
LEVEL OF SOCIAL ENGAGEMENT IN THE SUCCESS OF THE ELDERLY POSYANDU PROGRAM IN INDONESIA

Nurul Hidayati¹, Sudarmo², Rutiana Dwi Wahyunengseh³

Universitas Sebelas Maret, Jawa Tengah, Indonesia

nurulhid026@gmail.com

ABSTRACT

The elderly population is an inevitable stage of life that everyone will experience. In Indonesia, the health issues faced by the elderly require the attention and readiness of society, experts, and the government. This research aims to analyze the level of social engagement in the success of the elderly Posyandu program in Indonesia. Qualitative and library research methods are employed. The narrative method is used to analyze the literature, with secondary data collected from databases such as Scientific Direct and Scholar. Results: Initially, 2700 research studies and articles were identified from the databases. After screening for publication year, duplicate titles, and abstracts, 10 research studies were selected. The criteria for the articles or journals focused on social engagement, elderly, and healthcare services. The findings of the research highlight three main points: (1) supporting factors in implementing the elderly Posyandu program, such as community outreach and ensuring adequate facilities, (2) involvement of various services including preventive, curative, rehabilitative, and promotive programs, and (3) the importance of social engagement, which involves active participation of the elderly and receiving emotional and social support from family and the community. Social engagement programs for elderly Posyandu in major cities have shown positive outcomes. Active involvement of the elderly, support from family and the community, improved accessibility, information and education, and emotional support are key factors contributing to the program's success. Based on these successful outcomes, this study recommends the participation of Posyandu in social engagement program activities in other major cities.

Keywords: social engagement, elderly, health services.

Corresponding Author: Nurul Hidayati

Email: nurulhid026@gmail.com



INTRODUCTION

The World Health Organization (WHO) explains that in the Southeast Asia region, the elderly population is 8% or around 142 million. The number of elderly people in Indonesia is expected to continue to grow by around 450,000 people per year; thus, by 2025, the number of elderly people in Indonesia will reach 34.22 million people (Ariani & Suryanti, 2019). Provinces with the highest proportion of elderly people in Indonesia are the Special Region of Yogyakarta (12.37%), Central Java (12.34%), and East Java (11.66%). Yogyakarta alone has 535,568 elderly people, while Bantul Regency is one of the regencies in the Special Region of Yogyakarta, which has the 2nd largest number of elderly people, namely 162,321 elderly. The number of elderly who received health services was 49,893 (30.74%) of the total number of elderly (Ministry of Health, 2014).

The Elderly is a normal development stage in the life cycle and experiences various physical, psychological and social declines. Health problems faced by the elderly in Indonesia require alertness and readiness from the community, experts and the government (Djamhari et al., 2020). One of the challenges in dealing with elderly health problems is the lack of sufficient information about health

problems often faced by the elderly. This can result in a lack of public awareness about the importance of special attention to the health of the elderly.

In addition, the absence of an agency or institution that specifically studies and researches the health problems of the elderly is also an obstacle to handling this problem (Widyakusuma, 2013). The lack of organizational guidelines governing elderly health problems can hinder coordinated treatment efforts. In dealing with elderly health problems, it is important to increase public understanding and knowledge of health problems often faced by the elderly. The government must also actively provide quality information about elderly health through good information tools (Basri et al., 2020).

In addition, it is necessary to have an agency or institution that specifically focuses on research and studies on elderly health problems to produce better information and understanding (Annisa & Ildil, 2016). With sophisticated devices and adequate research support, it is hoped that handling elderly health problems can be more effective. The government also has an important role in creating policies that support handling elderly health problems (Utomo et al., 2019). With clear organizational guidelines, it is hoped that efforts to deal with elderly health problems can be well coordinated.

The alertness and readiness of the community, experts and the government is very important in dealing with elderly health problems. With the right steps, it is hoped that the health problems of the elderly can be handled better so that the elderly can live a healthy and meaningful life (Redjeki & Tambunan, 2019).

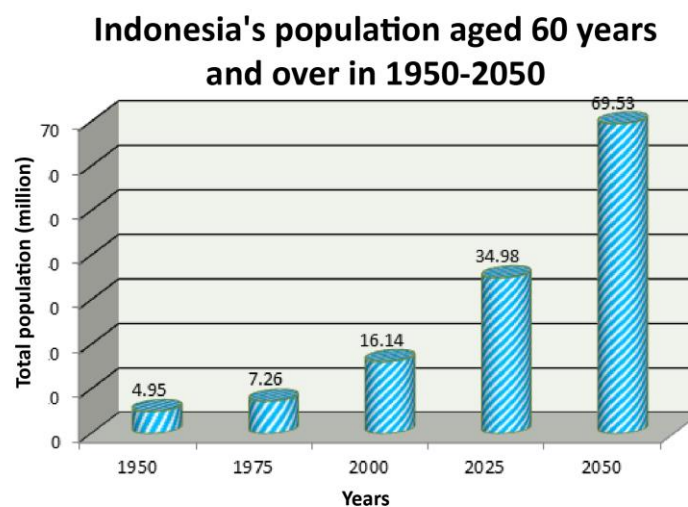


Figure 1. The population of Indonesia aged 60 years and above from 1950 to 2050.

Here are some problems that can occur in the elderly related to social change:

1. **Withdrawal from Social Interaction:** Seniors may feel less motivated to interact with the surrounding community. This can be caused by feelings of being unappreciated, a lack of social support, a change in roles in the family or community, or even a decrease in physical or mental abilities. As a result, the elderly tend to withdraw from social relationships, which can affect their quality of life.
 2. **Loss of Social Role:** Every individual has a certain social role that establishes identity and gives a sense of importance. These roles may change or disappear in the aging process, such as retiring
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from a job, losing a spouse, or changing family roles. Losing these roles can affect the well-being and social interaction of the elderly.

3. **Health Conditions and Physical Limitations:** In the process of aging, the elderly may experience physical changes and health limitations. This condition can hinder their ability to participate in social activities and interact with the community. For example, difficulty walking or hearing problems can make it more difficult for seniors to engage in social activities.
4. **Stigma and Discrimination:** Sometimes, the elderly face stigma and discrimination from society that considers them as individuals who are incapable or uncontributed. This can affect the self-esteem and motivation of the elderly to engage in social interactions.

The community and government need to create an inclusive environment that supports the elderly in maintaining their social engagement. Efforts such as facilitating physical accessibility, creating opportunities for social interaction and participation, and eliminating stigma and discrimination against the elderly can help improve their social engagement and quality of life.

Social engagement or involvement is closely related to a person's ability to maintain relationships and participate in social activities. Social engagement is the maintenance of various social relationships and participation in social activities (Wreksoatmodjo, 2014). Extensive social networks, which include the structure and quality of interpersonal relationships and active participation in meaningful community activities, are important components of social engagement. Having a wide social network means having deep and diverse interpersonal relationships with other people. This includes relationships with family, friends, neighbors and the surrounding community. Maintaining good social relationships allows one to feel connected to others, gain support, and build mutually beneficial connections.

In addition, participation in social activities is also an important aspect of social engagement (Wreksoatmodjo, 2014). Social activities include various activities such as joining groups or organizations, attending social events, participating in volunteer activities, and contributing to society. Active participation in social activities can provide a sense of purpose, improve quality of life, and maintain engagement in the community. There are several benefits of social engagement for cognitive health. Research shows that individuals with broad social networks and engaging in meaningful social activities tend to experience slower cognitive decline. In addition, those who receive emotional support from social relationships also tend to have better cognitive function (Febrianti, 2020)

By maintaining social engagement, the elderly can feel connected to others, have meaningful activities, get emotional support, and maintain their cognitive health. Therefore, it is important to encourage and facilitate social engagement for the elderly to improve their quality of life in this important life stage.

Social engagement or social engagement is an important factor that can contribute to the success of the Elderly Posyandu program. Following are some ways in which social engagement relationships can have a positive impact on the Elderly Posyandu program :

1. **Active Participation of the Elderly**

Social engagement relationships can encourage active participation of the elderly in the Elderly Posyandu program. By feeling involved and having a role in Posyandu activities, the elderly will be more motivated to attend, share experiences, and benefit from the program. Active

participation can also increase their ownership and involvement in managing their health and well-being.

2. Family and community support

Support from family and community is very important in supporting the success of the Elderly Posyandu program. Through social engagement relationships, families can provide emotional and physical support to the elderly, encourage them to attend Posyandu, and share useful information and experiences. The community can also provide support and facilitate the participation of the elderly in the Posyandu program.

3. Accessibility improvements

Social engagement relationships can strengthen the accessibility of the Elderly Posyandu program. With a good relationship between the elderly, Posyandu facilitators, and community members, information about program schedules, locations and activities can be easily conveyed to the elderly. This increased accessibility can help increase the presence and participation of the elderly in the Posyandu program.

4. Information and education

Social engagement relationships can convey information and education to the elderly in the Posyandu program. Through social interaction, the elderly can learn about the importance of health care, healthy eating patterns, physical fitness, and disease prevention practices. Information and education delivered directly through social engagement relationships tend to be more accepted and understood by the elderly.

5. Emotional support

Social engagement relationships can provide emotional support to the elderly in the Posyandu program. Through positive social interactions, seniors can feel supported, valued and connected to others facing similar challenges. This emotional support can increase the motivation and satisfaction of the elderly in participating in the Posyandu program and improve their overall well-being.

By strengthening engagement and social relations in the Elderly Posyandu program through active participation, family and community support, increased accessibility, information and education, and emotional support, it is hoped that the program will be more effective and provide greater benefits for the elderly. Based on the description of the background above, this study aimed to find out and analyze the level of social engagement in the success of the elderly Posyandu program in Indonesia.

METHODS

This research uses a qualitative method, which is systematic research that is used to study or research an object in a natural setting without any manipulation or hypothesis testing. In a qualitative research process, subject perspectives are emphasized more, and the researcher uses the theoretical basis as a guide so that the research process is in accordance with the facts encountered in the field when conducting research.

The type of research that uses library data as its data source. This research is based on analyzing and interpreting relevant literature to the research object. Data sources in library research can be books, scientific journals, reports, articles, papers, and other sources related to the research

topic. Pure literature research is related to collecting, analyzing, and interpreting information from written sources relevant to the research object. In this study, researchers were not directly involved in collecting primary data through observation or interviews but relied on existing literature as a research basis.

Literature research can be used to deeply understand the research topic, identify relevant theories and concepts, obtain historical information, and compare and synthesize previous research findings. This method is also useful for building research theoretical foundations and conceptual frameworks. In library research, skills in finding, collecting, and evaluating relevant literature are very important. Researchers need to use a systematic approach to identifying and selecting relevant sources and critically analyzing the information found (Hermawan & Amirullah, 2016).

The Policy Implementation Theory developed by George Edward III focuses on implementing public policy (Mursalim, 2017). This theory considers policy implementation a crucial stage because how a policy is formulated and planned will impact how well the policy can be implemented. According to this theory, policy implementation involves a series of practical activities aimed at achieving the goals or objectives set out in public policies. This implementation process involves interaction between the government as a policy implementer and various related parties, including the community, institutions, and other related sectors.

The main objective of policy implementation is to realize the goals and objectives set in public policy. In this context, implementation functions to form relationships that enable public policy objectives to be achieved through activities carried out by the government. The importance of preparation and planning for policy implementation is recognized in this theory. Policy implementation will not be effective without proper preparation and planning, and policy objectives will not be achieved. However, it is also important to formulate policies properly so that the desired goals can be implemented properly.

Policy implementation is the main focus being analyzed in the context of research using this theory. This research analyzes how the elderly Posyandu policy is implemented and to what extent the policy objectives are achieved. By understanding the policy implementation theory, research can provide better insight into the factors that influence the successful implementation of the elderly Posyandu policy (Juniardi, 2013).

This research type is categorized as a literature review. The researchers identified 2,700 journals relevant to the keywords "Social Engagement" OR "Lansia" OR "Pelayanan Kesehatan" through literature searches using publications from Scientific Direct and Scholar. An assessment was conducted, excluding duplicate research, those not aligned with the abstract, and those not meeting the inclusion criteria. As a result, 10 research studies were selected for review.

The extracted data was grouped based on measured results, and a narrative method was employed to synthesize the literature review and achieve the research objectives. After collecting the eligible research journals, a summary was made, including the name of the database, researcher's name/title, methodology, and research findings. The following is a list of the articles found in the search:

Table 1. Previous Research

Title and Author	Research focus	Research Method	Research Result
Sosial engagement and the elderly in rural Indonesia (Utomo et al., 2019)	Aiming to understand the variations in the level of social engagement among elderly individuals in rural areas of Indonesia.	Qualitative and Quantitative	The main policy challenge in promoting productive aging in rural communities is providing medical care and addressing the physical limitations of the elderly.
Empowerment program for a poor elderly group in Boyolali, Indonesia (Hidayati et al., 2022)	Aims to understand how to increase the participation of elderly beneficiaries of social assistance in actively engaging in empowerment program activities.	Qualitative	By involving the elderly in an empowerment program, it can build trust, respect differences, and enhance their self-confidence.
<i>Menata Kehidupan Lansia: Suatu Langkah Responsif untuk Kesejahteraan Keluarga (Studi pada Lansia Desa Mojolegi Imogiri Bantul Yogyakarta)</i> (Sa'adah, 2017)	Too understand the needs of the elderly and their potentials in formulating a locally-based empowerment model that can contribute to improving the welfare of families in Mojolegi Village, Imogiri, Bantul, Yogyakarta.	The method used is qualitative, collecting data through interviews and observations	In order to enhance the welfare of the elderly, an empowerment program model is required, encompassing the stages of look, think, act, monitoring, and evaluation based on the conditions and needs of the elderly. These stages need to be formulated to comprehensively address the needs of the elderly
<i>Partisipasi Masyarakat dalam Keberhasilan Pengembangan Program Posyandu Lansia di Puskesmas Jagir Surabaya</i> (Rofiq, 2018)	The focus of this research is to obtain a detailed overview of community participation in the successful development of the elderly posyandu program, using Uphoff and Cohen's theory of three participation principles, which include decision-making, program implementation, and program utilization	Decriptive Qualitative.	Community participation in this research is a part of the participation and empowerment program, where participants actively engage in the organized posyandu program. However, community participation in the elderly posyandu at Jagir Health Center, Surabaya, is still low and not optimal, as observed in the three principles used as research benchmarks.
<i>Efektivitas Program Bina Keluarga Lansia (BKL) Dalam Membina Lansia Di Kecamatan Godean Sleman Yogyakarta</i> (Listyaningsih & Wardani, 2018).	To determine the effectiveness of the Elderly Family Development (BKL) program in supporting the elderly in Godean District, Sleman, Yogyakarta in 2017	Qualitative-descriptive method	The effectiveness of the BKL program is evident from the results of interviews with 6 BKL members, including 2 cadres, 2 elderly families, and 2 elderly individuals, regarding the success of the program, satisfaction with the program, and achievement of goals based on indicators of routine BKL program activities, the level of participation of elderly

<i>Implementasi Program Kesejahteraan Lansia di UPTD Pesanggrahan PMKS Mojopahit Kabupaten Mojokerto</i> (Wijayanti & Prabawati, 2020)	This research aims to describe and analyze the implementation of the Elderly Welfare Program at the PMKS Mojopahit UPTD Pesanggrahan in Mojokerto Regency.	The research design used is descriptive with a qualitative approach.	families and the elderly in participating in the BKL program. The interview results showed that all respondents reported regular activities, with more than 75% of participants attending, and the activities conducted in the BKL were very helpful in supporting the elderly.
<i>Implementasi Kebijakan Kesejahteraan Sosial Lanjut Usia di Kecamatan Palu Barat</i>	The aim of this research is to analyze the implementation of social welfare policies (Law No. 13 of 1998 on Social Welfare for the Elderly). The Ministry of Social Affairs	Qualitative-descriptive method	1) Communication: It is still inconsistent as there are still activities that are not implemented. However, the communication provided in each activity is good as the implementers always communicate and coordinate in each activity. Additionally, Pesanggrahan also collaborates with other institutions to implement the elderly welfare program. 2) Resources: It is still lacking as there are still many facilities and infrastructure that need to be replaced and improved for the comfort and sustainability of the elderly welfare program. Additionally, Pesanggrahan still relies on funding from third parties. 3) Disposition: It has not been fully met as there are target groups that feel dissatisfied with the attitudes shown by the implementers, leading to dissatisfaction among the target groups. 4) Bureaucratic structure: It shows an unfragmented organizational structure that is clear, straightforward, and easy to supervise. The implementation of the UEP program in Palu Barat District has met the expectations of the beneficiaries, namely the elderly, and for the

Kota Palu (Silviany, 2015)	(Mensos) has implemented social services policies for the elderly in the form of productive economic programs as a social investment for productive elderly individuals in Palu Barat District		implementers, it is a form of successful performance as both managers and policy-makers.
<i>Faktor-faktor yang Berhubungan dengan Pemanfaatan Posyandu Lansia di Wilayah Puskesmas Kuta Alam Kota Banda Aceh</i> (Kurniawati & Hasanah, 2019)	The aim of this research is to determine the factors related to the utilization of elderly integrated health posts (posyandu lansia) in the working area of Kuta Alam Community Health Center, Banda Aceh in 2019 .	It is an analytical observational study using a cross-sectional approach.	The study found that there is a significant relationship between knowledge and the utilization of elderly integrated health posts with a P-value of (0.000). It also found that there is a significant relationship between family support and the utilization of elderly integrated health posts with a P-value of (0.001).
<i>Pemanfaatan Posyandu Lansia di Wilayah Kerja Puskesmas</i> (Rahayu, 2020).	The aim of this research is to determine the factors related to the utilization of elderly integrated health posts (posyandu lansia) in the working area of Spondol Community Health Center.	The research design used is a quantitative descriptive analytical study with a cross-sectional approach.	he results of the study show that there is a significant relationship between education level (p-value 0.036), attitude (p-value 0.000), cadre role (p-value 0.002), family support (p-value 0.000), and distance (p-value 0.000) with the utilization of elderly integrated health posts. The findings indicate that education, attitude, cadre role, family support, and distance are factors related to the utilization of elderly integrated health posts.
<i>Faktor-faktor yang Berpengaruh Terhadap Niat Keaktifan Lansia dalam Mengikuti Posyandu Lansia</i> (Putri, 2018)	The aim of this research is to analyze the influence of attitude towards behavior, subjective norms, and perceived behavioral control on the intention to actively participate in the Elderly Integrated Health Posts (Posyandu Lansia) in the working area of Bulak Banteng Community Health Center	This research is an analytical observational study with a quantitative approach.	The results of this research show that attitude towards behavior has a significant influence on the respondents' intention to actively participate in the Elderly Integrated Health Posts with a value of (sig. 0.008) and (Exp(B) 11.25). Subjective norms do not show a significant influence on the respondents' intention to actively participate in the Elderly Integrated Health Posts. However, perceived behavioral control has a

significant influence on the respondents' intention to actively participate in the Elderly Integrated Health Posts with a value of (sig. 0.002) and (Exp(B) 0.236).

RESULTS AND DISCUSSION

The government has established the elderly health program as one of the indicators in the 2020-2024 National Medium-Term Development Plan. This shows awareness of the importance of adequate health services for the elderly in Indonesia. The government has set a target of 65% of districts/cities providing elderly health services by 2024. This target is a positive step to ensure that health services aimed at the elderly can be accessed by the majority of the elderly population throughout Indonesia (SARI, 2022).

The criteria used to assess the success rate of districts/cities in providing elderly health services (SARI, 2022). The following is an explanation for each criterion:

1. All puskesmas supervise elderly posyandu in 50% of villages in their working area: This criterion indicates that each puskesmas in the district/city must have an elderly posyandu and establish cooperation with at least 50% of villages. This aims to ensure affordable and easily accessible elderly health services for the elderly in every village.
2. At least 50% of Community Health Centers in districts/cities provide health services for the elderly: This criterion emphasizes the importance of health services that are polite and sensitive to the needs of the elderly. At least 50% of puskesmas in the district/city must have health services that pay attention to specific aspects of elderly care, such as good communication, use of language that is easy to understand, flexible timings, and a comfortable environment for the elderly.
3. Districts/cities develop Long-Term Care (PJP) programs for the elderly in at least 10% of puskesmas in the form of PJP program orientation activities for the elderly and practical guides for informal caregivers: This criterion shows the importance of developing long-term care programs for the elderly in these districts/cities. At least 10% of puskesmas in these districts/cities must have a PJP program that involves orientation activities for the elderly and practical guidance for informal caregivers. This program aims to provide long-term care and support to the elderly in need and provide information and guidance to informal caregivers who care for the elderly at home.

By fulfilling these criteria, districts/cities are expected to be able to provide holistic, polite and sustainable elderly health services. This will provide significant benefits for the health and quality of life of the elderly in the region.

In implementing this program, local governments, relevant stakeholders, and the community must work together to provide effective and quality elderly health services. Several steps that can be taken to achieve this target include:

1. Increasing Accessibility: Ensuring that elderly health services are available and can be accessed easily by the elderly in various areas, especially in remote or marginalized areas. Improving

accessibility can involve providing adequate health facilities, improving transportation facilities, and developing a pick-up ball program for the elderly with difficulty accessing services.

2. **Improving Service Quality:** Ensuring that elderly health services are delivered to a high standard and focusing on the health needs of the elderly. This includes training medical personnel in providing services that are sensitive to the elderly, providing appropriate medicines and medical equipment, and increasing understanding of health conditions that are common in the elderly.
3. **Development of Health Promotion Programs:** Conduct health promotion campaigns to increase awareness and understanding of the elderly and their families about the importance of elderly health. This program may include education about healthy eating patterns, physical activity, stress management, the correct use of medications, and efforts to prevent certain diseases common in the elderly.
4. **Capacity Building for Health Workers:** Conducting training and capacity building for health workers in providing comprehensive and integrated health services for the elderly. This includes understanding the physiological changes in the elderly, chronic disease management, and a sensitive approach to the special needs of the elderly.

With the cooperation and commitment of all related parties, it is hoped that the target % of districts/cities providing elderly health services of 65% in 2024 can be achieved. This will improve the quality of life and welfare of the elderly in Indonesia.

Factors that support the functioning of the elderly Posyandu

1. **Socialization of Elderly Posyandu Activities**

Elderly Posyandu implementers carry out outreach activities to inform the elderly about the existence of an Elderly Posyandu in their environment. Socialization can be done in various ways, such as through small forums such as the activities of PKK mothers or through personal delivery by Posyandu administrators to the elderly. Through effective socialization, the elderly can find out about the benefits and activities held at the Elderly Posyandu and understand the importance of their participation in these activities.

2. **Health Facilities Provided**

The facilities provided by the Elderly Posyandu have an important role in attracting the interest and participation of the elderly. Some important factors that need to be considered in providing good facilities at the Elderly Posyandu include:

- a. **Comfortable waiting area:** Provide a comfortable and safe waiting area for the elderly. The room should have comfortable chairs, good ventilation, sufficient lighting, and maintained cleanliness.
- b. **Adequate hygiene facilities:** Provide adequate hygiene facilities such as easily accessible toilets, handwashing areas and appropriate waste disposal.
- c. **Complete medical equipment:** Ensuring the Elderly Posyandu has the necessary medical equipment to carry out examinations and treat elderly health. This includes blood pressure measuring devices, blood sugar measuring devices, scales, hearing devices, and other tools that follow the needs of elderly health services.
- d. **Sensitive and trained health services:** Providing medical personnel or officers who are trained in providing health services that are sensitive and focused on the needs of the elderly. Staff at

the Elderly Posyandu should have a good understanding of elderly care, effective communication, and the ability to provide emotional and motivational support to the elderly.

- e. Elderly-friendly environment: Create an elderly-friendly environment by avoiding physical barriers such as steep stairs or heavy doors. Provide sufficient and easily accessible seating, and ensure accessibility of facilities for the elderly who use wheelchairs or walking aids.

These two factors are important in building awareness, desire, and participation of the elderly in the Elderly Posyandu. Through effective socialization and the provision of adequate facilities, it is hoped that more elderly people will be able to take advantage of and participate in the activities of the Elderly Posyandu so that the program's objectives can be achieved properly in improving the health and welfare of the elderly (Mufidah, 2021)

Elderly Posyandu Program

1. Preventive Program

The role of the Elderly Posyandu in providing preventive services for the elderly in Indonesia has been carried out by providing health services at the Elderly Posyandu. The provision of preventive services is carried out to prevent the elderly from being susceptible to disease. Preventive services carried out at the Elderly Posyandu are checking blood sugar, cholesterol, uric acid (Confusion Package) and eye examinations, blood pressure, elderly exercise, and fulfilling elderly nutrition / supplementary food (PMT).

2. Curative Program

The provision of curative services is carried out to reduce/eliminate or treat the pain suffered by patients. The role of Posyandu in providing curative services for the community has been carried out by providing health services such as providing disease management assisted by the surrounding Puskesmas to the elderly community and providing referrals to hospitals if it is felt that the Puskesmas cannot handle diseases complained of by the elderly community.

3. Rehabilitative Program

Rehabilitative services in the Posyandu program are still limited in Indonesia. Rehabilitative services for the elderly aim to assist them in recovering or improving their physical, mental and social functions after experiencing illness or injury (Ekasari et al., 2019). These services can include physical therapy, occupational therapy, speech therapy, and psychosocial support. Even though rehabilitative services have not been widely implemented at the Posyandu level, it is still important to continue to strengthen the collaboration between Posyandu and Puskesmas in providing rehabilitative services for the elderly. Puskesmas can act as a service center that provides medical personnel or therapists who are trained in providing rehabilitative services (Suryaputri et al., 2019). Posyandu can collaborate with the Puskesmas to direct the elderly who need rehabilitative services to the right facilities. In developing the Posyandu program, the government and related parties also need to consider improving rehabilitative services for the elderly. With more adequate rehabilitative services, the elderly can receive care that suits their needs to help improve their quality of life and independence. The provision of rehabilitative services is carried out to restore former sufferers so they can return to normal or close to normal. This has been done by Posyandu in Indonesia, together with programs monitored by the surrounding Health Centers. Only a little has been done by Posyandu Indonesia and the surrounding Puskesmas because rehabilitative services are of a recovery nature.

4. Promotional Program

Promotive health services are an activity and a series of activities prioritizing health promotion activities. The role of medical personnel in providing promotive services to the community has provided health services at the Indonesian Posyandu.

Social engagement for the posyandu program

1. Active participation of the elderly

Social engagement encourages the active participation of the elderly in the Elderly Posyandu program. This participation can include personnel, financial, and material participation, involving the elderly in physical activities, monetary donations, and material donations for the public interest. In the elderly Posyandu program, the active participation of the elderly has proven successful and is an important factor in the program's success.

2. Family and community support

The role of the family and community is very important in supporting the Elderly Posyandu program. Emotional, appraisal, instrumental, and informational support from family and community helps older adults feel supported and cared for. This support can be in the form of listening to problems, providing solutions, providing transportation support, and helping the elderly overcome accessibility problems. Family and community support motivate the elderly to participate in the Elderly Posyandu program actively.

3. Accessibility improvements

In the context of social engagement, family and community can help increase the accessibility of the Elderly Posyandu program for the elderly. Support from family or neighbors in transportation, physical assistance, or organizing pick-up activities can assist the elderly in overcoming accessibility constraints and ensuring their presence in Elderly Posyandu activities.

4. Information and education

Effective communication between the elderly, families and the community is important for conveying information and education about the benefits and importance of the Elderly Posyandu program (Dewi et al., 2021). With good social relations, messages about the program can be conveyed properly, increasing awareness and participation of the elderly in the activities of the Elderly Posyandu.

5. Emotional support

Emotional support plays an important role in the success of the Elderly Posyandu program. The elderly often face emotional challenges such as stress, loneliness, and feeling unappreciated. Emotional support from family, friends and the surrounding community can help the elderly overcome these challenges (Adrianisah & Septiningsih, 2013). Emotional support can be through listening, paying attention, or encouraging the elderly. Through good social relations, the elderly feel supported and motivated to participate in the Elderly Posyandu program. Emotional support can also improve the emotional well-being of the elderly, reduce stress levels, and increase motivation to maintain their health and quality of life (Sari et al., 2018). Family, friends and the surrounding community must realize the importance of emotional support for the elderly. Positive emotional support makes the elderly feel valued and have a strong sense of attachment to their surroundings. This emotional support can be provided through active social interactions, regular attendance, and recognition of the contributions and life experiences of the elderly.

Through active participation, family and community support, increased accessibility, information and education, and emotional support, social engagement can play an important role in the success of the Elderly Posyandu program and improve the overall welfare of the elderly.

CONCLUSION

Based on the program analysis above, it can be concluded that the social engagement program for the elderly in Posyandu in big cities shows good results. Active participation of the elderly, family and community support, increased accessibility, information and education, and emotional support are important factors that contribute to the program's success. Therefore, we recommend that this social engagement program for the elderly Posyandu be implemented in other big cities.

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