COMMUNITY SERVICES IN PANDEMIC SITUATION: PREPARING QUALITY OF LIFE IN MIDDLE AGE GROUP THROUGH SOCIAL MEDIA EDUCATION "KULWAP" (KULIAH WHATSAPP)

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ABSTRACT

In the next few years, Indonesia is predicted to face an aging population, which is an elderly population of more than 10%. Biologically, the aging process occurs continuously, which is marked by decreased physical endurance, making it more susceptible to diseases that may cause death. During the Covid-19 pandemic, education as a community service still needs to be provided but it is held by online method. One of the most strategies method is 'KulWap' or 'Kuliah WhatsApp'. KulWap is held in a WhatsApp group called 'CDC' in Depok. The group consists of adults to pre-elderly. There are 6 Kulwap sessions in 3 weeks. In one week there are 2 KulWap sessions with a duration of 60 minutes every Tuesday and Friday night. We discusses balanced diet, physical activity, menopause, osteoporosis, diabetes mellitus and contraception. As an evaluation, participants were asked to fill in the online pre-test and post-test. The overall results of the pre-test and post-test showed that the participants' knowledge increased after KulWap. We hope that all CDC members can apply the knowledge gained in everyday life to achieve quality of life in old age.

Keywords: KulWap, Community Services, Education, Pandemic, Quality of Life

INTRODUCTION

Based on Intercensal Population Survey (SUPAS) 2015, in the next few years, Indonesia is predicted to face an aging population. Aging population is a condition when the percentage of the population aged 60 years and over reaches 10 percent. In 2025, it is predicted that the number of elderly people will be 13%. With this percentage, 1 in 12 people in Indonesia are elderly (Badan Pusat Statistik (BPS), 2015).

Based on the Law of the Republic of Indonesia Number 13 of 1998 concerning welfare, it is said that an elderly person is someone who has reached the age of 60 years and over (RI, 1998). WHO classifies the elderly into three groups, they are: the middle age group (45-59 years); Elderly age group (60-74 years); old age group (75-90 years); and the very old group (> 90 years). Elderly is a natural and continuous process that undergoes anatomical, physiological, and biochemical changes in tissues or organs which in turn affect the state of functioning and the ability of the body as a whole. Biologically, the aging process continues to occur, the more susceptible to disease attacks that can cause death (Fatmah, 2010).

Based on the results of National Health Survey (Riskesdas) in 2013 and 2018, the 10 biggest health problems experienced by the elderly include hypertension, arthritis, stroke, COPD (chronic obstructive pulmonary disease), Diabetes Mellitus, cancer, coronary heart disease, kidney stones, heart failure, and kidney failure (Balitbangkes Kemenkes RI, 2013)(Balitbangkes Kemenkes RI, 2018). In fact, these health problems have started to occur at pre-elderly age, 45-54 years. Obesity is one of the triggers for degenerative diseases. Riskesdas 2018 states that the highest prevalence of obesity is in pre-elderly age, starting from 40 years to 55 years (Balitbangkes Kemenkes RI, 2018).

Based on a preliminary study of community service partners, it is known that most members of the 'CDC' community are overweight and obese (BMI> 25 and> 30), female in the age range of 30-50 years. Excess body weight may cause health problems such as joint pains, reduced flexibility of body movement, and reduced body appearance. They realize the inconvenience of having a fat body, especially at an old age.

During the Covid-19 pandemic, people are prohibited from holding activities that gather large numbers of people. Discussions and communication are carried out via the WhatsApp group. According to Sari's research (2018), WhatsApp plays a very important role in providing information to other people. In lectures, WhatsApp as a means of communication is useful in providing explanation of course material (Sari, 2018). Research by Harahap & Kurniawati (2018) states that choosing the WhatsApp channel compared to other social media is an effective way of delivering education because it is very popular compared to other social media (Harahap & Kurniawati, 2018). Therefore, a KulWap (Kuliah WhatsApp) will be held as a preparation to reach quality life in old age.

RESEARCH DESIGN AND METHODOLOGY

This community service was carried out using the KulWap method which was carried out for 6 sessions. Before the activity is carried out, first the chairperson and one of the team members coordinate with the partner chairman. During that period the team also began to prepare educational materials that would be presented to the targets and their evaluation instruments. The implementation of this community service is divided into 3 weeks, with the following series:

Table 1. Schedule of KulWap

Session	Date	Time	Topic	Speaker
1	Tuesday, 7 July 2020	7.30 pm – 8.30 pm	Balanced diet	Mizna Sabilla
2	Friday, 10 July 2020	7.30 pm – 8.30 pm	Physical activity	Mustakim
3	Tuesday, 14 July 2020	7.30 pm – 8.30 pm	Menopause	Rr. Arum Ariasih
4	Friday, 17 July 2020	7.30 pm – 8.30 pm	Osteoporosis	Rusman Efendi
5	Tuesday, 21 July 2020	7.30 pm – 8.30 pm	Diabetes Mellitus	Thresya Febrianti
6	Friday, 25 July 2020	7.30 pm – 8.30 pm	Contraception	Febi Sukma

One Kulwap session runs for 60 minutes. One of the implementing team became the moderator. The day before Kulwap started, participants were asked to fill out a pre-test questionnaire via google form. On the same day before Kulwap starts, participants are also allowed to share experiences related to the topics to be discussed.

The rundown for 1 Kulwap session is as follows: opening by moderators; introduction to resource persons, delivery of material, discussion and question and answer, filling in the post-test (quiz) and conclusions and conclusions by the moderator. After the pre-test and post-test instruments were filled in, the data was processed and analyzed. This is done to evaluate the effectiveness of this community service activity by seeing the increase in the knowledge score of Kulwap participants. Every week, the team leader monitors the progress of these activities through the WhatsApp group. After KulWap is over, the name of the participant with the highest score is announced as the winner and is entitled to a prize. Then proceed with the closing of Community Service activities.

FINDINGS AND DISCUSSION

Community service was carried out well according to plan. The enthusiasm of the participants was evident from the question and answer discussion that took place after the presentation of the material. Individual knowledge and attitudes are influenced by communication and information (Notoatmodjo, 2003), It can be seen from the post-test results that there is an increase in the knowledge score with the information obtained from this activity, which means that the participants' knowledge increases (table 2).

Table 2. Hasil Pelaksanaan KulWap

Session	Topic	Average Pre test score	Average Post test score
1	Balanced diet	60	90
2	Physical activity	36,5	74,2
3	Menopause	61,8	63,6
4	Osteoporosis	58,6	75
5	Diabetes Mellitus	63,3	74,3
6	Contraception	60	88,9

In line with research (Widyasari & Candrasari, 2017), There is an increase in knowledge of hypertension after providing health education to the elderly, supported by research (Abdul & Susaanti, 2018) that there is an effect of health education on rheumatism on rheumatism management knowledge in the elderly. In addition, the results of the study are also in line with research conducted by Safitri and Fitranti (2016) that there is an increase in the knowledge of respondents after being given education through the media. This shows that education using various media has a fairly good impact in increasing public knowledge. In this case, of course, related to health knowledge. However, in other research conducted by Zaki and Sari (2019) education through social media did not show a significant increase in nutritional knowledge. This also shows that the choice of media must also be supported by the situation of respondents who are very likely to be in a situation that is not ideal when receiving education.

Various kinds of health education methods that can be done, providing information with Whatsapp is the best choice in the midst of a pandemic situation, and considering the age characteristics of partners. It is agreed with Harahap & Kurniawati's research (2018) which states that choosing the WhatsApp channel compared to other social media is an effective way of delivering education because the WhatsApp media is already very popular compared to other social media (Harahap & Kurniawati, 2018).

Whatsapp is an effective means of delivering health information, according to Sari's research (2018), the use of Whatsapp smartphones as an information medium plays a very important role in providing information to others. In lectures the use of WhatsApp as a means of communication in providing course material in the form of explanations (Sari, 2018).

Speakers in this activity used pictures more than narrative explanations, this made it easier for participants to understand the material. In line with research (Susilo, Maghfirah, & Purwaningroom, 2018) health education using pictures is considered effective, as well as research (Ulya & Iskandar, 2017), health education using posters (pictures) is more effective in increasing knowledge than just lecturing methods.

CONCLUSION

Based on the activities that have been carried out, it can be concluded that there is an increase in the average knowledge about quality life preparation in old age. This increase in knowledge is expected to be the starting point for improving health attitudes and behaviors in old age.

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