

FAMILY ASSISTANCE TO OVERCOME ELDERLY ANXIETY IN RURAL COMMUNITIES



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The outline

1. Introduction.
2. Method
3. Result and Discussion
4. Summary

INTRODUCTION

- The anxiety is a normal circumstance in the human life cycle particularly the elderly, it can have an impact on decreasing their quality of life.
- The family is the main support for the elderly in facing these difficult times.
- They can able to provide treatment to overcome the anxiety.



INTRODUCTION

The effect of anxiety in term of mental health such as insomnia, reducing the quality of sleeping, uncomfortable feeling and lack of concentration.

The role of family is very significant to maintain the quality of life for the elderly.

METHOD



- The method that has been used in the community service, was to families psycho-education to assist the elderly with anxiety in the rural communities.
- This activity has collaborated with community health volunteers as a support system.
- The assessment of anxiety levels was using the HARS (Hamilton Anxiety Rating Scale).
- Family and the elderly worked in small groups discussion to share with each others about the anxiety problems, the experiences and responses to reduce their anxiety levels.

RESULT AND DISCUSSION

No	Anxiety level	Pre-test	Post-test
1	None	0	6
	Mild	8	10
	Moderate	10	4
	Heavy	2	0
	Amount	20	20

RESULT AND DISCUSSION

Table Mean Score of Anxiety

No	Anxiety Score	Pre-test	Post-test
1	Mean	23,1	15,95
	Maximum	46	27
	Minimum	15	10

RESULT AND DISCUSSION

- The families play an important role in the life of the elderly to remain active and independent despite changes both physically and mentally.
- The elderly feel more happy, enjoy, and do not feel alone in solving the problems they face.
- Healthy family functions have the potential to have a good quality of life by 25 times greater than the elderly with unhealthy family functions

RESULT AND DISCUSSION

- The elderly who felt anxiety, have to be helped quickly by the family.
- The family must spent a plenty of time to talk with them.
- The elderly may share the uncomfortable feeling with them as a part of psychoeducation treatment.



SUMMARY

- Elderly who experience anxiety should pay more attention and be helped to overcome the anxiety they experience.
- Elderly people who feel happy living in a family environment will be able to adapt immediately when there is a change in the environment that can cause anxiety.

A close-up photograph of a hand holding a piece of white chalk, writing on a green chalkboard. The hand is positioned on the right side of the frame, with the index and middle fingers gripping the chalk. The chalkboard is filled with faint, white, handwritten text, including the word 'Kom' and some numbers. The lighting is soft, highlighting the texture of the hand and the chalk. A yellow rectangular overlay is present on the left side of the image, containing the text 'THANK YOU HAVE A NICE DAY FOR EVERYONE'.

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