ELDERLY EMPOWERMENT IN THE EAST KELAPA GADING REGION

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Abstract

Designing a change plan then what is needed is the conformity between the plan that we do in accordance with the state of society. This study uses normative juridical research to find the truth of coherence, namely how the strategy of developing Islamic communities in increasing community participation in the potential of the village. Furthermore, this research, literature (library research). The approach used in this research is a qualitative approach that is often called a naturalistic research method because the research is carried out in natural conditions (natural setting). Research materials use primers that are authoritative while skunder materials are publications that include books and journals. The results of the study that with the participation of the community as a form of empowerment of local communities which certainly provides opportunities and opportunities for the community to participate and be involved in developing the potential of the village to be more effective and efficient to achieve the desired goals and feel they have and be responsible. Stratigi used first, the Growth strategy. Second, the Welfare Strategy. Third, the Responsive strategy. Fourth, the integrated or holistic strategy.

***Keywords* :** *Development, Community, Village Potential.*

Abstrak

Merancang rencana perubahan maka yang dibutuhkan adalah kesesuaian antara rencana yang kita lakukan sesuai dengan keadaan masyarakat. Penelitian ini menggunakan penelitian yuridis normatif untuk menemukan kebenaran koherensi, yaitu bagaimana strategi pengembangan komunitas Islam dalam meningkatkan partisipasi masyarakat terhadap potensi desa. Selanjutnya, penelitian ini, literatur (library research). Pendekatan yang digunakan dalam penelitian ini adalah pendekatan kualitatif yang sering disebut metode penelitian naturalistik karena penelitian dilakukan dalam kondisi alam (natural setting). Bahan penelitian menggunakan primer yang berwibawa sedangkan materi skunder adalah publikasi yang mencakup buku dan jurnal. Hasil penelitian bahwa dengan peran serta masyarakat sebagai bentuk pemberdayaan masyarakat lokal yang tentunya memberikan kesempatan dan kesempatan bagi masyarakat untuk berpartisipasi dan terlibat dalam pengembangan potensi desa agar lebih efektif dan efisien untuk mencapai tujuan yang diinginkan dan merasa memiliki dan bertanggung jawab. Stratigi digunakan pertama, strategi Pertumbuhan. Kedua, Strategi Kesejahteraan.

Ketiga, strategi Responsitif. Keempat, strategi terpadu atau holistik. Hasil penelitian bahwa dengan peran serta masyarakat sebagai bentuk pemberdayaan masyarakat lokal yang tentunya memberikan kesempatan dan kesempatan bagi masyarakat untuk berpartisipasi dan terlibat dalam pengembangan potensi desa agar lebih efektif dan efisien untuk mencapai tujuan yang diinginkan dan merasa memiliki dan bertanggung jawab. Stratigi digunakan pertama, strategi Pertumbuhan. Kedua, Strategi Kesejahteraan. Ketiga, strategi Responsitif. Keempat, strategi terpadu atau holistik.

Kata Kunci : *Pengembangan, Masyarakat, Potensi Desa*

A. Introduction

According to the study's findings, there are five stages to empowering the elderly: awareness, identification of needs and planning, choice of alternative business models, implementation of activities, development, and evaluation. Meeting the elderly's daily needs in terms of material fulfillment and increasing their participation in BKL Mugi Waras activities are the two outcomes of empowering the elderly, (Febrianty & Mertha, 2021). Based on the discussion's findings, it can be said that yoga activities in general are beneficial for leading fulfilling, active lifestyles. The elderly can enhance their physical and mental function by engaging in yoga activities. Yoga can not only enhance the health of the body and mind in the elderly but also help them avoid and manage illnesses and emotional conditions like high blood pressure or numerous joint disorders, (Subekti et al., 2020)

A community service project that trains useful senior citizens in handicraft techniques that can be utilized or developed at nursing homes later on in order to produce high selling points to assist fund Jambangan Griya Werdha, (Suryawati et al., 2020). By engaging in physical activities like senior gymnastics and growing family medicinal plants (Toga) in flower pots in the backyard, elderly parents may keep their spirits upbeat and busy. In addition to leading by example and encouraging the neighborhood to develop its own village for the benefit of the state and the country, (Indrayogi et al., 2022).

The Integrated Elderly Development Post (*Posbindu*) is a forum that can assist the community in making efforts to improve and prevent health problems experienced by the elderly in order to achieve an optimal quality of life, but the implementation frequently does not go well because community support is still lacking. small number of cadres; finding cadres with spare time is tough. Through

the hiring and training of health cadres, this initiative seeks to boost community involvement in efforts to improve the health status of the elderly, (Azana et al., 2019). A how-to manual for generating art and a record of the activity's results are the activity's outputs. Participants engaged in art-making training exercises on the subject of drawing flora with enthusiasm. Participants appeared to be pleased with the final image, (Agustini et al., 2020).

The results demonstrate how the elderly and the community work together to empower the elderly through an exercise program. But given that the elderly's cultural transition has received less support, it appears that the benefits of the services and assistance have not been fully realized. The findings of this study should be used to provide fitness programs, family support, emotional support, and network support to help elderly people become more productive and independent, (Margaretha et al., 2021). More than half of the respondents (11.36%) had insufficient understanding prior to receiving material and practice, according to the average pre-test score. In comparison to the pre-test findings, the post-test results demonstrated an increase. The post test's typical value is 12.31%. Pre- and post-test results on the elderly's degree of health knowledge are becoming more valuable, (Yudhana et al., 2021).

The study's findings revealed a lack of knowledge about the quality of life for the old, as well as a lack of understanding of depression in the elderly and how to prevent it, as well as subpar efforts to prevent or lessen it. The goals of this PkM activity are to teach recollection therapy as a means of avoiding or lowering elderly depression, to educate the elderly on depression and its prevention, and to provide health education regarding quality of life, (Paul et al., 2021). This program's goals include giving older Posyandu hypertension measurement kits, conducting instruction in hypertension prevention, food management, senior exercise, and blood pressure-lowering self-medication. The understanding of cadres and the elderly regarding the management of hypertension, exercising to lower hypertension, controlling one's diet, and using self-medication to lower hypertension can all be improved through this community program. It is thought that by reducing the prevalence of hypertension and associated problems, the elderly's quality of life can be raised, (Yunita, 2021).

The focus, objectives, and research techniques may be where this study differs from the research that has been previously presented. The sample population researched, the research tools utilized, the time and location the research was conducted, as well as the findings and suggestions that came from this study, are additional aspects that can set this research apart from previous studies.

Empowerment is a process that allows people or organizations to take charge of their life and take action to realize their objectives. 1995's Zimmerman. the influence of social context on how people behave. This theory can be applied to the empowerment of the elderly to investigate how social elements like social support from family and society can impact this process. Bronfenbrenner, 1979. The significance of independence in raising life quality. This idea can aid researchers in comprehending how giving the elderly greater independence can make them feel more self-assured and in charge of their lives. This hypothesis is relevant to the empowerment of the elderly. (Ryan & Deci, 2000).

Elderly people frequently face prejudice and discrimination in society. This theory can aid academics in understanding how discrimination and stereotypes might impact senior empowerment and how combating ageism can boost elderly empowerment in the context of emancipating the aged. Butler, 1969. Sustaining mental and physical exercise is crucial for enhancing one's health and quality of life. This idea can aid researchers in comprehending how enhancing the elderly's participation in physical and mental activities can help increase their empowerment and enhance overall health in the context of empowering the old. Havighurst, 1961. The elderly might be empowered in large part by their health. This hypothesis can aid researchers in comprehending how physical and psychological health variables, such as circumstances, might affect the empowerment of the aged. World Health Organization, 1948.

Lazarus, 1914. stating that empowerment can assist reduce stress levels and that stress can impair a person's health and well-being. According to the resilience idea, people are capable of overcoming obstacles and hardship, even in trying circumstances. (Tellegen & Sanders, 2012). The concept of "aging in place" emphasizes the value of preserving the conditions and tools that enable senior citizens to live as independently as possible in their homes (Fleming, 2015).

A significant factor in focusing this research is the area's large elderly population, which is found in East Kelapa Gading. Researchers are interested in discussing the economy that occurs at the night market itself with the formulation of the problem, as can be seen from the description above: 1. What forms of empowerment are being carried out for the elderly in East Kelapa Gading? 2. What is the level of participation of the elderly in empowerment activities in East Kelapa Gading? 3. What are the factors that influence the level of participation of the elderly in empowerment activities in East Kelapa Gading? 4. What are the benefits that the elderly get from empowerment activities in East Kelapa Gading? 5. What efforts can be made to increase the participation and benefits of empowering the elderly in East Kelapa Gading? Thus, the formulation of research problems regarding the

empowerment of the elderly in East Kelapa Gading includes forms of empowerment, participation of the elderly, factors that influence participation, benefits obtained, and efforts that can be made to increase participation and benefits.

B. Research methods

Research methods that can be used to assess the empowerment of the elderly in the East Kelapa Gading region using a Case Study research design, used to conduct in-depth research on the elderly empowerment program in the East Kelapa Gading region. In addition, researchers also used surveys, used to collect data from the elderly in the region to evaluate the level of participation, satisfaction, and benefits obtained from empowerment programs (Sugiyono, 2014). Data collection using observation method, used to conduct direct observation of the implementation of elderly empowerment programs in the East Kelapa Gading area to obtain information about activities, involvement of the elderly, and program effectiveness. While Data analysis, using descriptive analysis to analyze survey data and questionnaires using descriptive statistics to describe the profile of the elderly, participation rate, and success rate of empowerment programs. In addition, it also uses qualitative analysis, namely analyzing interview and observation data with a qualitative approach to understand the experiences of the elderly in empowerment programs, the challenges faced, and the role of the program in improving their quality of life, and conducting comparative analysis, namely comparing data between the elderly group involved in the empowerment program with the elderly group who are not involved to evaluate the impact of the program comparatively. By using this research method, it is expected to gain a deeper understanding of the empowerment of the elderly in the East Kelapa Gading region, evaluate the effectiveness of existing programs, and provide recommendations for improvement and better program development in the future (Sukmadinata, 2013).

C. Results and Discussion
1. Results
a. Skills Training Program

The skills training program in the East Kelapa Gading region covers several areas, such as sewing, handicrafts, and urban agriculture. Seniors who attend this training get the opportunity to improve their skills in these fields. In sewing training, the elderly are taught sewing techniques and clothing making. They learn about material selection, patterns, and how to operate a sewing machine. This training gives seniors new abilities to make their own clothes or even sew clothes to sell.

With these sewing skills, seniors can participate in local economic activities, such as sewing clothes for neighbors or setting up small businesses in the neighborhood.

Skills training programs also include handicrafts, such as woven making, paper crafts, or jewelry making. The elderly learn about basic techniques in creating creative and interesting handicraft products. In this training, the elderly can hone their creativity and produce handicraft products that have selling value. They can utilize this skill to earn extra income or make it a rewarding hobby.

In addition, training in urban agriculture is also carried out. The elderly are given knowledge about farming techniques on limited land, such as in pots or verticulture. They learn about the selection of suitable crops, how to care for plants, and utilization of crops. The training provides an opportunity for seniors to get involved in local farming activities, such as helping out in communal gardens or managing their private gardens. In addition, planting activities also provide health and fitness benefits for the elderly.

Through this skill training program, the elderly have succeeded in improving their skills in various fields. They feel more confident in applying the new skills they have learned. This training also provides a sense of productivity and provides new goals in the daily lives of the elderly. With new skills, seniors can remain active and feel an important role in society, which in turn improves their quality of life (Maryam, 2008).

b. Provision of Health Information

The health information program in the East Kelapa Gading region is carried out through various methods, such as seminars, workshops, and brochure distribution. The program aims to provide relevant knowledge to the elderly about various aspects of health that are important to them. In seminars and workshops, the elderly are given the opportunity to listen to presentations from health experts or practitioners who are competent in their fields. Topics covered include healthy diet, active lifestyle, stress management, and prevention of certain diseases commonly experienced by the elderly, such as hypertension, diabetes, or heart disease. Seniors gain the necessary knowledge to understand the importance of maintaining health and preventing diseases that can affect their quality of life.

In addition, brochures are also used as a medium for providing health information to the elderly. This brochure contains information that is easy to understand and can be used as a reference by the elderly in maintaining their health. Brochures can include nutrition guides, healthy living tips, and information about routine health checks that need to be done by the elderly. Through this brochure, the elderly can obtain information independently and refer to it whenever needed. Health information programs help seniors understand the importance of

maintaining health and encourage them to adopt healthier lifestyles. Seniors are becoming more aware of the importance of a healthy diet, regular physical activity, stress management, and disease prevention. The information provided assists the elderly in making informed decisions regarding their own health and improves the overall quality of life (Maryam, 2008)

With the knowledge they gain, it is hoped that the elderly can take concrete steps to care for their own health, such as organizing a balanced diet, participating in physical activities that are appropriate to their condition, managing stress well, and undergoing regular health checks. The provision of health information to the elderly through this program plays an important role in increasing their awareness and understanding of the importance of maintaining health and adopting a healthy lifestyle.

c. Social and Recreational Activities

In an effort to empower the elderly in the East Kelapa Gading region, social and recreational activities have been held as part of the program. These activities are designed to increase the social engagement and emotional well-being of the elderly (Abdullah, 2012). One of the activities carried out is gymnastics or light exercise. Seniors are invited to participate in gymnastics sessions or other physical activities, such as zumba or yoga. This activity aims to maintain the physical health of the elderly, increase muscle strength, and maintain body flexibility. In addition, this activity also provides an opportunity for the elderly to interact with fellow elderly and form a positive social network.

In addition to sports, social activities also include visits to tourist attractions. The elderly are invited to visit interesting places around the East Kelapa Gading area, such as parks, museums, or local cultural events. Through these visits, the elderly can enjoy their free time with fun and useful activities. They can enjoy the beauty of nature, admire works of art, or participate in organized cultural events. This not only provides entertainment, but also improves the quality of life of the elderly and expands their knowledge of the surrounding environment.

In addition, art activities are also involved in the elderly empowerment program. The elderly are invited to participate in art activities, such as painting, knitting, or singing. This art activity helps the elderly to express themselves, develop creativity, and obtain emotional satisfaction. In addition, art activities also provide opportunities for the elderly to interact with fellow participants, share experiences, and build strong social bonds. Through these social and recreational activities, seniors can socialize with fellow elderly, form positive social networks, and enjoy their free time with activities that benefit physical and mental health. Social interaction and participation in fun activities can help reduce loneliness, improve

emotional well-being, and strengthen social bonds in senior communities (Kosalina, 2018).

d. Provision of Social Support

The social support program is one of the important components in empowering the elderly in the East Kelapa Gading region. The program aims to help seniors feel supported, connected to others, and reduce feelings of isolation. One form of social support provided is through support groups. The elderly are grouped together with other elderly who have similar experiences and challenges. In this group, they can share their experiences, worries, and hopes with each other. Through interaction with fellow elderly, they get the opportunity to support each other and provide useful advice. These support groups create a safe and supportive environment for seniors to talk about their problems and feelings.

In addition to support groups, the program also involves monthly meetings. These meetings provide an opportunity for seniors to meet with peers, share experiences, and get support from others who understand their situation. In addition, the social support program also includes home visits. Seniors who live alone or have physical limitations can get visits from volunteers or program officers. These visits aim to offer emotional support, ensure the well-being of the elderly, and meet their daily needs. Through home visits, seniors feel valued and unforgettable in the community. They also have the opportunity to talk directly to someone and get the attention they need.

Through this social support program, the elderly feel supported and not isolated. The social support provided helps reduce loneliness and depression that is often experienced by the elderly. Through support groups, monthly meetings, and home visits, seniors feel they have a place to share experiences, problems, and hopes with others going through similar situations. This social support creates strong social bonds within the elderly community and provides them with a sense of connectedness that is essential to their well-being. (Abdullah, 2012).

2. Discussion

The success of the Elderly Empowerment Program in the East Kelapa Gading region can be seen from the positive impact given to the elderly and the improvement of their quality of life. The following are some discussion points regarding the success of the program:

a. Skills Training Program

Through skills training programs, seniors have the opportunity to develop new skills, such as sewing, handicrafts, and urban farming. In this training, the elderly not only acquire new knowledge, but are also able to apply these skills in everyday life. By mastering new skills, the elderly can open up new opportunities to

participate in local economic activities. This provides benefits in the form of increased additional income and higher confidence in contributing productively.

b.   Provision of Health Information

The program of providing health information to the elderly through seminars, workshops, and brochures has a positive impact in increasing the awareness of the elderly on the importance of maintaining health and preventing disease. With the knowledge they gain, seniors can take preventive measures to maintain their health, such as adopting a healthy diet, an active lifestyle, and managing stress well. This program plays an important role in providing relevant and easy-to-understand information to the elderly, so that they can make informed decisions regarding their own health.

c.   Social and Recreational Activities

Through social and recreational activities, the elderly can maintain physical fitness, expand social networks, and improve emotional well-being. Activities such as gymnastics, zumba, visits to tourist attractions, and art activities provide opportunities for the elderly to interact with fellow seniors and enjoy their free time with useful activities. With these social and recreational activities, seniors can reduce loneliness, feel connected to the community, and improve their overall quality of life.

d.   Provision of Social Support

Social support programs through support groups, monthly meetings, and home visits help seniors cope with loneliness and depression. Seniors feel supported and not isolated through interactions with fellow seniors in support groups. Monthly meetings and home visits also provide opportunities for seniors to share experiences, gain emotional support, and feel valued in the community. This social support plays an important role in improving the mental and emotional well-being of the elderly.

Overall, the success of the elderly empowerment program in the East Kelapa Gading region can be seen from the positive impact given to the elderly. These programs have improved the skills, health knowledge, social engagement, and emotional well-being of seniors. With this empowerment, seniors can live more productive, healthy, and happy lives in their communities.

The challenges in implementing the Elderly Empowerment Program in the East Kelapa Gading region are as follows:

a.   Limited Resources

One of the main challenges in implementing the elderly empowerment program is limited resources such as funds, facilities, and manpower. Empowerment programs require sufficient budget to provide training, seminars,

social activities, and social support to the elderly. Limited funds can limit the scope of the program and the quality of services provided. In addition, the lack of adequate facilities and a limited number of workers can also be an obstacle in providing optimal services to the elderly.(Abdullah, 2012)

b.   Lack of Interagency Coordination

Lack of coordination between agencies is another challenge in implementing elderly empowerment programs. These programs involve various parties such as government, non-governmental organizations, and community institutions. When interagency coordination is less effective, the risk of overlapping or gaps in services to the elderly may increase. It is important to establish strong cooperation between various relevant parties to ensure synergy in efforts to empower the elderly and maximize the use of existing resources.

c.   Program Sustainability

Program sustainability is an important challenge that must be overcome in empowering the elderly. Programs that only run for a short time or do not have a clear continuation can reduce the long-term impact on the elderly. It takes careful planning and strong commitment from all relevant parties to ensure that the elderly empowerment program runs sustainably. Monitoring, evaluation, and continuous improvement efforts need to be made so that the program can continue to grow and provide long-term benefits for the elderly.

d.   Social Stigma

Social stigma against the elderly is also a challenge that needs to be overcome in empowering the elderly. Some negative stereotypes about the elderly still exist in society, such as the view that the elderly no longer have meaningful contributions or abilities. This stigma can affect people's perceptions of the needs and rights of the elderly, and limit their participation in empowerment programs. It is important to conduct wider education and socialization about the potential and contribution of the elderly in society, as well as overcome unfounded negative stereotypes. In this way, social stigma can be reduced and the elderly can be better supported in their empowerment efforts. (Maryam, 2008).

By overcoming these challenges, the elderly empowerment program in the East Kelapa Gading region can be implemented effectively and have a greater impact on the quality of life of the elderly. The following are some recommendations to improve the elderly empowerment program in the East Kelapa Gading region:

a.   Actively Involving the Elderly

Actively involving the elderly in the planning and implementation of empowerment programs will provide a higher sense of belonging and motivation for them. By listening to the aspirations and needs of the elderly, programs can be

designed more relevant and effective. The elderly can also act as facilitators or mentors for fellow elderly, thus supporting each other and strengthening their involvement in the program.

b. Increase Interagency Cooperation

Increased cooperation between agencies, including local governments, non-governmental organizations, and families, is essential to ensure the continuity of the elderly empowerment program. Good coordination will avoid overlapping programs, maximize the use of available resources, and increase efficiency in services to the elderly. The existence of close collaboration between agencies can also expand the reach of the program and provide comprehensive support for the elderly.

c. Reduce Social Stigma

Reducing social stigma against the elderly is an important step in their empowerment. More intensive education campaigns are needed to change negative perceptions and educate the public about the potential and contribution of the elderly. Showcasing real-life examples of seniors' success and active involvement in various areas can help dispel negative stereotypes. In addition, rewarding and appreciating the contribution of the elderly in society will also increase their recognition and dignity.

d. Improve Program Accessibility

Ensuring the accessibility of empowerment programs for the elderly is important. Programs should be designed taking into account the needs and limitations of the elderly, both physical and economic. Senior-friendly facilities, easily accessible transportation, and the provision of clear and easy-to-understand information will help the elderly to be more active and involved in the program. In addition, ensuring the program is reachable to seniors from various social and economic backgrounds will help expand the impact of the program and achieve inclusivity.   By implementing these recommendations, it is hoped that the elderly empowerment program in the East Kelapa Gading region can be improved and provide greater benefits for the elderly, as well as strengthen their role in society. (Maryam, 2008).

D. Simpulan

The elderly empowerment program in the East Kelapa Gading region has had a positive impact in improving the quality of life and active participation of the elderly. However, there are still challenges that need to be overcome, such as limited resources and social stigma. By actively involving the elderly, increasing

cooperation between agencies, and reducing social stigma, elderly empowerment programs can continue to be improved and sustainable in the region.

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