

## **Health Education to Increase Nutrition Awareness in the Elderly in Karangduren Village, Malang Regency**

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### **ABSTRACT**

Elderly is the final stage of the human life cycle, which at this stage experiences many changes both physically and mentally, especially decline in various functions and abilities that were once possessed. Health factors that play a role in changes in nutritional status include the increasing incidence of degenerative and non-degenerative diseases that result in changes in food intake, changes in the absorption of nutrients at the tissue level, and some cases can be caused by certain drugs that must be minimized by the elderly due to the disease they are suffering from. Fulfillment of good nutritional needs needs to be supported by knowledge of nutrition itself so that it can provide complete benefits for the elderly. After health counseling is carried out, it is hoped that it can improve the health degree and quality of elderly services as a process of early detection and health improvement. This activity will be carried out in August 2024. The implementation method is carried out by lectures and discussions. The media used are nutritional leaflets on the elderly, LCDs, laptops and projectors. The implementation of health counseling is carried out by bringing the elderly to the counseling site and providing a pre-test before being given health education and a post-test after being given health education. The result of this activity is an increase in the level of knowledge of 100% of the elderly about nutrition in the elderly. This activity concluded that under this activity it was carried out and produced changes in accordance with the output target, namely knowledge about nutritional fulfillment in the elderly. It is hoped that the counseling provided can be implemented and applied to daily life.

**Keywords:** Elderly, Health Education, Nutrition

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### **INTRODUCTION**

Old age is a time when individuals can feel unity, integrity, and reflection of their lives. If not, this will cause inequality and can even result in pathology, a kind of mental illness (Wahyuni *et al.*, 2022). According to Kemenkes RI, (2018) the number of elderly people in Indonesia in 2015 was 23 million people, while the elderly who were neglected reached 1.7 million to 2 million people. Mental health problems in the elderly can come from 4 aspects, namely physical, psychological, social and economic. These problems can be in the form of

unstable emotions, irritability, easily offended, easily harassed, disappointed, unhappy, feelings of loss, and useless. Elderly people with these problems are susceptible to psychiatric disorders such as depression, anxiety, psychosis (madness) or drug addiction. In general, mental health problems in the elderly are problems of adjustment. This adjustment is due to changes from the previous state (physically still strong, working and earning) to decline (Rahayu *et al.*, 2025).

Elderly people are also identical with decreased immune system and experience various diseases. Elderly people will need medicine in quantity or type depending on the disease suffered. The more diseases in elderly people, the more types of medicine are needed. The many types of medicine will cause problems such as the possibility of requiring obedience or causing confusion in using or how to take medicine. Besides, it can increase the risk of side effects of medicine or drug interactions (Norman *et al.*, 2021; Quiros-Roldan *et al.*, 2024).

Providing good and sufficient nutrition is very necessary for the elderly. This is done with the consideration that the elderly need adequate nutrition to support and maintain health. Some factors that affect nutritional needs include: reduced ability to digest food, reduced taste, and food absorption factors (Wulandari *et al.*, 2021).

For the elderly, fulfilling nutritional needs properly can help in the process of adapting or adjusting to the changes they experience, in addition to maintaining the continuity of body cell turnover so that it can prolong life. Calorie needs in the elderly are reduced due to reduced basic calories from physical needs. Basic calories are calories needed to carry out body activities in a resting state, for example for the heart, intestines, breathing and kidneys.

Changes in nutritional status in the elderly are caused by changes in the environment and health conditions. These changes will be more apparent in the 70s. Environmental factors include changes in socio-economic conditions that occur due to entering retirement and social isolation in the form of living alone after a partner dies. Health factors that play a role in changes in nutritional status include an increase in the incidence of degenerative and non-degenerative diseases that result in changes in food intake, changes in the absorption of nutrients at the tissue level, and some cases can be caused by certain drugs that must be minimized by the elderly due to the disease they are suffering from (Kassis *et al.*, 2023; Kaur *et al.*, 2019).

## **METHODS**

This community service activity was attended by 41 elderly people from Karangduren Village, Pakisaji District, Malang Regency and was held on August 23-25, 2025. The method used in the activity is to provide education to the elderly about information about nutritional fulfillment in the elderly. The measurement of the level of knowledge is carried out by providing pre-test questions before health counseling and post test questions after health counseling.

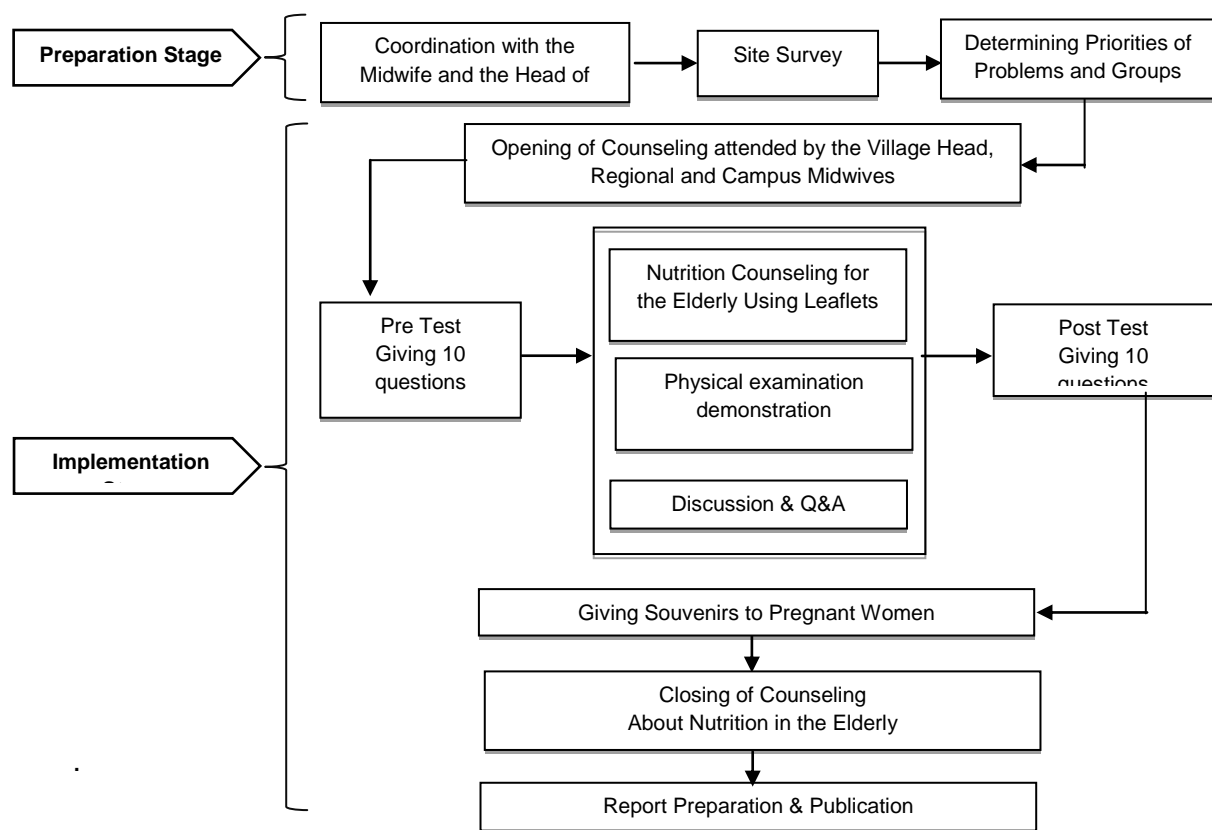


Figure 1. Community Service Activity Stages

## RESULTS

**Table 1.** Knowledge Before being given counseling of Karangduren Village August 23, 2025

Knowledge	Amount	Presentation
Good (Score 80 to 100)	9	22%
Enough (Score 50 to 79)	23	56 %
Less (Value < than 50)	9	22%
Amount	41	100%

In table 1 from the results of the study on 41 elderly people before counseling or Health Education on nutrition for the elderly was carried out, which was assessed based on the results of the pre-test, there were 9 people (22%) elderly people with good knowledge, 23 people (56%) elderly people with sufficient knowledge and as many as 9 people (22%) with insufficient knowledge.

**Table 2.** Knowledge After Being Given Counseling of Karangduren Village August 23, 2025

Knowledge	Amount	Presentation
Good (Score 80 to 100)	41	100%
Enough (Score 50 to 79)	0	0 %
Less (Value < than 50)	0	0 %
Amount	41	100%

In table 2 from the results of the study on 41 elderly people, 100% already knew about nutrition for the elderly, after being given counseling based on the study through discussion and already knowing about the right nutrition for the elderly.



Figure 2. Group Photo of the Elderly of Karangduren Village, Malang Regency



Figure 3. Community Service Activities



Figure 4. Leaflet Page 1



Figure 5. Leaflet Page 2

## DISCUSSION

The results of the assessment before health education were conducted showed that some elderly people did not know about nutrition in the elderly. The results of the assessment after being given health education about nutrition in the elderly were 100% had good knowledge about nutrition in the elderly and were willing to process nutritious food. There was an increase in knowledge before and after being given health education about nutrition in the elderly as well as awareness to carry out physical examinations once a month. The results of this study are in line with Fitriyaningsih et al., (2021) and Anna et al., (2017) that the level of knowledge about nutritional fulfillment in the elderly to prevent the occurrence of elderly comorbidities is influenced by educational and environmental factors.

## CONCLUSION

The activity of providing counseling on nutrition for the elderly is very useful in preventing the risk of high blood pressure and is very useful and helpful in controlling physical health in the elderly. For the recommended follow-up is a health check, because counseling on nutrition has been carried out with the hope of increasing the elderly's knowledge of nutrition for the elderly so that the effort that must be made is a health check with the hope that the counseling is truly implemented.

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