

Qualitative Study of Elderly Social Activities During the Pandemic in Matahora Village

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ABSTRACT

The elderly group (elderly) is one of the groups that has a higher risk of being infected with the coronavirus. Victims of infection and death due to Covid-19 are increasing every day. The elderly group is a group that is vulnerable to contracting Covid 19, this is due to a decrease in body immunity, age over 65 years, chronic diseases suffered by the elderly. The increasing number of elderly is one of the challenges to maintaining the independence of the elderly so that they can continue to carry out social activities in continuing to live an active life. This research uses a qualitative descriptive study, which is a research method that utilizes qualitative data and is described in detail. regularly descriptive. This type of qualitative descriptive research is often used to analyze social events, phenomena or situations. Elderly activities at time Before the new normal era, the situation felt very limited due to restrictions on social activities. Several activities were found elderly although limited that is, social activities, religion, health services. After the new normal era of elderly activities at times After the new normal era, the situation feels better because the elderly can do more activities than in the pre-pandemic era. Found some activities Which older people do better, such as social activities, sports, religion, and health services for the elderly. Almost all elderly people do activities which are lacking. By doing regular physical activity you can maintain optimal health. The elderly have a high level of worry or are very worried about facing the Covid-19 pandemic. By carrying out physical activity programs and social and religious activities, people's health will be better.

Keywords: Social Activities, Elderly, Pandemic

INTRODUCTION

In Indonesia, based on data (WHO, July 2020), the Covid-19 incidence rate is 93,657 people with a population of 269,603,400, ranking 24th out of 216 countries in the world infected with Covid-19. In West Sumatra in July 2020, the spokesperson for the West Sumatra Covid-19 acceleration task force, Jasman Rizal, said that 849 people were confirmed positive for Covid-19. Meanwhile, for Padang City, data from the Padang City Health Service on July 23 2020 totaled 592 confirmed cases positive. For Covid-19 cases percentage age and its prevalence More people between 45 years and 65 years old have a high death rate due to the coronavirus, according to the deputy head of the fundamental research department at the Eijkman Institute for Molecular Biology (Herawati Sudoyo) because the elderly's immune system is weak and has begun to decline so they are easily infected. (WHO, 2020).

The elderly group (elderly) is one of the groups that has a higher risk of being infected with the coronavirus. This statement was agreed with by almost all organizations (researchers from the USA, Germany, Indonesia, China, Canada and the Governor of DKI Jakarta). Differences

of opinion regarding the age category of the elderly are natural considering that the disease caused by the corona virus is a new disease that is still the subject of research. However, all researchers and regional authority figures agree that the elderly are entering into a group at high risk of being infected with the corona virus due to their immune system weakening with age (Siagian 2020).

The Covid 19 pandemic has caused paralysis in various aspects, especially social aspects, with several central government or regional government policies requiring work At home, maintain a safe distance and do not crowd or crowd, so that it has an impact on people who have to be sent home. Victims of infection and death due to Covid-19 are increasing every day. The elderly group is a group that is vulnerable to contracting Covid-19, this is due to decreased immunity, age over 65 years, chronic diseases suffered by the elderly.

From preliminary research, the number of elderly people in Matahora village reached 86 people, so effective efforts to protect the elderly must be made to increase life expectancy along with the increasing number of elderly people, which is one of the challenges to maintaining the independence of the elderly so that they can continue to carry out social activities. active life.

Efforts to prevent the spread of the Covid-19 pandemic are through Large-Scale Social Restrictions (PSBB), one of which is Physical Distancing. Physical distancing efforts or what is known as maintaining distance aims to minimize contact with the Corona Virus in direct social relations between individuals. This can increase the risk of social isolation and loneliness in several age groups, especially the elderly. The results of research conducted in 27 countries show that the elderly group has a low level of compliance in implementing self-isolation and health protocols such as washing hands and wearing masks (Daoust, 2020).

Increasing awareness of the elderly in carrying out social activities by always implementing health protocols during the pandemic.

METHOD

This research uses a qualitative descriptive study, namely a research method that utilizes qualitative data and describes it regularly. This type of qualitative descriptive research is often used to analyze social events, phenomena or situations. Elderly activities at time Before the new normal era, the situation felt very limited due to restrictions on social activities. Several activities were found elderly although limited that is, social activities, religion, health services. After the new normal era of elderly activities at time After the new normal era, the situation feels better because the elderly can do activities held more than in the pre-pandemic era.

RESEARCH RESULT

Elderly activities at time Before the new normal era, the situation felt very limited due to restrictions on social activities. Found some activities Which done elderly , although limited, social activities, religion, and health services. In the era after the new normal, feelings of laziness and driven Poor social interactions/social relationships between individuals can also affect the smooth running of their daily activities.

CONCLUSION

Elderly activities at time Before the new normal era, the situation felt very limited due to restrictions on social activities. Found some activity Which carried out by the elderly, although on a limited basis that is, social activities, religion, health services. After the new normal era, the situation feels better because the elderly can carry out more activities than in the pre-pandemic era. Found some activities Which older people do better, such as social activities, sports, religion, and health services for the elderly.

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