly Gouth 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 Gouth arthritis replied "Disagree", in accordance with the statement of researchers supposedly elderly people gouth arthritis replied "Agree". Supported by the theory of Fitiriana (2015) that Gouth 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. Gouth arthritis disease can be caused by eating habits of high food purin (beans, Melinjo, organ meats) and high-alcoholic beverages (drinks containing alcohol). Elderly people with Gouth arthritis are easy injuries, therefore every exercise should be didahui with heating first. If the elderly lifestyle sufferers Gouth arthritis Well, then the low risk of his complications occur. Eating nutritious food, regular exercise is a behavior with respect to the improvement and maintenance of elderly health patients with Gouth arthritis.

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 Gouth arthritis answered "agree", in accordance with the statement of researchers should elderly people gouth arthritis answered "disagree". Supported by the theory of Fitriana (2015) The endurance of one's body grows increasingly declining, so that gouth 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 complications.

Behavior (Affective)

¹ Based on table 1 shows that of 41 elderly sufferers of gouth arthritis, almost half (46%) Have moderate affective behaviour. 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 Gouth arthritis in the elderly answered "disagree", in accordance with the statement researchers should be gouth arthritis in elderly answered "agreed". Supported by Sunaryo theory, DKK (2016) 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 Gouth arthritis in the elderly answered "agree", in accordance with the statement researchers should be gouth arthritis in elderly replied "disagree". Supported by the theory of Sunaryo, et al (2016) that the elderly thinking process is easy to change, so it can be known when the elderly suffer 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 them.

Assessment of affective behaviour can be seen through the observation methods and interviews in patients directly about the appearance, speech, nature of feelings, perception, and others. The decline in the affective behaviour will be evident in the elderly (over 60 years) (Directorate of Family Resilience and vulnerable community of BKKBN, 2012). 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: Tik and lethargic and natural feelings of fear and sadness but the Aphek 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 Gouth 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 gouth arthritis almost half (46%) of moderate psychomotor behaviour. 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 Gouth arthritis replied "Never", according to the statement of researchers supposedly elderly people gouth arthritis answered "always". However, from the positive aspects (creativity) Number 10 almost half the elderly people who gouth arthritis answered according to the researcher's statement "always". Supported by

Octavian's theory (2014) 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, one of the many elderly who suffer from the disease gouth 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 undergo 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 Gouth arthritis is very limited and the food consumed is limited (should not consume foods high in Purin). Elderly Gouth 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.

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 gouth arthritis answered "always", should be in accordance with the statement of elderly researchers Gouth arthritis replied "never". However, from the negative aspects (perception and readiness) to number 1, and (creativity) number

12 Almost half the elderly Gouth arthritis sufferers answered according to the researcher's statement "never". It is also supported by the statement of the Secretary General of the Ministry of Health, Dr. Untung Suseno Sutarjo, M. Kes. "Fathers and mothers who are still able to do gymnastics and road moves together, show that Mr. and Mrs. include a healthy elderly. This signifies that in young times the pattern of life is also certainly healthy. Healthy living should start since young ". According to Nugroho (2008) in Sunaryo, DKK (2016) Sports is a pattern of motion that must be done routinely by elderly people who are gouth arthritis. There are some sports that can be done by elderly gouth arthritis sufferers; Light gymnastics, keep the joints flexible and easy to move to reduce stiffness. Yoga, very beneficial for elderly people with gouth arthritis can help increase muscle strength and flexibility of the body. Taichi, 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.

Conclusion

(1). Elderly people with Gouth arthritis almost half have cognitive behavior in the low category in the Posyandu Rekso Werdho V Wonokromo Surabaya, (2). Elderly people who have gouth arthritis nearly half have affective behavior in the category of being in the Posyandu Rekso Werdho V Wonokromo Surabaya, (3). Elderly people with Gouth arthritis almost half have psychomotor behaviour in the category of moderate in the Posyandu Rekso Werdho V Wonokromo Surabaya

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