



Mentoring for the Competition: Implementation of Seven Dimensions of Resilient Elderly in Elderly Activity Groups in Lamper Krajan Area

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ABSTRACT

Aging is a natural process experienced by all living beings, including humans. As people age, they often experience a decline in cognitive and physiological functions. This decline increases the risk of degenerative diseases such as hypertension, diabetes, and cancer, which can significantly impact the quality of life and productivity of the elderly. The concept of the Seven Dimensions of Resilient Elderly serves as a framework to enhance the quality of life and promote more productive living for the elderly. By implementing the Seven Dimensions of Resilient Elderly, the quality of life for older adults can be significantly enhanced, enabling them to lead more productive lives. The objective of this community service initiative is to mentor the volunteers of the Elderly Family Development Group, known as "Bina Keluarga Lansia Mawar (BKL Mawar)" in Lamper Krajan as they prepare to participate in the city-wide competition in Semarang. However, the program faced challenges, including the volunteers' limited understanding of the Seven Dimensions of Resilient Elderly and low levels of community participation in activities organized by BKL Mawar RW 02. The mentoring activities were conducted between April and May 2024, beginning with an analysis of existing issues and discussions to identify priority activities. Subsequent mentoring sessions focused on the practical implementation of the Seven Dimensions of Resilient Elderly within BKL Mawar's programs. The program's outcomes demonstrated significant improvements in the volunteers' understanding of the Seven Dimensions of Resilient Elderly and their application in activities. This enhanced understanding contributed to improving the quality of life for the elderly in RW 02 Lamper Krajan, Lamper Lor, South Semarang, and increased the group's overall preparedness for the competition.

Lansia merupakan proses aging yang dialami oleh manusia dimana proses hal ini adalah proses alamiah makhluk hidup. Menjadi tua akan mengalami beberapa penurunan fungsi, diantaranya ada fungsi kognitif dan fungsi fisiologis. Secara prevalensi juga banyak mengalami penyakit degeneratif di usia lanjut seperti hipertensi, diabetes dan kanker tentunya



Melalui 7 dimensi lansia Tangguh membuat kualitas hidup lansia menjadi meningkat dan juga membuat hidup lansia lebih produktif. Tujuan dari kegiatan pengabdian masyarakat ini yaitu untuk mendampingi kader Bina Keluarga Lansia yang disebut “Bina Keluarga Lansia Mawar (BKL) Mawar” di Lamper Krajan dalam mengikuti lomba se Kota Semarang. Hambatan yang terjadi yaitu kurangnya pemahaman kader tentang 7 dimensi lansia Tangguh dan kurangnya peran serta aktif masyarakat dalam kegiatan di BKL Mawar RW 02. Kegiatan pengabdian dilaksanakan Bulan April – Mei 2024 dimulai dengan kajian tentang masalah yang ada dan berdiskusi untuk menentukan prioritas kegiatan, selanjutnya melaksanakan pendampingan kegiatan di BKL Mawar yang disesuaikan dengan 7 dimensi lansia Tangguh. Hasil kegiatan pengabdian memberikan Solusi yang efektif selama pendampingan lomba, yaitu pemahaman kader tentang implementasi kegiatan 7 dimensi lansia Tangguh meningkat serta dapat meningkatkan kualitas hidup lansia di wilayah Lamper Krajan, Kelurahan Lamper Lor, Kecamatan Smearang Selatan.

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A. INTRODUCTION

Changes in population demographics have resulted in an increase in the number of elderly people who are functionally dependent and require medical care and medication (Young et al., 2017). The phase of life in which organisms experience a decline in function and size over time is referred to as the elderly by some experts. The age at which this regression begins varies according to different perspectives, typically starting at 60, 65, or 70 years (Anjani & Aulia, 2018).

The aging population can have a positive impact on a country, particularly in terms of nation-building. However, this potential can only be realized if the elderly within the aging population are productive and prosperous. Population health and aging trends are influenced by multilevel and multidimensional factors, including population composition at the local level, as well as the economic, service, social, natural, and policy environments of the area (Jensen et al., 2020).

According to the World Health Organization (WHO), the elderly are individuals aged 60 years and older. The Central Statistics Agency (BPS) further classifies the elderly into three age categories : young seniors (60–69 years), intermediate seniors (70–79 years), and elderly individuals (80 years and older) (BPS Jambi, 2022). Indonesia has experienced a rapid increase in the number of residents aged 60 years and older.

The elderly are a group at high risk of experiencing degenerative diseases and various other types of complications (Nisak et al., 2018). Systemic degenerative diseases, characterized by the gradual deterioration of tissues and organs over time, have a significant impact on health and impose a great burden not only on individuals but also on communities and healthcare systems (Sheikh et al., 2024) Every year, 17 million people



die from degenerative diseases before the age of 70, with 86% of these premature deaths occurring in low- to middle-income countries. Cardiovascular disease is the leading cause of death related to degenerative diseases, claiming 17.9 million lives annually, followed by cancer, which causes almost 9.3 million deaths, chronic respiratory diseases (4.1 million deaths), and diabetes, which accounts for 2.0 million deaths, including those caused by kidney disease due to diabetes (WHO, 2023). The presence of degenerative diseases in the elderly undoubtedly affects their quality of life, but this can be managed through regular health check-ups and the active role of the family in providing support to the elderly.

The elderly, generally defined as individuals aged 65 and above, enter a phase of life where the body's ability to adapt to environmental changes becomes increasingly limited. This condition is characterized by a decline in physical and mental capacity, as well as an increased vulnerability to stress (Anjani & Aulia, 2018)(Anjani & Aulia, 2018). With the growing number of elderly individuals, more attention is needed to ensure a prosperous quality of life for them. Therefore, preparation and the involvement of families with elderly members are crucial in participating in Elderly Family Development (Listyaningsih & Wardani, 2017). In Indonesia, this group is formally referred to as the "*Bina Keluarga Lansia*" abbreviated as BKL.

The increase in the elderly population brings various challenges, including the rising old-age dependency ratio, as aging leads to changes that require adaptation (BKKBN, 2020). If environmental adaptation is not well managed, various issues may arise, such as physical dependence, economic instability, lifestyle changes, loss of social connections, and difficulty in finding new activities. If this situation is neglected, the rapid growth of the elderly population, along with an increasing dependency ratio, could have negative impacts on the social, economic, and health aspects of (Nufus, 2019).

The primary objective of the BKL group is to educate family members on preparing for old age, navigating life as elderly individuals, and providing appropriate care for the elderly. Furthermore, the group emphasizes long-term care for elderly individuals requiring special attention and promotes participation in family planning programs for couples of reproductive age within the group. This initiative aims to support the establishment of small, harmonious, and prosperous families (BKKBN, 2018). The quality of life for the elderly can be improved by applying the seven dimensions of elderly resilience. This approach aims to reduce the vulnerabilities caused by the various changes experienced by the elderly, including those in the spiritual, intellectual, physical, emotional, social, professional, and environmental aspects (BKKBN, 2022).

BKL Mawar Lamper Krajan, Semarang City, has been chosen to represent Lamper Lor Village, South Semarang District, in the Semarang City-Level Competition as part of the celebration and participation in the 477th Anniversary of Semarang City. BKL Mawar has been conducting regular activities, including volunteer meetings, elderly family visits, training sessions, and waste sorting. However, the volunteers are still facing challenges in categorizing the existing activities into the Seven Dimensions of Resilient Elderly.

The community's enthusiasm for participating in activities at BKL Mawar has presented challenges for the volunteers in implementing the Seven Dimensions of Resilient Elderly effectively. To address this issue, the Head of RW 02 Lamper Krajan engaged in discussions with the community service team to provide assistance in the implementation and competition preparation of the Seven Dimensions of Resilient Elderly at BKL Mawar RW 02 Lamper Krajan.

Acknowledging the critical importance of applying the Seven Dimensions of Resilient Elderly in the Lamper Krajan area, the Faculty of Health's community service team has pledged



its support for the BKL competition at the Semarang City level. This commitment includes facilitating the verification of required documents and overseeing the activities conducted in Lamper Krajan.

The primary objective of this community service initiative is to guide and support the volunteers and community members in organizing activities that align with the Seven Dimensions of Resilient Elderly. By ensuring that the activities are well-structured and purposeful, this initiative aims to enhance the quality of life for the elderly in the community while promoting a focused and effective approach to achieving these goals.

B. LITERATUR REVIEW

The elderly are a group of individuals undergoing a series of gradual changes over a certain period of time. These changes encompass physical, biological, cognitive, psychological, economic aspects, as well as their social roles within the community. Often, both the elderly and those around them experience difficulty in accepting the changes and decline that occur, which can lead to issues such as neglect. There are various opinions on when a person is considered to enter the elderly phase, with some setting the age at 60, others at 65, and some at 70 as the threshold (Cahyadi et al., 2022). Older adults, or individuals over the age of 60, tend to have a higher likelihood of facing various types of diseases, particularly degenerative diseases, compared to younger age groups. Degenerative diseases are long-term conditions that can significantly impact the quality of life and productivity of the affected individuals (Ariyanti et al., 2020). The World Health Organization (WHO) classifies the elderly into four groups, namely:

1. Midlife, involving individuals aged between 45 and 59 years.
2. Elderly, referring to individuals aged between 60 and 74 years.
3. Advanced elderly, covering individuals aged between 75 and 90 years.
4. Very elderly, consisting of individuals aged over 90 years.

The increasing number of elderly individuals has prompted the government to design policies and programs specifically aimed at this age group, so they can contribute to development and not become a burden on society. These policies and programs aim to improve the quality of life for the elderly, enabling them to enjoy a healthy and happy old age. According to Ekasari (2018) one of the government's efforts to enhance the welfare of the elderly is outlined in Government Regulation No. 43 of 2004, which includes various measures for improving the welfare of the elderly, such as:

1. Provision of religious services and strengthening of mental and spiritual well-being, such as the construction of places of worship with elderly-friendly access.
2. Improvement of healthcare services through more effective treatments, including the development of specialized services in geriatrics and gerontology.
3. Services related to public infrastructure, including easier access to public facilities, reduced costs, ease of travel, and the provision of specialized recreational and sports facilities.
4. Easy access to public facilities, including government administrative services such as lifetime ID cards, healthcare services at public health facilities, as well as reduced costs for travel tickets, accommodation, taxes, recreational tickets, the provision of special seating, dedicated counters, and special tourism cards with priority for the elderly.

Resilient elderly is a term used by BKKBN to refer to individuals or groups of



elderly people who remain healthy (physically, socially, and mentally), independent, active, and productive in their old age. Meanwhile, the WHO has a concept that emphasizes the aging process with the term 'healthy aging,' which refers to the process of developing and maintaining functional abilities that ensure well-being in old age. More than just being healthy, this concept also involves policies and strategies (Maghfuroh et al., 2023). Resilient elderly refers to individuals or groups of elderly people who are prosperous in the seven dimensions of resilient elderly, which are spiritual, physical, intellectual, emotional, social, vocational, and environmental, aiming to create elderly individuals who are prosperous, independent, and dignified (BKKBN, 2023).

For the elderly, family is the desired place of refuge, making it important to maintain their presence. Support from family members is invaluable, including offering attention, empathy, motivation, advice, and knowledge. The role and care from the family can contribute to creating resilient elderly individuals. However, often, the presence of elderly parents within the family is viewed as a burden, and as a result, they rarely receive the attention they deserve (Mayasari & Hayu, 2022). To achieve resilient elderly, there are seven dimensions that must be fulfilled. The first is the Spiritual dimension, the second is the Intellectual dimension, the third is the Physical dimension, the fourth is the Emotional dimension, the fifth is the Social dimension, the sixth is the Vocational or Professional dimension, and the seventh is the Environmental dimension.

To introduce the concept of a quality family, the National Population and Family Planning Agency designed a series of development stages through the "Tri Bina" program. This program includes Bina Keluarga Balita (BKB), Bina Keluarga Remaja (BKR), and Bina Keluarga Lansia (BKL). Elderly volunteers are individuals trained to support and empower the elderly in the community. They serve as a link between the elderly and health services, social services, as well as empowerment programs. They serve as a link between the elderly and health services, social services, as well as empowerment programs (Syafruddin et al., 2022). The main tasks of elderly volunteers include:

1. Education: Providing information on health, nutrition, and physical activities suitable for the elderly.
2. Accompaniment: Being a companion or supporter for the elderly in their daily activities.
3. Advocacy: Advocating for the rights of the elderly and ensuring they receive proper services.
4. Empowerment: Encouraging the elderly to actively participate in social and community activities.

C. METHODS

The method employed involves providing guidance and socialization about the 7 Dimensions of Resilient Elderly to the BKL Mawar Lamper Krajan volunteers. The Resilient Elderly Dimensions include spiritual, intellectual, physical, emotional, social, vocational, and environmental dimensions. The community service was carried out from April to May 2024 with the BKL Mawar Lamper Krajan group, located in Lamper Lor Village, South Semarang District, in accordance with the Lamper Lor Village Decree No. 463/07/X/2022, which consists of the chairperson, vice-chairperson, secretary, treasurer, and six members.

The initial phase of the community service activity involved conducting a



preliminary study to identify the existing issues at BKL Mawar, followed by discussions to assess potential solutions and prioritize the problems. According to the data, the target number of families was 85; however, only 65 families actively participated in the activities. The next step was to coordinate the implementation of the community service between the health faculty team from IVET University, BKL Mawar volunteers, and the community, particularly the families targeted by BKL Mawar.

The community service was carried out from April to May 2024, starting with guidance on the implementation of the 7 Dimensions of Resilient Elderly, followed by activity accompaniment, field verification by the judges, and final assessment of the BKL competition results. The final phase involved an evaluation conducted through a discussion where the community service team asked questions regarding the 7 Dimensions of Resilient Elderly, documented the process, and reviewed the final competition results by the judges.

D. RESULTS AND DISCUSSION

The community service team from the Health Faculty of IVET University collaborated with BKL Mawar volunteers to organize activities based on the 7 Dimensions of Resilient Elderly. These activities included routine meetings, study groups, prayer groups, volunteer refreshment activities, ribbon embroidery, waste sorting, cycling, exercise, communal work, urban farming, and crafting from recycled materials. BKL Mawar had not previously had a social media account nor a profile video showcasing its activities. The community service team assisted in creating a profile, social media accounts, and a profile video for BKL Mawar.

The implementation of activities at BKL Mawar was adjusted to align with the 7 Dimensions of Resilient Elderly, which are outlined as follows:

a. **Spiritual Dimension**

Elderly individuals are trained to understand the meaning and purpose of their lives, experience love and be loved, and build a spiritual relationship with God, while also fulfilling the need to seek forgiveness. Routine activities that have been carried out include study groups for Muslims and prayer sessions for Catholics

b. **Intellectual Dimension**

The activities within the intellectual dimension aim to continuously stimulate brain function, prevent cognitive decline, and reduce the risk of disorders caused by aging-related intellectual deterioration. At BKL Mawar, these activities involve the elderly in creating ribbon embroidery crafts and crafts from recycled materials.



Figure 1. Intellectual Dimension Activities

c. **Physical Dimensions**

Physical dimension activities, such as maintaining the health of the elderly, are crucial, including managing a balanced diet, ensuring adequate nutrition, getting enough rest, and exercising. Activities that have been routinely conducted include bi-weekly



exercise sessions at BKL Mawar RW 02 Lamper Krajan. Additionally, BKL Mawar has a cycling community, called GOWES LAMKRA, which involves family members and the elderly.



Figure 2. Physical Dimension Activities

d. Emotional Dimension

The elderly are supported by their families to stabilize their emotions, manage their feelings, and build positive social relationships. At BKL Mawar, the emotional dimension has been implemented by involving the elderly in refreshing activities and conducting visits to provide support to them.

e. Social Dimension of Society

The implementation of this dimension aims to create families that can provide support and care for the elderly, as the family is the primary place for the elderly. The elderly are also encouraged to socialize with the community, such as participating in communal work, attending regular neighborhood meetings, and visiting other residents who are ill. At BKL Mawar, family visits to the elderly are conducted regularly, and the elderly are involved in communal work activities and visiting those who are sick.



Figure 3. Social Dimension Activities

f. Vocational Professional Dimension

The vocational professional dimension involves selecting potential elderly individuals, such as older residents or retirees, who are still capable of performing work or activities that can produce goods and services. BKL Mawar invites retired midwives, who still possess a valid Health Worker Registration Certificate, to participate as health workers in routine health check-ups.

g. Environmental Dimension

Indicators related to the environmental aspect include the involvement of elderly individuals in both physical and non-physical activities. The goal is to create a supportive and comfortable environment around them. The urban farming activity using used gallon containers encourages elderly individuals to participate in this initiative. Additionally, there is a waste sorting activity held once a month to keep the surrounding environment clean and free from mosquito breeding grounds and



bacteria.



Figure 9. Environmental Dimension Activities

After the activities were categorized into the respective dimensions of Resilient Elderly, the next step was to identify the standout activities to be developed as innovations at BKL Mawar lamper Krajan. Following discussions, two innovations were chosen: the first innovation is the "Lansia Kembali Peduli Lingkungan" movement, abbreviated as "Gelas Kempling," and the second innovation is the Lamper Krajan cycling community, abbreviated as "Gowes Lamkra." The next step involved field verification by the judging team, with a presentation of BKL Mawar's activities in accordance with the 7 Dimensions of Resilient Elderly.

In May 2024, the announcement of the winners of the Elderly Family Development competition revealed that BKL Mawar Lamper Krajan won first place at the city level of Semarang. The group then received an award from the Mayor of Semarang, Mrs. Hj. Hevearita Gunaryanti Rahayu, at the Semarang City Hall.

E. CONCLUSION

The activities of BKL Mawar Lamper Krajan align with the 7 Dimensions of Resilient Elderly, which have improved the quality of life for the elderly and made them more productive in their later years. This community service, in the form of mentoring for the competition, resulted in a first-place victory at the city level of Semarang. This achievement will position BKL Mawar as a model BKL that effectively implements activities based on the 7 Dimensions of Resilient Elderly. The community service successfully addressed the challenges faced by BKL Mawar in implementing the 7 Dimensions of Resilient Elderly in the Lamper Krajan area, Lamper Lor Village, South Semarang District.

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