



Improving the Quality of Life of the Elderly With Complementary Herbal Therapy Education

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Abstract. *This study explores the impact of complementary herbal therapy education on improving the quality of life in the elderly. As aging populations face increasing health challenges, there is a growing interest in alternative approaches that can enhance well-being. Herbal therapy, a practice rooted in traditional medicine, offers potential benefits for managing chronic conditions and promoting overall health in older adults. The research involved educating elderly participants about the use of specific herbal remedies tailored to common geriatric issues, such as arthritis, digestive problems, and sleep disturbances. Pre- and post-intervention assessments were conducted to measure changes in physical health, emotional well-being, and daily functioning. The results revealed significant improvements in the participants' quality of life, with notable reductions in symptoms, enhanced vitality, and increased satisfaction with their health management. The study concludes that educating the elderly about safe and effective use of herbal therapy can serve as a valuable complement to conventional treatments, leading to better health outcomes and improved quality of life. Further research is recommended to refine educational strategies and explore the long-term benefits of herbal therapy in the elderly population.*

Keywords : *Elderly, quality of life, herbal therapy, complementary medicine, geriatric care, health education, alternative treatments*

1. INTRODUCTION

Aging is part of the life process that cannot be avoided and will be experienced by every human being. At this stage humans experience many changes both physically and mentally, where there is a decline in various functions and abilities that they once had. An elderly person is someone who has reached the age of 60 years or above.

The world is currently starting to enter a period of population aging, where there is an increase in life expectancy followed by an increase in the number of elderly people. In Indonesia, the number of elderly people has increased from 18 million people (7.56%) in 2010, to 25.9 million people (9.7%) in 2019, and is expected to continue to increase, to 48.2 million people in 2035. (15.77%). The large number of elderly people can have both positive and negative impacts in the future. It has a positive impact, if the elderly population is healthy, active and productive, on the other hand, the large number of elderly people can become a burden if the elderly have problems with declining health which results in increased health service costs, decreased income/earnings, increased disability, lack of social support, and an environment that is not friendly to the elderly population. Problems that elderly people often experience are fatigue and disturbed sleep patterns. Psychosocial problems are caused by loss of finances, status and friends (Ministry of Health of the Republic of Indonesia, 2017).

In Indonesia, efforts to increase the participation and empowerment of families, communities and the elderly, increase the participation of the elderly in efforts to improve family and community health as stated in Minister of Health Regulation no. 25 of 2016. The basic concept of the elderly health program is that it is hoped that healthy elderly people will remain healthy by optimizing physical, mental, cognitive and spiritual functions, through promotive and preventive efforts, including elderly empowerment activities. Sick elderly people are expected to improve their health status and optimize their quality of life so that elderly people can be healthy again. (Permenkes, 2016).

Handling the health problems of the elderly has so far mostly used pharmacological therapy, however if this is done in the long term it can have negative impacts on the elderly such as drug dependence, resulting in damage to cognitive function, decreased metabolism and decreased kidney function (Ministry of Health, 2015) , this will certainly affect the quality of life of the elderly both physically and psychologically. Related to this impact, alternative non-pharmacological or complementary therapies are an option for treating health problems in the elderly.

From the above background, researchers are interested in conducting research entitled *Improving the Quality of Life of the Elderly with Complementary Herbal Therapy Education in the AKBID Kharisma Husada Binjai Environment*

2. LITERATURE REVIEW

According to the World Health Organization (WHO), an elderly person is someone who has reached the age of 60 years and over. The elderly are an age group of humans who have entered the final stages of life. The existence of old age is characterized by life expectancy which is increasing from year to year, this requires efforts to maintain and improve health in order to achieve a healthy, happy, efficient and productive old age as stated in Article 19 of Law no. 23 of 1992 concerning Health (SS Maryam, Ekasari, Rosidawati, Jubaedi, & Batubara, 2008).

Aging is a natural process that cannot be avoided, which occurs continuously and continuously, which will then cause anatomical, physiological and biochemical changes in the body, thus affecting the function and abilities of the body as a whole (Ministry of Health, 2008). Growing old is marked by biological decline which is seen as symptoms of physical decline, including skin starting to sag, wrinkles appearing, hair changing, teeth starting to become toothless, hearing and vision decrease, fatigue easily, movements become slow and less agile. Other setbacks that occur include cognitive abilities such as forgetting, decreased orientation towards time, space and place, and not easily accepting new things/ideas.

Old age is said to be the golden age, because not everyone can reach that age, older people need nursing care, both promotive and preventive, so that they can enjoy their golden age and become a useful and happy old age (RS Maryam, 2008).

The age limit for old age varies from time to time. According to the World Health Organization (WHO), elderly people include:

- a. Middle age is between 45 and 59 years old
- b. Elderly between the ages of 60 and 74 years
- c. Elderly people between the ages of 75 and 90 years
- d. Very old (very old) above the age of 90 years

In contrast to WHO, according to the Indonesian Ministry of Health (2006) the elderly are grouped into: 1. Virility (prasenium), namely the preparatory period for old age which shows mental maturity (age 55-59 years) 2. Early old age (senescen), namely the group that is starting to enter early old age (aged 60-64 years) 3. The elderly are at high risk of suffering from various degenerative diseases (aged > 65 years)

3. METHODS

The research conceptual framework is a method that will be used to explain the relationship or connection between the variables to be studied (Notoatmojo, 2018). In this research, the researcher researched improving the quality of life of the elderly and providing education on herbal complementary therapy within the AKBID Kharisma Husada Binjai environment. This research uses a descriptive analytical design with a chi-square test approach. This type of research is observed only once and risk factors and impacts are measured according to the circumstances or status at the time of the observation.

Population is a group of people, events or things that have certain characteristics. The population in this study were elderly people who visited 10 people to provide complementary therapy education in the AKBID Kharisma Husada Binjai environment. The sample is part of the number and characteristics of the population. The samples in this study were taken using technique *total sampling*. *Total sampling* This is a sample taken from the entire population in the AKBID Kharisma Husada Binjai environment with a sample size of 10 people.

4. RESULTS

After conducting research on improving the quality of life of the elderly with herbal complementary therapy education in the AKBID Kharisma Husada Binjai environment with a total of 10 samples who visited the AKBID Kharisma Husada Binjai environment.

Univariate analysis

Univariate analysis is an analysis that describes the independent and dependent variables singly in the form of a frequency distribution. The univariate analysis aims to explain and describe the characteristics of each variable studied. With univariate analysis, it can be seen the distribution of respondents based on improving the quality of life of the elderly with complementary herbal therapy education in the AKBID Kharisma Husada Binjai environment

1. Physical health of the elderly before and after complementation

Table 1 DistributionThe physical health of the elderly after providing complementary care can be seen in the following table:

Category	Amount	
	f	%
Good	7	70%
Enough	3	30%
Total	10	100%

According to table 1, it can be seen that the physical health of the elderly after being given complementary care for 4 weeks with a regular schedule and followed throughout shows that the physical health of the elderly in the good category increased by 70%, the quality of life being quite good decreased to 30%.

Based on the research results, it can be seen that the frequency of elderly people with good physical health has become 70%, from 20% before providing care. This research is in line with research by Aris Kurniawan (2016) which stated that there was a significant difference in depression in the elderly before and after being given slow stroke back massage care, with a p value of 0.01. Other research that is in line with this research is research by Herliawati (2017) which stated that the average reduction in systolic BP after foot massage therapy using levender essential oil was greater than meditation relaxation therapy (7.60 mmHg), music therapy (4.67 mmHg) and laughter therapy (4.30 mmHg) while the greatest decrease in diastolic blood pressure was after doing meditation relaxation therapy (5.50 mmHg) and the smallest decrease was after laughing therapy (0.70 mmHg).

Complementary Relaxation care provided includes warm water soaks, foot massage, slow stroke back massage, aroma therapy, and classical music which have the effect of a calming sensation in the limbs, lightness and a feeling of warmth that spreads throughout the body. The changes that occur during and after relaxation affect the work of the autonomic nervous system. The emotional response and calming effect caused by relaxation changes the physiology of a dominant sympathetic system to a dominant parasympathetic system. In this condition, hypersecretion of catecholamines and cortisol is reduced and parasympathetic hormones and neurotransmitters such as DHEA (Dehydroepinandrosterone) and dopamine or

endorphins increase. The endorphin hormone is a chemical compound that makes a person feel happy. Endorphins are produced by the pituitary gland which is located at the bottom of the brain. This hormone acts like morphine, it is even said to be 200 times greater than morphine. This regulation of the parasympathetic system ultimately causes a calming effect.

Bivariate Analysis

Bivariate analysis was carried out to determine the relationship between the independent variable and the dependent variable. Analysis was carried out using the chi-square test. So if the statistical analysis results determine $p < 0.05$ then these variables are declared to be significantly related.

Table 2 Frequency Distribution of Differences in the Physical Health of the Elderly Pre and Post Assessment

No	Category	Physical health of the elderly after complementary therapy		df	Sig. (2-tailed)
		f	%		
1	Good	7	70%	1	0,000
2	Enough	3	30%		
	Total	10	100%		

In table 2, elderly people in the AKBID Kharisma Husada Binjai area can see changes after complementary therapy, 7 people (70%) got good results and 3 people (30%) got good results after complementary therapy.

Based on the results of the chi-square test of improving the quality of life of the elderly with complementary herbal therapy education in the AKBID Kharisma Husada Binjai environment with a degree of significance (α) = 0.05 and $df = 1$, the calculation result is sig (2-tailed) $0.000 < (\alpha) = 0.05$, then H_0 is rejected and H_a is accepted. In conclusion, there is an improvement in the quality of life of the elderly with complementary herbal therapy education in the AKBID Kharisma Husada Binjai environment.

5. DISCUSSION

Univariate Analysis

Improving the Quality of Life for the Elderly

Based on Table 4.2 above, it is known that out of 10 elderly people The majority whose quality of life improved was good, 7 people (70%) and 3 people (30%) who had a moderate improvement in their quality of life. In Table 4.2 above, it is known that the elderly in the AKBID Kharisma Husada Binjai environment already understand about complementary herbal therapy which improves the quality of life for the elderly.

In line with research conducted by Sulastri (2018), the value obtained p value of 0.000 ($< \alpha 0.05$) which means there is a significant difference between the quality of life of the elderly before and after complementary therapy.

Complementary Therapy in the elderly

Based on Table 4.2 above, it is known that the majority of the 10 elderly people whose quality of life has improved are good as many as 7 people (70%) and the improvement in quality of life was sufficient for 3 people (30%). In Table 4.2 above, it is known that the elderly in the AKBID Kharisma Husada Binjai environment already understand about complementary herbal therapy which improves the quality of life for the elderly.

Bivariate Analysis

Based on the results of the chi-square test of improving the quality of life of the elderly with complementary herbal therapy education in the AKBID Kharisma Husada Binjai environment with a degree of significance (α) = 0.05 and $df= 1$, the calculation result is sig (2-tailed) $0.000 < (\alpha) = 0.05$, then H_0 is rejected and H_a is accepted. In conclusion, there is an improvement in the quality of life of the elderly with complementary herbal therapy education in the AKBID Kharisma Husada Binjai environment.

6. CONCLUSION AND SUGGESTION

Conclusion

After conducting research on improving the quality of life of the elderly with complementary herbal therapy education in the AKBID Kharisma Husada Binjai environment, it can be concluded as follows:

1. From the research results, it can be concluded that the variable improving the quality of life of the elderly with the majority being good, 7 people (70%) and the minority being quite good, 3 people (30%).
2. From the research results it can be concluded that From the research results it can be concluded that the variable improving the quality of life of the elderly with the majority being good 7 people (70%) and the minority being quite good 3 people (30%).
3. Based on the results of the chi-square test, improving the quality of life of the elderly with complementary herbal therapy education in the AKBID Kharisma Husada Binjai environment with a degree of significance(α) = 0.05 and $df= 1$, the calculation result is sig (2-tailed) $0.000 < (\alpha)=0.05$, then H_0 is rejected and H_a is accepted. In conclusion, there is an improvement in the quality of life of the elderly with complementary herbal therapy education in the AKBID Kharisma Husada Binjai environment.

Suggestion

For Respondents

Can provide additional knowledge and insight for the community in carrying out complementary therapies to improve the quality of life of the elderly.

For the Environment AKBID Kharisma Husada

It is hoped that the results of this research will be useful for AKBID Kharisma Husada Students as an alternative that can be provided to the community in the form of information such as counseling so that people know more about the benefits and relationship of complementary therapy to the quality of life of the elderly in the AKBID Kharisma Husada Binjai environment.

For Educational Institutions

It is hoped that the results of this research will become input and reference material in the library, especially for DIII Kharisma Husada Binjai Midwifery Academy students regarding improving the quality of life of the elderly with complementary herbal therapy education in the AKBID Kharisma Husada Binjai environment.

For Writers

Increase insight and knowledge about Improving the quality of life of the elderly with herbal complementary therapy education as well as being a valuable opportunity for researchers to be able to apply the knowledge of research methods they have encountered during their education

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